

## APRD Kindergarten Basketball – Week 2

**Review Ground Rules** (stopping on the whistle, no dribbling while coach is talking, etc)

### Stretching

### Ball Handling

- One handed dribbling, switch hands, low dribble, high dribble, pass ball around waist, legs, head (go for accuracy, then speed)
- Introduce “TRIPLE THREAT POSITION” - both hands on ball, squeezing slightly, wide elbows, wide feet, knees bent, protecting the ball. “Triple threat” because we can dribble, pass or shoot from this position.
- Talk about how this work will make us better dribblers, and how they can work on this with MINIMAL space at home!

### Week 2 Skill Focus - MOVING while Dribbling

In basketball, when we move from one spot to another, we must dribble the ball, which means we have to be able to look where we are going and keep bouncing the ball on the floor. This will be difficult for some kids to do, but let them know it's okay to struggle with this! They will get better this season.

### GAME - Shark Tank

- Set up 3 “Islands” using ½ the court and cones or other simple marker. What is not an island is the Shark Tank. Coach and / or parent volunteers are sharks.
- Kids must “swim” around the tank while dribbling their ball. **When the coach yells out “SHARK” kids must dribble quickly to an island, and then get into the stop / triple threat position.** No carrying the ball to the island... must dribble.
- When it is safe, kids can leave the island. **Come up with some creative ways to get the sharks to go away...** pass the ball around your head 3 times, dribble 5 times with left hand and right hand, pass 3 times with mom or dad, etc.

### Week 2 Skill Focus – Shooting

Review of Form... straight line from hand to elbow, directly under the ball, pushing the ball up, by dropping it to our chest first... as we get stronger, we won't need to push so hard. Practice pushing ball into the air, try to land it in the “Pelican's Mouth”.

### GAME - “Around the World” - Set Shots

- Everyone Starts with a ball.
- Working on proper form. There will be 3 spots in front of the hoop, to the right, in front, and to the left, marked by cones (or something similar). Place 2-3 kids at each spot. Each kid shoots the ball from each spot. Coaches will assist with rebounding to prevent kids getting hit under the hoop. After each attempt, child rotates to the next spot (“Around the World” style). Going through the line once or twice.
- Once they get used to different shot locations, you can try different shot distances. This will help them start developing shooting touch, and learn that a longer shot requires more push (and more involvement of the legs).
- If they seem ready, you can create little competitions... split the team into two, and see which team can make more total makes after all kids have attempted their shots.

### REVIEW FOR GAME

