

YouthFirst

The Sports Education and Leadership Program at UNLV
Parents Learning about Youth Sports

The Twelfth Practice

You should start this practice with a review of the last practice. Ask the children what skills they worked on last practice. Ask the children what game they played last practice and what skills were applied in that game. Then put the children into teams of three and have them play games up to 3. After that inform the children that they will be doing various drills throughout this practice to see their progression.

Dribbling Practice

For this practice make sure every child has a ball. Then have them all at the same time start dribbling. Let them continue dribbling until they lose control of the ball or stop dribbling. The goal of this activity is to see where each child is in their own dribbling development. Make notes on each child's efforts.

Lay-Up Practice

For this practice inform the children that they will each be attempting ten lay-ups. And that they will be doing this in their normal lay-up drill lines. The goal of this drill is to see how the form of each child on their attempt at a lay-up. Make notes about each child that you could share to them or their parents.



A Game For Fun

For this game put the children into teams of four. Or depending on your number of children, you want at least four teams. Then give each child a basketball. And then tell them the object of this game is to steal or knock away as many balls from the other team. Each team will play another team, with the winner being the team that can knock away or steal all of the other teams balls. If the ball gets stolen or knocked away that child is out.

Have the winners play each other and the non winners play each other. Hopefully the children will enjoy playing this game. You can have a prize for the winners or for all the children if you choose.

End of Practice

For the end of this practice gather all the children around you. Inform them that they have all done a great job throughout all the practices. And then ask them what game they want to play to end practice. Depending on the game, play that game to end the practice. If they cannot decide on a game then either allow them to play anything they like with other teammates that want to do the same. Or that they may practice any drill that they would like to. Also you can have them all play a game of your choosing. Try to think back to which game all the children seemed to really like. When that is done tell the children not to forget to practice their skills and to make sure they have fun whenever they practice or play.

What Kind of Information Do I Give the Parents?

After this practice talk to the parents about how you went over their child's progression in this practice.

This would be the time you pull out the notes on their child. Then go over the notes you made. Making comments about what you think about the child. Helping inform the parents on what the child will most likely need to practice and what their child's strength is.

