

# YouthFirst

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

## Start of the Fifth Practice

You should start this practice with a review of the last practice. Ask the children what they learned from the last practice. After that have two of them demonstrate how to perform the passing skill. After this have the children perform the passing drill from the last practice, where there is one line on each side of the basket. and then have them pass the ball back and forth to each other up and down the court.

## Dribbling Practice

After the passing review, you want the children to practice dribbling. You will want them to practice the basics every practice. The drill to use for this practice will be a full court sprint dribble. Have the children in two lines one on each side of the basket. And have them race down and back while dribbling.

## Dribbling Practice #2

Have the children form four lines, two on each side of the basket. And then show them the crossover V dribble drill. Show them that they will perform a zig-zag dribble. And when they zag, they perform a basic crossover dribble. You can start this by having them go only to the half court. Do this 2 or 3 times.



## Passing Practice Drill

For this drill have the children divided up into three lines. One in the middle and two on the side. Instruct the children to start the ball with the middle person. And from there he or she will pass it to one side and then that child will pass it back while the other two children move in front. Then the middle child will pass it to the other child and then that child will pass it back all while they are still moving. They will do this all the way down the court and back. Don't worry if they have trouble doing this drill. Just try and make sure that they have a good time trying it. And make sure that you encourage them the whole time, since it may be tough for them to pass it on the move. If it becomes too difficult have them do the same thing except without the moving.

## End of Practice

After the last drill is complete divide the children equally into four teams. And then have two games going on at the same time. This will make sure that all of the children are playing. Make sure you remind the children to use the skills that were taught to them throughout all of the practices.

## What Kind of Information Do I Give the Parents?

After this practice you should let the parents know what skills you taught the children. And tell them how they can practice them with their child at home. Also you should tell the parents how much each of their children have progressed. Letting them know if they are progressing rapidly or may need more practice. At this age they probably need more practice.

