

## APRD Basketball 1st & 2nd Grade - Week 6

### WARM UPS

#### WEEK 6 SKILL FOCUS – COMBINING 2 SKILLS - DRIBBLING LAYUPS

- I-Dribble & L-Dribble. Have the kids line up in 2 lines near the baseline, one even with outside boundary of the lane on the left of the hoop, and one on the right side of the hoop. Place a cone (or other marker...shirt, glove, hat, whatever) at each elbow of the lane.
  - **I-Dribble** – Both lines go simultaneously... child will dribble, hard, to the marker at the elbow, go tightly around the cone, and then drive hard to the basket for a layup. The next child in line starts when the player in front of them attempts their layup. Get your own rebound.
  - **L-Dribble** – Lines alternate.... First child will dribble from the baseline to the marker at the elbow. They will make a hard cut and dribble across the free throw line to the other elbow, then another hard cut towards the hoop and drive in for a layup.
- Concentrate on good dribbling form, and good Layup form (which we worked on 2 weeks ago). Encourage the kids to go faster than they feel comfortable going... push the pace.

#### WEEK 6 SKILL FOCUS – PASSING & SPACING

Passing is more effective in a game setting when a team has good spacing, and players “off the ball” find open areas on the floor and make themselves HELPFUL to their team mates. This might mean finding a spot close to hoop, providing an easy chance to score. This may also involve creating space to receive a pass from a team mate who is stuck. When our spacing is POOR, or we crowd our ball handler and bring our defender with us, we make it easier for the other team to play defense!

- **GAME: 2 vs. 1 KEEP-AWAY** – Place kids into groups of 3 with one defender, and 2 passers. NO BASKET USED for this game. The 2 passers try to keep the ball away from the defender by passing only! When a defender intercepts a pass, they will take the place of the person they intercept it from. The partner without the ball should be encouraged to move around to an open area to make themselves available to receive a pass! Don't let the kids get stuck with their “feet in cement”. Movement off the ball is good in this game. Fakes can be effective as well! Remind the passer with the ball that if they're not being guarded, they shouldn't feel compelled to pass.
  - **Remember SPACING** – encourage kids to resist the temptation to get closer to the ball to receive a pass... this actually makes it EASIER for the defense to guard both people. Kids need to find open space that is not so far away that the passer can't get the ball there, and not so close that it makes the defender's job easy.
  - **Reinforce GOOD PASSING FORM!**
    - **Wide feet, strong arms, pushing the ball outward from chest, thumbs down, using chest passes or bounce passes as appropriate.**
  - **Reinforce GOOD DEFENSIVE FORM!**
    - **Wide feet, wide arms, palms out, low butt, “stop the ball”- which means GUARD THE BALL, not the receiver... (if player with the ball doesn't have anyone guarding them, there is no reason to pass!)**

#### FUN GAME – FORCEFIELD (see diagram included with email)

An important technique for kids to learn is using their body to keep a defender away from the ball. This game will introduce the concept, and this will be the introduction of the “boxing out” technique they'll need for effective rebounding.

- Have all kids find a partner. One ball per set of partners. Player one should place the ball on the ground so it is stationary, and then step back approximately 2 feet from the ball, and face the ball. Player two will start a few feet behind Player one, and will try to get to the ball and take it. Player one's job is to look, quickly move their feet, “get wide”, and use their body to guard / shield the ball from being taken. If the defender can keep their partner from getting the ball for 5 seconds, they win! No grabbing, no pushing, keep hand and arm action to a minimum.
- Switch roles after each attempt. It will take defenders a few attempts before they begin to understand how to effectively use their bodies, and that it takes more effort than they expect!
- **DEMONSTRATE** first... so the kids understand how this is SUPPOSED to look!
- **ENCOURAGE** your kids to use this technique in their game to help secure control of the ball!