

## APRD Kindergarten Basketball – Week 1

**Review Ground Rules** (stopping on the whistle, not dribbling while coach is talking, etc)

**Stretching** (2-3 minutes)

### **Week 1 Skill Focus – Dribbling – Introduction (4-5 minutes)**

- Why We Dribble – when we have the ball, and want to move from one place to another on the court, we must bounce the ball on the ground while we move. If we don't, it is a penalty, and the other team will get the ball.
- Demonstrate Proper Dribbling – curved hand, using finger tips, wide feet, bent knees, pushing the ball down to the floor with our arm
- Have the kids start with 2 hands if the need to, with proper hand position, pushing the ball towards the floor, working on keeping the ball bouncing (avoiding the temptation to catch it every time.
- Move to 1 hand dribbling if/when capable.

**GAME** (4-5 minutes) – **Coach Says (Simon Says)** – Have kids surround you, while you call out commands and demonstrate in the middle. Use simple commands this week... ex. Dribble with one hand, dribble with other hand, dribble with one foot off the ground, etc.

**GAME** (2-3 minutes) – Red Light / Green Light – Moving & Dribbling at the same time on Green Light, Stopping your dribble on Red Light, Dribbling in place on yellow light.

### **Week 1 Skill Focus – Shooting Form – Introduction**

*When we try to shoot...*

- Proper Form (Demonstrate)... straight line from hand to elbow, directly under the ball.
- Using Legs and Arms to push the ball high into the air, over the front of the rim.
- WHY it's important to use proper form – We want the ball to go straight enough, and high enough, so that it has a chance to go in!

### **GAME – (4-5 Minutes) “Feed the Pelican”**

- 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.

REVIEW FOR GAME

