

APRD Basketball 1st & 2nd Grade - Week 7

DRIBBLING – Continue to work on developing dribbling CONFIDENCE. Work on ball handling warm up drills in place (“coach says”), and continue to do dribble lines as a method of warmup. Encourage the kids by pushing the pace! They should try going slightly faster than they feel comfortable with... this is what helps them improve and develop confidence!

WEEK 7 SKILL FOCUS – INTRO TO SCREENS

- Screens are an EXCELLENT way to help our teammates shed themselves of a defender, and create a clear path to the hoop. It takes a lot of awareness and selflessness for a player to use screens effectively, but is a CRITICAL strategy as the kids go onto the next level!
 - **Ball Screen** – A ball screen is when a player sets a screen so the dribbler can shed a defender.
 - **DRILL** – Have kids get into groups of 3. Player 1 is the dribbler at the top of the key, with player 2 as the defender, closely guarding the dribbler. Player 3 is the screener and should start at or near the right block. On your signal, the screener should run up from the block and set a good screen to the right of the defender (feet wide, arms down, body set and not moving). Once the screen is set, dribbler should dribble to the right, and drive hard to the basket for a layup.
 - **Go through this drill in slow motion so the kids understand the mechanics, then speed it up after a few times through. Switch directions if / when comfortable.**
 - **Off-Ball Screen** – An OFF BALL screen is when teammates help each other get open for a pass or shooting opportunity by screening their defender.
 - **DRILL** – In your same groups of 3, Player 1 sets up at the left block. Player 2 plays close defense on Player 1. Player 3 is the screener, and sets up at the right block. The coach will have the ball, and deliver the pass when Player 1 comes open. On coaches signal, Player 3 runs across the lane, and sets a good screen on the defender. Once the screen is set, Player 1 runs to the opposite block and looks for the pass. When they receive the pass, pivot and layup.
 - **Go through this drill in slow motion, and then speed it up as the kids get more comfortable.**
 - SEE DIAGRAM FOR ASSISTANCE SETTING UP THESE DRILLS.

FUN GAME – COACH FREEZE TAG – Kids should have a ball, and find space within an area that you define. The Coach is “IT”, and they are trying to tag the kids. Kids are trying to avoid getting tagged by the coach, and MUST DRIBBLE when they move! If they get caught and tagged by the coach, they must freeze in the triple threat position. Kids can only be unfrozen by being touched by a team mate, at which point they can once again dribble. To be successful in this game, kids must be able to see the coach while they dribble, which means EYES UP!

REVIEW FOR GAME

- **We practiced screens today. Remind the kids WHY we use screens... to help a teammate get rid of their defender and create a clear scoring opportunity... let’s see everyone TRY to use them in the game today!**
- **The worst thing we can do in a game is stand in place with the ball and do nothing!** There are 3 choices... either dribble towards the hoop, pass to a team mate, or shoot.
- **By this point in the season, begin to let the kids decide for themselves which choice is the best choice.** MANY kids are looking to their coach to TELL them what to do... but this is counterproductive to developing confidence. Give them great guidance in practice, and then feel comfortable taking a step back in the game.