

1st/2nd Grade Youth Basketball Program Description

This program is designed to teach 1st/2nd Grade children the fundamental concepts of basketball. The program focuses on technique through the use of six clinics that subsequently build on each other, helping the children to gradually increase their ability to do the basic skill to help them play basketball.

The first “get to know your team” practice is designed to meet your team, hand out purchased jerseys and practice the first 2 clinic fundamentals of dribbling and defense.

After the first practice, each team has seven scheduled “games”. The first 4 games consist of:

A 10-minute warm up period (can be used for team meeting, warm up, etc.)

A 20-minute clinic (team will learn a new skill each time)

A 5-minute halftime

A 25-minute scrimmage against opposing team.

The last 3 scheduled games will not include a clinic. The last 3 games consist of a 10 minute warm up period and two, 20 minute halves with a 5 minute halftime.

How you can help to make this basketball a success...

- Make sure that you contact all of your team members parents so that they know what is happening and when it's happening.
- Look over the fundamental that will be taught to the team each game before showing up to the gym that day.
- Be on time so that your team can utilize the 10-minute warm up period (hold team meeting and remind them of previous skills taught).
- Do your part to make sure that your clinic and scrimmages begin and end on time (the scoreboard clock will count down the time for you).
- Be positive and encourage the children.

Have fun and enjoy yourself!

Clinic 1 - Dribbling

*Demonstrate each skill before letting the children try. Run each skill after you have explained and demonstrated.

PENALTIES

- 1. Double dribbling**
 - a. Demonstrate and explain double dribbling.
 - b. Answer questions.
- 2. Traveling**
 - a. Demonstrate and explain traveling.
 - b. Answer questions.

DRIBBLING

- 1. Stance**
 - a. Feet are set at a comfortable stance just wider than the shoulders.
 - b. Weight on the ball of the foot.
- 2. Dribbling**
 - a. Let the ball drop to the floor and bounce up to your hand at hip/waist height.
 - b. Catch the ball with your fingertips facing down toward the floor push the ball back down (using fingertips).

Exercise—Have children practice dribbling in place with the Right and then with the Left hand (2 or 3 children per team at a time).
- 3. Dribbling while walking**

Exercise—have the children practice dribbling with dominant hand while walking. Repeat using non-dominant hand.

Exercise—have children practice dribbling while weaving through cones using their dominant hand. Repeat using non-dominant hand.
- 4. Dribbling while running**

Exercise—have the children practice dribbling with dominant hand while running (line them up and have one person from your team go at a time). Repeat using non-dominant hand.

Exercise—have children practice dribbling while weaving through cones using their dominant hand. Repeat using non-dominant hand.
- 5. Dribbling Backwards**

Exercise—have children line up and one at a time try dribbling backwards *in a straight line*.

Exercise—Repeat exercise above, but this time have the children extend the non-dominant arm (one that is not dribbling the ball) out and elbow up to protect the ball.

Clinic 2 - Defense

DEFENSE

- 1. Defensive Stance**
 - a. Stand with feet apart.
 - b. Weight on the balls of your feet.
 - c. Knees bent.
 - d. Arms up and out.

Exercise—have the children practice their stance while shuffling (side step, do not cross feet) across the gym floor. Repeat back across the gym floor with the opposite foot first.

Exercise—next, pair the children up and have one play the defender, while the other plays offensive (dribbling backwards-arm extended). Have the children switch roles so that each child gets a turn as both defense and offense.

*If you complete all of these skills before your 20 minutes are up, continue to work on any of the skills that have been taught so far.

Clinic 3 - PASSING

*Demonstrate each skill before letting the children try. Run each skill after you have explained and demonstrated.

Dribbling and Defense Review—

PASSING

1. Stance

- a. Feet are set at a comfortable stance just wider than the shoulders.
- b. Weight on the ball of the foot.
- c. Dominant foot steps out when delivering the pass.

Exercise—have children practice their stance. Have them pretend to pass the ball.

2. Forward Chest Pass

- a. Step forward with dominant foot.
- b. Push the ball away from your chest.
- c. Direct the ball to the person you are passing to (Thumbs Up/Thumbs Down).

Exercise—Have the children get in a circle. Stand in the middle, have the children practice the chest pass to the center and then return the pass to each child. Give each child 3 turns. Next, have the children pair up and practice passing to each other.

3. Forward Bounce Pass

- a. Step forward with dominant foot.
- b. Push the ball to the floor away from your body.
- c. Direct the ball to the person you are passing to.

Exercise—Have the children get in a circle. Stand in the center and have the children bounce pass the ball to you. Return the pass to each child. Give each child 3 turns. Next, have the children pair up and practice passing to each other.

4. Passing Drills

Exercise—Have the children pair up and stand 5 feet apart facing each other. Call out a pass (bounce or chest) and have the children do what you say.

Exercise—with a partner have the children run across the floor and pass to each other (no dribbling is necessary at this point), using the passes they have learned.

*If you complete all of these skills before your 20 minutes are up, continue to work on any of the skills that have been taught that day or review past skills.

Clinic 4 - Layups

*Demonstrate each skill before letting the children try. Run each skill after you have explained and demonstrated.

Dribbling, Defense and Passing Review fundamentals with the team.

RUNNING and JUMPING/SKIPPING

Exercise—have the children run 5 steps and then jump (repeat all the way across the gym floor; one child at a time).

Exercise—have the children run 5 steps and then skip once instead of jumping (repeat all the way across the gym floor; one child at a time).

LAY UPS

1. Form Without a Ball

- Demonstrate what a lay up is.
- Explain that the skip/hop is called a “lag step.”
- Explain that just like they have one hand they dribble better with, they are going to most likely find it easier to do a lay up on one side than the other.

Exercise—have the children walk up to the X on the floor and skip when they step on the X (make sure that they plant the inside foot and lift the outside foot.) Alternate between the left and right side of the hoop.

Exercise—have the children run up to the X on the floor and skip when they step on the X (make sure that they plant the inside foot and lift the outside foot.) Alternate between the left and right side of the hoop.

Exercise—have the children repeat the previous exercise, but this time when they skip/jump up have them try to touch the backboard with their outside arm. Alternate between the left and right side of the hoop.

2. With Ball (these exercises may require the children to take more turns)

Exercise—have the children run up to the X (holding the ball) and then have them shoot as they skip/jump. Alternate sides.

Exercise—have the children run up to the X dribbling the ball, pause, and then have them shoot as they skip/jump. Alternate sides.

Exercise—have the children try to do a lay up with out the pause. Alternate sides.

*If you complete all of these skills before your 20 minutes are up, continue to work on any of the skills that have been taught so far.

Clinic 5 – Shooting / Free Throws

*Demonstrate each skill before letting the children try. Run each skill after you have explained and demonstrated.

Dribbling, Defense, Passing and Lay up Review fundamentals with the team.

Exercise—have the children practice their lay ups. Review any points that you feel will help them develop this skill.

SHOOTING

1. Fundamentals

- a. Dominant hand holds the ball.
- b. Non-dominant hand rests on the side of the ball.
- c. With eyes on the basket, point the ball towards the basket.
- d. Bring the basketball back toward the ear, shifting the weight of the ball onto the dominant hand.
- e. Push the ball with the dominant hand toward the basket, rolling the ball up the palm of the hand off of the fingertips, for a backspin (use two hand if ball is too heavy).
- f. Fingers of the dominant hand should point at the basket after release.

Exercise—Have the children get in a circle, have each child practice shooting to you in the center.

Exercise—have the children one at a time practice shooting the basketball into the hoop (watch their form).

2. Free Throws

- a. Show where to stand when a free throw is being made.
- b. Show where to stand when making a free throw.
- c. Show when to rebound after the shot.
- d. Show how to “box out” after the shot.

Exercise—have each child take a turn shooting 2 or 3 free throws (have the other children positioned around the key-as if to rebound). Have the children rotate so that everyone receives a chance to try.

*If you complete all of these skills before your 20 minutes are up, continue to work on any of the skills that have been taught so far.

Clinic 6 – Fouls, Rebounding & Inbounding Pass

Dribbling, Defense, Passing, Lay-up and shooting/free-throw Review fundamentals with the team

FOULS

1. Talk about fouls (demonstrate)
 - a. Reaching in
 - b. Slapping
 - c. Bumping into the body
 - d. Over the back
2. It's OK to touch but not to push or hit

REBOUNDING

1. Explain why rebounding is important
Exercise—have the children line up behind the free throw line with one/two children under the hoop. Have one child shoot while the children under the basket, rebound the ball, and pass it to the next person in line at the free throw line. Have the person that shot last replace one of the children under the basket and have the replaced child get in the back of the line to shoot (continue until everyone gets at least one turn-do as long as needed or enjoyed).

IN BOUNDING THE BALL

1. Explain:

- a. In bounding while guarded
- b. The line offense and defense (where to stand)
- c. How much time to inbound

Exercise—have the children each take a turn throwing the ball in, being on offense, and on defense.

Review-Review any skills that you feel need to be worked on.

*If you complete all of these skills before your 20 minutes are up, continue to work on any of the skills that have been taught so far.

1st/2nd Grade BASKETBALL - COACH'S AND REFEREE'S INSTRUCTIONS

This program requires that a coach or parent act as referee, provided by the team.

This basketball program is being run with fun in mind. Referees are very important in that they control the game and affect to a great degree the attitudes of the coaches, player and parents.

1- **Play everyone on the team** at least half of the game. It is even better to play everyone equally. No game is so important that a good player must play the full game.

2- **Each game will start on time** at exactly 5 minutes after clinic time and will last for 25 minutes. Keep the game moving by hustling on foul shots and out-of-bounds. Teams may substitute at anytime, even while the ball is in play.

3- **Do not criticize the players** negatively for the mistakes they make. When a player makes a mistake, point out the correct method or procedure to correct the action.

4- **Violations are not turnovers**—violations include *progression* (traveling), *carrying* (palming), *double dribble*, *all fouls* (including moving screens) and *back court*. Do not call free throw line violations. When a violation is made, stop play and instruct the violator what the proper procedure is and what he can do to prevent the violation's reoccurrence. This should be done with a smile and a soft voice. Don't yell or be vindictive even if the violation was flagrant. Keep in mind that this is an instructional league and that the kids are supposed to be learning the fundamentals of the game, making it a positive experience for the child. After instruction, have play resume from where it was before the violation occurred. The only exception to this rule would be when a player is fouled in the act of shooting, and should be awarded two free throws. If the foul shooter cannot reach the basket from the foul line, the official should move the player forward to a distance where he/she can reach the basket.

5- **Jump the ball at the start of the game only.** All other jump balls are simply alternating possessions.

6- **Defend with only Man-to Man defense** –

- The defensive player cannot take the ball away from an offensive player while the offensive player is in control of the ball, but can defend only.
- No full court defense or double-teaming is allowed. Teams may defend only at mid-court.
- Players will wear colored armbands and defend the player wearing and identical colored armband on the other team with two exceptions:
 - 1. On a fast break, a player with a different color armband may defend the man with the ball.
 - 2. If the offense sets a pick, the defenders may temporarily “switch”. During the “switch” some double-teaming may occur, but should only happen momentarily. If an illegal double-team occurs, award the ball to the offended team out-of-bounds.

7- **Wristbands are used** to help players remember who they are to guard. When assigning wristbands to your team, try to match up the abilities of your players with the players from the opposing team.

8- **No official scores will be kept.**