

## APRD Basketball 1st & 2nd Grade - Week 3

### STRETCHING

**RUNNING WARM UPS** (use your ½ of the court, sideline to sideline to do this... OR, collaborate with your partner coach / team and use the full court!)

- NO Ball - down and back forwards, down and back backwards (stay on balls of feet), down and back with defensive shuffle (side to side, hands up, low butt).
- WITH Ball - down and back dribbling with strong hand, down and back with weak hand, add a hesitation dribble (low dribble, wide feet, off arm extended to protect the ball).
- **Grade 2 - CROSSOVERS**... moving ball from strong hand to weak hand while dribbling... used when changing direction. Add between leg crossover – left foot needs to be forward for a right to left crossover, and right foot forward for a left to right crossover.

### WEEK 3 SKILL FOCUS - DEFENSE

- Talk about why we play defense... it's to keep the person we are responsible for from scoring a basket, and to get the ball back for our team to try to score!
- **DEMONSTRATE – Proper technique.** Feet wide, butt low, hands / palms are up and wide. ALWAYS making sure we are positioned **between the player we are guarding and the basket**, but giving them enough space that we can still see the ball, wherever it happens to be.
- **SHUFFLE DRILL** – Partner up, one partner with a ball, the other in a good mirroring defensive stance. Player with the ball starts at the baseline, and dribbles towards half court in a zigzag pattern (use cones if you have them). Defender should mirror the ball handler as closely as possible, with good form, and using a good defensive side to side shuffle. If ball handler changes speed or direction, defender should change their speed and direction also.

### WEEK 3 SKILL FOCUS - PASSING

- It's important that when we introduce passing, we are careful not to suppress a child's natural aggressiveness to attack the basket, but simply use the idea of a pass as a tool for them to use to identify and take advantage of easier opportunities to score. Sharing the ball is NOT why we pass in basketball. We pass in basketball because we unselfishly recognize when a team mate has a better opportunity to score a basket than we do! Our goal is to successfully score, not successfully share, and passing helps us do this and succeed as a team.
- **DEMONSTRATE PROPER PASSING FORM** – both hands on the ball, pushing the ball forward from our chest with our arms, thumbs pointing down, taking a step forward and following through to our target.
  - **Chest Passes with a partner.** Ball should not hit the ground.
  - **Bounce Passes with a partner.** Ball should land 3/4 of the way to our partner. NOTE: many kids will lift the ball over their heads and fling it down when they first learn the bounce pass... they should be corrected and told to continue pushing the ball outward from their chest... just like a chest pass.
- **GAME: Coach Keep Away** – 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!

### WRAP UP

- Today, kids should be concentrating on playing good defense and knowing who they are responsible for guarding. Help them keep track of this!
- Kids should also be looking for good opportunities for their team to score a basket, and use good passes to get the ball to teammates in the best position for easy shots.