

APRD Basketball 1st & 2nd Grade - Week 4

WEEK 4 SKILL FOCUS – Dribbling with PURPOSE

When they have the ball, kids this age often forget the primary goal in basketball... getting to the hoop and creating an opportunity to score. When faced with defensive pressure, kids will often resort to the basic instinct of keeping the ball safe. This will often lead to retreating with the ball rather than advancing with the ball, and leads kids to pick up their dribble in difficult situations on the floor, with no easy shot or pass available. We want to begin to reinforce that when our team has the ball, we need to make intentional progress TOWARDS the hoop using good dribbling and good passes.

- **DRIBBING LINES** – using the sidelines, have the kids line up on one sideline, with the ball. On your signal, they will move quickly to the opposite sideline, dribbling as you instruct them to.
 - Strong hand, weak hand, hesitation dribble & crossovers, etc. Have them follow your instruction.
- **ADD A DEFENDER!** - have the kids partner up with one player dribbling, and the other playing good fundamental defense. Go through the dribbling line exercises again, but with a defender.
 - Use this opportunity to reinforce good dribbling technique (deciding which hand to use for dribbling, changing speeds, etc), but also **good defensive technique and form** (high, wide hands, low butt), with good, quick shuffling. (NO STEALS... keep a buffer between dribbler and defender so kids can work on their skills)

WEEK 4 SKILL FOCUS - JUMP STOPS & PIVOTS (with or without ball)

- Jump Stop – ending forward movement with a strong, two foot stop in the triple threat position.
- Pivot – Keeping one foot on the ground, keeping good triple threat position, and moving in a circular movement around that pivot foot to find an open passing opportunity or shot opportunity.

WEEK 4 SKILL FOCUS - SHOOTING

- Talk about high percentage vs. low percentage shots.
 - **HIGH PERCENTAGE**—shot opportunities close to the basket...chances are HIGH that we will make the shot.
 - **LOW PERCENTAGE** – shot opportunities that are far from the basket, or well defended... chances are LOW that we will make this shot. Even the best players in the WORLD only make 4 out of every 10 low percentage shots they take!
- We want to use our dribbling and passing to find opportunities for HIGH PERCENTAGE shots.
- **LAYUPS – Review Proper technique from week 2, and add dribbling to the mix by starting the kids closer to half court.** (This is one of the highest percentage shots in basketball!)
 - Timing and footwork are very important with layups! If the footwork is too complicated while dribbling, have the children start closer to the hoop and go back to 3 step layups, with NO dribble, and work your way back up to adding the dribble.
- **GAME: “Around the Block”** – 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.
 - **Good Shooting Form** – strong arm vertical underneath the ball, off hand on side of ball for support ONLY. Bending knees and using the legs to generate power for the shot, pushing upward with the arm to create arc.
 - **Change Player roles each time through the line** so that each player gets at least one opportunity to play each position.

WRAP UP

- Today, kids should be concentrating on dribbling with purpose... even if it leads to more turnovers in the short term! They will improve as their ball handling becomes more confident.
- Look for opportunities for HIGH PERCENTAGE shots in the game today... use good passes when you see a team mate that has a good opportunity for a high percentage shot.