

APRD Basketball 1st & 2nd Grade - WEEK 1

STRETCHING (2-3 minutes)

WARMUPS (5 minutes)

- **Ball Handling** - Slap the ball, toss lightly from fingertips to fingertips, pass around head, waist & legs, figure 8.
- **Dribbling in Place** - high dribble, low dribble, right hand, left hand.
- **Introduce Triple Threat Position**
 - Wide feet, bent knees, “ready” stands with elbows wide and ball centered between hands. From here, can dribble, shoot, or pass.

WEEK 1 SKILL FOCUS - PROPER DRIBBLING

- **Demonstrate - proper dribbling**... bent knees, wide feet, strong hands, arm pushing the ball down to the floor (using the upper arm to create downward push). No slapping at the ball, and no weak finger dribbling...
- **GAME - Red Light / Green Light (5 minutes)**
 - Walking & Dribbling on Green Light, dribble in place on yellow, Triple threat on Red Light.
 - Progress up to running and dribbling on green light.
- **GAME - Staring Contest (5 minutes)**
 - Partner up, dribble in place without looking at the ball. First player to look at ball or lose control of ball loses. Then start over. Switch hands for those who find this easy.

WEEK 1 SKILL FOCUS – PROPER SHOOTING FORM

- **Demonstrate – proper shooting form.** Shooting elbow under ball, ball resting on fingers, not palm, weak hand used as support only, use of legs and strong arm to propel the ball up, finger roll follow through.
- **GAME – Around the World (5 minutes)** – Identify 3-4 spots on the floor, approximately 5 feet from the basket. Have 1-2 children per spot. At your signal, kids begin shooting, using proper form. Every time they take a shot, they can chase their ball down and head to the next spot. Have kids move clockwise or counter clockwise (your choice), but the idea is to get each kid as many shots as possible in 5 minutes. Have the kids count their MAKES. Ask them how many they made after you're done.

WRAP UP (2-3 minutes)

- Take an opportunity at the end of practice to review what you worked on, and why this is going to be important in the game they're about to play. Reminder that it is FUN to use what we worked on in practice, during a real game!
 - **Proper Dribbling** – This is the main way we move the ball from one spot to another during a basketball game. If we have the ball, and are moving, we MUST dribble the ball. It's important that we keep our eyes up, so we can see people from the other team trying to come take our ball, and avoid them.
 - **Shooting** – When we get close to the basket, we have an opportunity to score! We have to use our entire body, arms and legs, to push the ball high enough to go in and proper form is important... if we don't use proper form, the ball won't go straight, and we won't have enough power to push the ball up high enough to go in.
 - **Defense** – Explain that when we play our game, everyone will need to shadow a player on the other team so that if the other team loses the ball, we'll be there to pick it up for our team!. We'll work on this more in future weeks... right now, it's just shadowing, with no pressure on the ball...only grabbing the ball if a shot is missed, or it's loose by us.

