

## APRD Kindergarten Basketball – Week 4

### Stretching

### Ball Handling

- Increase difficulty from Week 3! One handed dribbling, switch hands, crossing over from right to left, left to right, pass ball around waist, legs, head (go for accuracy, then speed)
- Play a few minutes of “COACH SAYS”.... aka, “Simon Says”.

### Week 4 Skill Focus - DEFENSE

Proper defensive technique is important as kids become better dribblers, passers and shooters, as it will help us prevent the other team from scoring, while giving our team another opportunity to score. Our main goal on defense (at the kindergarten level) is not to take the ball away (which is against the rules anyway)... it is to mirror the movements of the player we are guarding, and keep our body between our player and the basket, and prevent an easy path to the hoop. This forces our player to shoot from further out than they want to, and makes it more likely that they'll miss the shot. The kids won't understand all of this... so breaking it down into 2 simple thoughts...

- 1) On defense, we need to follow a player on the other team so that when they get the ball, we can keep them from getting close to the hoop.
- 2) When we move quickly, and play defense with GOOD FORM, there's a good chance our player will miss their shot, which means we'll get the ball back!
- **DEMONSTRATE PROPER DEFENSIVE FORM** – feet wide, weight on balls of feet, butt low, hands up and wide. Palms facing out. We SHUFFLE our feet, side to side, when we move.
- **Practice the defensive shuffle as a group**... right, left, forward backward, at the coaches direction.
- **ACTIVITY / GAME: MIRROR, MIRROR!** - Coach dribble the ball, players face the coach. When the coach goes to the right, the players shuffle in that direction, using good form. Then left... then forward... then backward. Change it up so it's not predictable, make it fun and crazy, so the kids get used to unpredictability and reacting quickly.

### Week 4 Skill Focus – Dribbling with PURPOSE

When they have the ball, kids this age often forget the primary goal in basketball... getting to the hoop and seizing the opportunity to score. When faced with defensive pressure, kids will often resort to the basic instinct of concentrating on keeping the ball safe. They will retreat with the ball rather than advance with the ball, as this is the simplest, easiest way to keep the ball safe. We want to begin to reinforce with them that when our team has the ball, we want to move TOWARDS the hoop using good dribbling and good passes.

- **DRIBBING LINES** – using the sidelines, have the kids line up on one sideline, with the ball. On your signal, they will move quickly to the opposite sideline, dribbling as you instruct them to.
  - First time, use right hand. Next, use left hand. Third time, add a pause and low, protective dribble at mid court.... Etc.
- **PARTNER UP** – have the kids partner up with one player dribbling, and the other playing good fundamental defense. Go through the dribbling line exercises again, but with a defender.

Remind the kids during these drills that in the game, just like in this drill, they will dribble when they want to move from one spot (point A) to another (point B).

*IF TIME.....*

- **GAME – OVER/UNDER** – Kids line up closely, single file, starting at the free throw line and extending back towards half court, facing the basket. The first player in line takes the ball, and hands the ball over their head to the next player, who passes it through their legs to the next player, then over the head, then through the legs, and so on. The last player in line dribbles the ball in towards the basket, quickly, and attempts a layup. After their layup attempt, they take the ball and become the new first player in line. After everyone in line attempts a layup, they are done, and the line should sit down.
  - Go through this once or twice, and then challenge the other team on your court!
  - This game works on layup form, but also gets the kids into the mindset of accomplishing a goal as a group... not individually.

**REVIEW FOR GAME**