

APRD Basketball 1st & 2nd Grade - 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 a bit 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.
- If you have an assistant, consider breaking your team into 2 smaller groups and doing 2 games at once to keep more kids involved.

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

Staring Contest – (Dribbling Technique) 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. Develops comfort in keeping the eyes UP while maintaining control of the ball.

Around the World – (Shooting Form) 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.

Dribble Tag - (Dribbling Technique & Dribbling with PURPOSE) - Everyone vs. everyone... freeze if tagged. Coach taps on frozen players to "unfreeze" them. Must dribble when we move...no carrying the ball. Reach out with your non dribbling hand. This game will work on changing direction and using speed to avoid defenders.

Coach Keep Away – (Passing Technique) – 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!

“Around the Block” – (Combining Skills) – Set up 2 locations on the floor, approximately 6-8 feet from the hoop (right elbow & left elbow). Have players split into groups of 3, with Player A on the baseline with a ball, and Players B and C wide on each wing (one per wing). Player dribbles quickly to the first spot, JUMP STOPS, and delivers a good chest pass to Player B on that wing. Player B immediately gives a good chest pass back, and Player A dribbles quickly to the other spot. Player A JUMP STOPS at the second spot, delivers a good bounce pass to Player C on that wing. Player C immediately gives a good bounce pass back, and Player A PIVOTS, squares up to the hoop, and takes a jump shot with GOOD FORM.

“OVER / UNDER” – (Teamwork & Urgency) – This is a fun game to use to end a practice, and helps develop teamwork, good layup form, and urgency. 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!

WRAP UP – Take some time to talk about the skills the kids used in each game today, and how those skills we be used in your actual game against your opponent.