

APRD Kindergarten Basketball – Week 3

Stretching

Ball Handling

- Increase difficulty from Week 2! One handed dribbling, switch hands, low dribble, high dribble, pass ball around waist, legs, head (go for accuracy, then speed)
- Reinforce “TRIPLE THREAT POSITION” - both hands on ball, squeezing slightly, wide elbows, wide feet, knees bent, protecting the ball. Talk about how this work will make us better dribblers, and how they can work on this with MINIMAL space at home!
- Play a few minutes of “COACH SAYS” aka, “Simon Says”.

Week 3 Skill Focus - PASSING

Other than dribbling, PASSING is the other way we move the ball from one place on the floor to another place on the floor. Explain to the kids that sharing the ball is not the reason we pass in basketball! We pass the basketball to a team mate when they have a better opportunity to make a basket than we do! Our goal is to successfully score... not successfully share. Sharing happens naturally when we unselfishly look for our team's best chance to score.

- **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!

Week 3 Skill Focus - LAYUPS

- **DEMONSTRATE A PROPER LAYUP**... from the right side, taking final step with the left leg, raising the right knee as the right arm pushes the ball up towards the square on the backboard. Use the image that the right elbow is connected to the right knee by a string.
- Go through the line and have each child try a layup or two. It's gonna be ugly! Just encourage them with their form!
- **GAME – OVER/UNDER** – 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.
 - Go through this once or twice, and then challenge the other team on your court!
 - This game works on layup form, but also gets the kids into the mindset of accomplishing a goal as a group... not individually.

REVIEW FOR GAME