

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

### STRETCHING

**RUNNING WARM UPS** (use your ½ of the court, sideline to sideline to do this... OR, collaborate with your partner coach / team and use the full court!)

- **NO Ball** - down and back forwards, down and back backwards (stay on balls of feet), down and back with defensive shuffle (side to side, hands up, low butt).
- **WITH Ball** - down and back dribbling with strong hand, down and back with weak hand, add a hesitation dribble (low dribble, wide feet, off arm extended to protect the ball).
- **Grade 2** - Introduce the crossover... moving ball from strong hand to weak hand while dribbling.. used when changing direction.

### WEEK 2 SKILL FOCUS - Ball Handling

- **Ball Handling** - Simple Dribble-In-Place drills. Dribble high (waist height), dribble low (ankle height), switch hands, pass ball around legs, waist, head, figure 8, etc. **Do this with them!** It's okay, and even good, for them to see you struggle with this too!
- Remind them that this will help them become better dribblers, and they can work on this at home, with minimal space.

### **GAME - Dribble Tag**

- Everyone vs. everyone... freeze if tagged. Coach taps on frozen players to "unfreeze" them. Must dribble when we move... no carrying the ball. Reach out with your non dribbling hand. This game will work on changing direction and using speed to avoid defenders.

### WEEK 2 SKILL FOCUS - LAYUPS

- Explain what a Layup is, and when we would use this shot.
- **Demonstrate proper form - SLOWLY** - (from the right side) right knee goes up, right arm goes up, as if they're "connected" by a string. Jump off the left foot, use the backboard.
- **NO DRIBBLING** this time... just help the kids work on their footwork. Start with a step with the left foot, then the right foot as you gather the ball, then jump off the left foot. 3 steps from start to finish. Concentrate on using the hands properly as well... right hand under the ball, left hand for support only, pushing the ball up and off the backboard square. Just work on form only this week. (We'll add dribbling next week.)

### WRAP UP

- **Ball Handling** - It is important to become more comfortable dribbling the basketball, as this is the primary way we move from one spot to another, and keep the ball away from the defense. We avoid the defense while dribbling in 2 ways... changing direction, or changing speed, and we used both of these in Dribble Tag!
- **Layups** - This is the easiest, surest way of making a basket in basketball, so it's important that when we have an opportunity for a close shot like this, we take advantage of it. We can also look for opportunities to get our **TEAM MATES** the ball, if they are in position for a layup! Tell the kids to notice how players do this in College and the NBA if they have a chance to watch basketball this weekend.

