

APRD Kindergarten Basketball – Week 8

“PUTTING IT TOGETHER!”

The kids have learned a LOT this season... but the skills are only effective in a game setting if they can be “put together” and used in combination. Dribble, jump stop, shoot. Dribble, jump stop, pivot, pass. And so on. In our final week together, we’re going to work on piecing together a variety of skills to help build confidence.

IMPORTANT – It’s important at this stage to allow the kids to experiment and make mistakes. It’s okay to provide correction (such as when a child starts running with the ball without dribbling), but resist the temptation to provide exact direction on which skill they ought to use in every situation. They need to have the ability to think through the skills they know, and make a decision about which is appropriate to use. Even if that decision is wrong. This is what leads to improvement and the development of confidence!

Stretching & Warmups

GAME - DRIBBLE TAG – Everyone has a ball. Coach should define a playing area (square, circle, half court, etc). On the coaches signal, everyone begins dribbling. The goal is to tag other players while continuing to dribble the ball. Therefore, the head / eyes must be UP and looking around! If tagged, the player should freeze in the triple threat position. If a player runs with the ball instead of dribbling, they should freeze as well. The coach may “unfreeze” a player by tapping them on the head. **HOWEVER...** before resuming the dribble, player must **PIVOT 3 times**. Then they can rejoin the game. Play a few rounds of this, and get creative with the format... right hand only, left hand only, running only (no walking and dribbling), backwards, etc.

GAME - 2 ON 1 – This game will challenge the kids a LOT, but is a fantastic way to put it all together. Kids should be set up in groups of 3, two on offense, and one on defense.

- The two on offense should start with the ball near the top of the key, and work **TOGETHER** to try to score a basket. The one on defense should do their best to use good defensive shuffling / mirroring and secure any rebound opportunity to stop the offensive try. (No steals, unless it is an intercepted pass).
- This drill is set up for the offense to succeed and the defense to fail... so don’t let your defender get discouraged!
- 2 offensive players need to keep good spacing, and use their dribbling, passing and shooting fundamentals to successfully make their way to the basket and score. Each time through the line, have the kids switch roles.
- **HESITATION AND WAITING FOR INSTRUCTION should be discouraged**, and will lead to failure in this game... encourage the kids to make quick decisions, even if the decision is wrong! Often it will be right, and the feedback of that experience is what will lead to development and confidence!

REVIEW FOR GAME

- **Celebrate your kids... and your progress this season! Wow! As a reminder, at the beginning of this season, we began with bouncing the ball to the floor with 2 hands... and now they’re going through a 2 on 1 drill and putting together multiple skills!**