

APRD Kindergarten Basketball – Week 6

Stretching

Dribble Lines

- Have the kids line up on one sideline, and on your signal, they will run and dribble to the other sideline.
- Increase the difficulty with each lap... strong hand dribble, weak hand dribble, strong hand with a crossover at mid-court, weak hand with a crossover at mid-court.

Week 6 Skill Focus – JUMP STOP & PIVOT

When we “lose our dribble” in a basketball game, it’s important that this doesn’t lead to traveling with the ball, or panicking with the ball. We need to remain in a strong position with the ball, protecting it as much as possible and enabling ourselves to either take a shot, or make a strong pass. Jump stops and good pivots allow us to do this!

- **JUMP STOP** – While dribbling, we use this technique to QUICKLY stop our movement, and keep the defense guessing about what our next move is going to be. When we jump stop, we should immediately get into the triple threat position... wide, strong feet, wide arms, hands on the ball strongly, ready to make a pass or take a shot. DEMONSTRATE!
- **PIVOT** – Once the jump stop occurs, and we are in the triple threat position, good pivot technique allows us to protect the ball, and find a good opportunity for a pass. One foot must remain on the ground (plant foot), while the other foot can move forward or backward, until a good opportunity for a pass to a teammate develops. DEMONSTRATE!
- **GAME / DRILL** - If you have 2 coaches, create 2 lines of kids near mid court, facing mid court, one line to the right of the hoop, one line to the left. Each child with a ball. Child at the front dribbles toward the elbow and jump stops, getting into the triple threat position. Keeping the foot closest to the center down, pivot forward, then pivot backward, then pivot forward one more time and pass to the waiting coach on the baseline. Coach pass back to child, and child shoots. Then back to the line. (See attachment for illustration on how to set this drill up!)
- **GAME / 2 on 1 Keep-Away** – Split kids into groups of 3. 2 passers, 1 defender (no basket used). Using one ball, the passers try to keep the ball away from the defender using passing only, and strong pivots. When a passer has the ball, they may NOT MOVE AROUND... they can ONLY pivot! The passer who does NOT have the ball, may move around to get open for a pass. The defender should use good defensive technique (wide feet, wide arms, palms facing out, good shuffling), and may not reach or slap at the ball when it is in a passers hand. If the defender intercepts the ball, they get to take the place of the passer who threw it, and start over.

REVIEW FOR GAME

- **We cannot run with the ball after we stop dribbling! Good jump stops, good pivots in the game today!**
- **Good defensive form is not just having our arms up... wide feet, keep the butt low, watch the ball and mirror the movements of the person you’re guarding.**