

APRD Basketball 1st & 2nd Grade - Week 8

“PUTTING IT TOGETHER!”

The kids have learned a LOT this season... but the skills are only effective in a game setting if they can be “put together” and used in combination. Dribble, jump stop, shoot. Dribble, jump stop, pivot, pass. And so on. In our final week together, we’re going to work on piecing together a variety of skills to help build confidence.

IMPORTANT – It’s important at this stage to allow the kids to experiment and make mistakes. It’s okay to provide correction (such as when a child starts running with the ball without dribbling), but resist the temptation to provide exact direction on which skill they ought to use in every situation. They need to have the ability to think through the skills they know, and make a decision about which is appropriate to use. Even if that decision is wrong. This is what leads to improvement and the development of confidence!

SKILL REVIEW – SCREENS

- Take an opportunity to review the screen work from last week, as this will be an important skill as they start to prepare for the next league / age group! 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.
 - **Ball Screen** – A ball screen is when a player sets a screen so the dribbler can shed a defender.
 - **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.
 - REFER TO THE DRILL SETUP FROM WEEK 7. Diagram attached to this email.

GAME – 2 on 1 – This game will challenge the kids a LOT, but is a fantastic way to put it all together. Kids should be set up in groups of 3, two on offense, and one on defense.

- The two on offense should start with the ball near the top of the key, and work TOGETHER to try to score a basket. The one on defense should do their best to use good defensive shuffling / mirroring and secure any rebound opportunity to stop the offensive try. (No steals, unless it is an intercepted pass).
- This drill is set up for the offense to succeed and the defense to fail... so don’t let your defender get discouraged!
- 2 offensive players need to keep good spacing, and use their dribbling, passing and shooting fundamentals to successfully make their way to the basket and score. Each time through the line, have the kids switch roles.

HESITATION AND WAITING FOR INSTRUCTION should be discouraged, and will lead to failure in this game... encourage the kids to make quick decisions, even if the decision is wrong! Often it will be right, and the feedback of that experience is what will lead to development and confidence!

GAME – 3 on 2 - Same as 2 on 1, but adding an offensive player and a defender. SCREENS become an important skill to use in this format!

- Offer gentle reminders about which screen to attempt, and provide correction on how to appropriately USE the screen.
 - Ex. Waiting for the screen to be set before making a move.
 - “Rubbing Shoulders” with the screener to make sure the defender gets hung up on the screen.

REVIEW FOR GAME

- **Celebrate your kids... and your progress this season! Wow! As a reminder, at the beginning of this season, we began with dribbling while trying to keep our eyes up... and now they’re going through a 2 on 1 / 3 on 2 drill and putting together multiple skills!**