

APRD Kindergarten Basketball – Week 7

“DRIBBLING SATURDAY!”

In recent weeks, as more skills have been introduced, we've noticed many games slowing to a crawl as the kids are uncertain about which skill to use in which situation. We are also seeing WAY TOO MANY kids who still neglect to put the ball on the floor when they move. This only improves when kids become more confident in their dribbling, and in their ability to move with the ball properly. Therefore, this week will be devoted to working on developing this confidence.

Stretching & Warmups

Week 7 Skill Focus – Dribbling Confidently

- **BASIC BALL HANDLING** – In a circle, have the kids follow your instruction (“Coach Says”). Work on dribbling with the right hand only, pushing the ball down to the ground with a firm upper arm, not “slapping” the ball to the ground with a loose hand or the fingers. Then move to the left hand. Then incorporate different variations on this theme... 10 dribbles with the right hand, then 10 with the left without losing or stopping the ball.... High dribble (head height), Low Dribble (ankle height), pass ball around head, pass ball around waist, pass ball around leg. Mix it up, and DEMONSTRATE!
- **DRIBBLE LINES** – Have kids line up at the sideline, everyone with a ball. Split into 2 groups if you have a lot of kids. On your signal, kids should RUN and dribble to the opposite sideline with their strong hand, and then back. Next time through, RUN and dribble with their weak hand. Add in **jump stops, pivots**, and other techniques on subsequent turns. **Push the kids to push the pace...** if they're a little uncomfortable with the pace, that's a good thing... this is what helps them develop their confidence. After a few tries, they WILL get better! Be sure you demonstrate!
- **STARING CONTEST** – It's CRITICAL that kids be able to dribble without staring at the ball. Only then will the kids be able to focus on the true goal of the game of basketball... progressing to the hoop for a score! Have the kids find a partner... coaches join any child without a partner. Facing each other, the kids will stare at each other while dribbling with their strong hand. Encourage them to go as long as they can without looking at the ball. The child who can go the longest dribbling without breaking their eye contact with their partner is the winner! Go strong hand, then weak hand. Change partners so kids have opportunities to challenge themselves against a variety of skill levels.
- **COACH FREEZE TAG** – Kids should have a ball, and find space within an area that you define. The Coach is “IT”, and they are trying to tag the kids. Kids are trying to avoid getting tagged by the coach, and MUST DRIBBLE when they move! If they get caught and tagged by the coach, they must freeze in the triple threat position. Kids can only be unfrozen by being touched by a team mate, at which point they can once again dribble. To be successful in this game, kids must be able to see the coach while they dribble, which means EYES UP!

REVIEW FOR GAME

- **The worst thing we can do in a game is stand in place with the ball and do nothing! There are 3 choices... either dribble towards the hoop, pass to a team mate, or shoot.**
- **By this point in the season, begin to let the kids decide for themselves which choice is the best choice. MANY kids are looking to their coach to TELL them what to do... but this is counterproductive to developing confidence. Give them great guidance in practice, and then feel comfortable taking a step back in the game.**