

# YOUTHFIRST

(1st & 2nd grade)

The Sports Education and Leadership Program at UNLV

## Parents Learning about Youth Sports

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### Key points

- The importance of dribbling
- The importance of teaching dribbling
- Why is passing important?

## DRIBBLING AND PASSING

In the previous issue we talked about the importance of being a good coach, and knowing the right techniques and being able to young children in a manner they would be able to not only know what your talking about but understand it as well. The skills that were highlighted in the previous issue were exercising and dribbling. In this issue I'm going to talk a little about the different types of dribbles and how it can be beneficial, and the basics of passing.

### DRIBBLING DRILLS

Once understanding the basics in dribbling is accomplished, this is when you should start teaching the different kinds of dribbling. There is a variety of different types of dribbling, but when you are dealing with younger children you don't want to teach them bad habits by trying to show them how do

## DRIBBLING DRILLS CONT.

fancy dribbling such as the around the back and spin moves just to name a few.

A good dribbling technique to start off with is, low dribbling. At this age kids are going to be attacking the ball from all angles, that's why this technique is important. It works best when your trying to avoid pressure defense.



## TEACHING/DRILLS

For this type of drill requires you to have a low center of gravity while extending you had forward, but not to far ahead. This will help you shorten the distance in which the ball has to travel and at the same time make it very difficult for the defender to steal the ball. Its also very important that the palm of the hand is over the ball at all times, because at this point the

ball will be bouncing a fast rate and will be a lot easier to loose control of the ball.

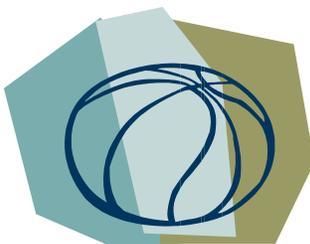
A good drill for this technique is to have the players practice low dribbling in circular motions. The players should have good distance from each other. They should switch dribbling hand every minute, this will help strengthen the weak drib-

## TEACHING AND DRIBBLING CONT.

bling hand. This drill should be done in a 5 to 10 minute period. Tip: it would be a good idea to start off this drill at the beginning and at the end of every practice. There are two other drills that beginner should know and those are the speed and change-of-pace dribbles. For speed dribbling, it would be a good idea to have cones placed through out the court and have the students start off at the baseline and speed dribble to each cone and back to the baseline. Not only will the player

find this drill to be exciting but it will increase the ball handling ability.

As for change-of-pace dribbling you can have two single file lines and the players do change-of-pace from one baseline to another. Its very important that you explain to the kids the importance of each drill, because you don't want them to think their doing it because you tell them to. They need to know that theses techniques are important to help them become a better basketball player.



## PASSING

When it comes to passing a basketball, its important to know how to pass and why your passing the ball. Children needs to know that every pass is not going to be a perfect pass. A good drill is to have them pass the ball to

them selves by passing the ball off the wall this is a great starter as a passing drill.