

APRD Kindergarten Basketball – Week 5

GAME DAY / FUN DAY / CATCH UP DAY

- This week we're going to give every team in K-2nd grade a bit of a break in the skill introductions and give everyone a chance to hit the reset button and focus purely on the fun! This should give the teams who feel they have fallen behind some time to revisit some of the skill areas introduced in the early weeks and prepare the kids for some new skill areas in the weeks to come.

Ball Handling / Warmups

- 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)
- Dribble Lines – (side court to side court) – have kids dribble length of court with right hand, next time through have them dribble left hand, add in more complicated skills (hesitation dribble, crossover, etc)

GAMES – PICK SOME OF YOUR FAVORITES, select games that focus on areas of need.

SHARK TANK (DRIBBLING TECHNIQUE & SPEED) - Set up 3 "Islands" using ½ the court and cones or other simple marker. What is not an island is the Shark Tank. Coach and / or parent volunteers are sharks. Kids must "swim" around the tank while dribbling their ball. **When the coach yells out "SHARK" kids must dribble quickly to an island, and then get into the stop / triple threat position.** No carrying the ball to the island... must dribble. When it is safe, kids can leave the island. **Come up with some creative ways to get the sharks to go away...** pass the ball around your head 3 times, dribble 5 times with left hand and right hand, pass 3 times with mom or dad, etc.

"FEED THE PELICAN" (SHOOTING FORM & DRIBBLING WITH PURPOSE) - Help the kids visualize the basket like the mouth of a Pelican. Form 2 lines, approximately 10 feet from the hoop. Child at front of each line starts with a ball, and dribbles towards the hoop. When they get close, good form, shoot until they "feed the pelican". Then back in line, ball to the person in the front. As kids get better at this, we can add in "GATORS" (cones or similar)... dribble in without hitting the cones and waking up the gators.

COACH KEEP AWAY (PASSING FUNDAMENTALS) – Spread the kids out in a wide area, or circular area. Coach is in the middle and 2-3 basketballs are dispersed amongst the kids. Coach will try to get the ball from the kids, and the kids should be encouraged to pass the ball to a team mate using a good chest pass or a good bounce pass. When a child has their pass intercepted or their ball taken by a coach, have them do 10 jumping jacks before getting back in the game. (Don't make them sit). Increase speed as kids get better!

MIRROR, MIRROR! (DEFENSIVE TECHNIQUE) - 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.

GAME – OVER/UNDER (TEAMWORK & LAYUP FORM) – 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.

- Time the group and challenge them to beat their previous time!

GAME REVIEW – *Take a few moments to talk with your kids about the SKILLS you used during the games you played, and how they will use those skills in the game you're about to play against an opponent.*