

Practice 1

1st-2nd Grade

Link to Video Demonstrations:

https://www.youtube.com/channel/UCMOBqKop5MhbMZ3FWVH11Uw/videos?sort=dd&shelf_id=0&view=0

Coaching Tips for a Smooth Practice:

1. Start right on time and be loud and in charge. Tell them exactly what you expect and hold them to it. (For example, "When I say *baseline*, I want you to yell '*baseline*,' clap twice, and sprint to the baseline. Once you get there, lock in and be ready for instructions.")
2. Talk as little as possible! Teach succinctly, demonstrate quickly, and get them practicing.
3. Use your assistant coaches (or parent helpers) and both sides of the baskets to let each player participate as much as possible. DO NOT HAVE LONG LINES or players standing around. Get as many reps as you can! 4. Have a signal that you consistently use that gets your players' attention. Have them do a response each time. It could be that they repeat something, clap, or have a response to your call!
5. Feel free to communicate with parents if there are distractions from siblings or others in the gym. 6. Whenever your players are running for losing a game or competition, put a ball in their hands and have them dribble too.
7. Plan on starting and ending practice right on time. Devotions should be done off the court.

Warm-Up (15 min)

▪Have players line up on baseline.

▪Demonstrate/teach a jump stop into power position with ball. See video link above.

(jump stop: feet land simultaneously, feet triple wide, sit down, feet glued to court)

(power position: two hands on ball, ball rests on shoulder, elbows UP)

▪Instruct players to jump stop in place in power position on your whistle. Show why power position is so important (protects ball from defenders with elbows up).

▪If players get the hang of it, walk around after they jump stop and try to "tap up" on the ball and see if you can steal it. If they are in power position with the three points of contact, you will not be able to steal it!

COURT LINES

▪Teach/review the lines of the court: sideline, baseline, and half court line.

▪Give each player a ball. Tell players you are going to yell out a line and point. Their job is to dribble to the line and jump stop in power position. Use this as a tool to see what your players know how to do or how skilled they are.

Continue yelling out lines until players have a good review of the lines and a good practice on jump stopping without traveling. *For more advanced teams, turn this into a race. Players are disqualified if they travel! A player gets a point each time s/he arrives first!

Ball Handling (10 min)

▪Line players up on baseline with ball. Teach/demonstrate HOW to dribble. (spread fingers out, use finger pads, pound the ball, eyes up)

▪Have players get feet triple wide, sit down in a basketball stance, and pound ball outside right foot. See if they can pound with eyes up for 20 dribbles. Switch to left side.

▪Play Red Light, Green Light if time. (with jump stops into power position) See video link above.

Shooting (20 min)

▪Circle players up with a ball.

▪Teach/Review Proper Shooting Mechanics

*feet shoulder-width apart, square to basket then rotate feet slightly to left if right-handed, one-handed, no palm, 2 fingers straddle hole, elbow in, shoot straight up, rotation, follow through

▪Air Shooting (coaches check form while players shoot in air)

▪Place a spot on baseline 1 ft. shots, using both sides of each basket. Form teams of 1 or 2 players at each spot. On your go, the first player shoots one shot with good form. S/he rebounds the ball and goes to end of line. First team to make 10 baskets and sit down wins. Progress to 1 ft. backboard shots. Talk about where to aim the ball (hit the box).

Practice 2

1st-2nd Grade

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Warm-Up (10 min)

▪Passing: Teach chest pass or twist pass and catching the ball.

▪Partner players up. Make mini competitions to see how many passes and catches they can complete in 30 seconds.

Ball Handling (10 min)

▪Dribble Jump Stops to Power Position

▪Add pivots

▪Red Light, Green Light Game

*Emphasize Proper Dribbling Form, Jump Stops, Power Position

Shooting (15 min)

Try to get up as many shots per player as you can! Have three shooters per basket if needed!

▪Review Proper Shooting Mechanics

*feet shoulder-width apart, square to basket or feet slightly rotated, one-handed, no palm, 2 fingers straddle hole, elbow in, shoot straight up, rotation, follow through

▪Air Shooting (coaches check form)

▪1 ft. shots, shooting game (first partners to 10)

▪Lay-Ups, strong side (Use spot progression) OR 1-2 Outside/Inside Finishes

Offense/Defense (25 min)

Offense:

▪Use spots to teach/demonstrate "Offensive Spacing"

▪Teach/Demonstrate "Peek to the Basket" (Every time a player gets the ball, s/he should peek/face up to the basket in power position and see if there is an open teammate to pass to or if there is room to drive to the basket.)

Defense:

▪Teach/Demonstrate "Basket side" (Stay between your person and the basket, with your back to basket)

Play 3v3 half court. (Give players a certain amount of dribbles or no dribble at all.)

Use the "failure to" method. If a player fails to have spacing or peek to the basket, it is a turnover and the other team gets the ball.

Team Devotion #2 (5 min) **after practice outside of gym**

Coaching Tips

1. Start right on time and be loud and in charge.
2. Talk as little as possible! Teach succinctly, demonstrate quickly, and get them practicing.
3. Use your assistant coaches (or parent helpers) and both sides of the baskets to let each player participate as much as possible. DO NOT HAVE LONG LINES or players standing around. Get as many reps as you can!
4. Have a signal that you consistently use that gets your players' attention. Have them do a response each time. It could be that they repeat something, clap, or have a response to your call!
5. Feel free to communicate with parents if there are distractions from siblings or others in the gym.
6. Whenever your players are running for losing a game or competition, put a ball in their hands and have them dribble too.
7. Plan on starting and ending practice right on time. Devotions should be done off the court.

Practice 3

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Warm-Up (10 min)

- Dribble Jump Stops to Power Position
- Add pivots

(Can use Red Light, Green Light game)

Ball Handling (10 min)

- 250 Drill (see video) or 2-Ball Dribbling (Advanced)

Shooting (15 min)

- Shooting Competitions (first team to ____)

Include lay-ups, outside/inside 2 foot finishes, and/or short shots.

Try to have teams of 2! We want lots of shots up! Avoid kids standing in line and only shooting a shot or two. Use three sides of the basket if needed. It's okay if it is chaotic!

Offense/Defense (25 min)

- Teach Out of Bounds Play "Stack" (Spacing is key. Start at the white line!)
- Scrimmage to get ready for first game. Work on spacing, attacking space, peeking to the basket, and staying between your person and the basket. Give jobs. Make sure players know who is passing the ball in, who is dribbling up the court, etc.

If you have something you really want your team to focus on, make it a game winner. For example, if a player drives to the basket and makes a one-foot shot, game is over! Otherwise, play first team to 2 baskets.

Team Devotion #3 (5 min) **after practice outside of gym**

Practice 4

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Warm-Up (10 min) ▪Teach Power Position to Duck, Dip/Rip, Step (see video) ▪Have players partner up, face each other, and complete 10 Duck, Rip, Steps in unison. ▪If time, have players complete Duck, Dip/Rip, Step and finish at basket.
Ball Handling (10 min) ▪Two Ball Ball Handling OR Dribble Relays OR 250 Drill
Shooting (15 min) ▪Basketball Drag Race (see video)
Offense/Defense (25 min) ▪Teach how to set a legal screen. ▪Scrimmage. Use “failure to” method with peeking to the basket, creating space. Players must face up to the basket and “peek” each time they get the ball. Players must create space. Failure to do so results in a turnover (or burpees).
Team Devotion #4 (5 min) **after practice outside of gym**

Practice 5

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Warm-Up (10 min) ▪Teach/review Power Position to Duck, Dip/Rip, Step (see video) ▪Have players partner up, face each other, and complete 10 Duck, Rip, Steps in unison. ▪If time, have players complete Duck, Dip/Rip, Step and finish at basket.
Ball Handling (10 min) ▪Two Ball Ball Handling OR Dribble Relays OR 250 Drill
Shooting (15 min) ▪Basketball Drag Race (see video)
Offense/Defense (25 min) ▪Teach how to box out and go after the rebound. Practice using 2v2 Roll Ball. Start a player on each elbow. Defense starts on the baseline. Roll a ball to one of the offensive players. Defense closes out, staying between their person and the basket. Offense should attack the basket. Players must box out on the shot. You can make it a competition between offense and defense! ▪Scrimmage. Use “failure to” method with peeking to the basket, creating space. Players must face up to the basket and “peek” each time they get the ball. Players must create space. Failure to do so results in a turnover (or burpees). Give a point for each rebound and 2 points for each score.
Team Devotion #5 (5 min) **after practice outside of gym**