

YouthFirst

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

Start of the Eighth Practice

You should start this practice with a review of the last practice. Ask the children what skills they worked on last practice. After that split the children up into four teams. And have the children play a game against each other. This will surprise them, however they will be more than happy to play to start the practice. This will make them competitive for the rest of practice. After have the children practice their dribbling.

Dribbling Practice

To start, put the children in four lines along the baseline. And then inform the children that they will be doing a speed dribble relay race. The first person races down the court and on the way back hands the ball to their teammate. This goes on until every one has done it. The team that finishes first is the winner.

Lay-Up Practice

To complement the speed dribbling, have the children do a speed lay-up game. The object of the game will be for each team to make as many lay-ups as possible in five minutes. You can have four teams and then have the winners face each other and the non-winners face each other. Tell them to only worry about having fun.



A Dribbling Game

This is a very fun dribbling game that the children will enjoy. The game is the same as red light, green light except that a basketball is used in this version. To start lineup all the children on the baseline and give each one of them a basketball. And then explain to them the rules of the game. Explain that when you say “green light” they start dribbling and make their way up the court. And when you say “red light” they stop where they are at. The first that you do this explain to them that it is not a race. However after they have all reached the other side of the court you can make it a race back to the other side of the court. Adding this sense of competition will make this game more enjoyable for the children.

End of Practice

After the dribbling game is finished, end practice with a fun ball game. This game is kind of like musical chairs except balls are used instead of chairs. Start out by giving each child a ball and have them all stand in the middle of the court. And then tell them that when you say “go” that they must drop the ball and run anywhere that is out of bounds. And as they do this you remove one of the basketballs. Then tell them after they run out of bounds, to run back in and pick up a ball and start dribbling. Whoever doesn't have a ball is eliminated. Continue to do this until there is one child left. You may choose to give the winner a prize if you want.

What Kind of Information Do I Give the Parents?

After this practice you should inform the parents of how their children have or haven't improved. Also encourage the parents to take their child to a professional game if they have not done so already. This may provide a greater interest for the child. And with a greater interest the child may want to get better. Also the child may have more fun playing Basketball.

