

YouthFirst

The Sports Education and Leadership Program
at UNLV

Parents Learning about Youth Sports

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5th- & 6th Grade

Practice 10

Basketball

Warm-up

Have athletes:

- Jog twice around the court.
- Have athletes circle-up
- Stretch neck side to side and forwards.
- Circle arms front and back with palms facing upwards.
- Touch toes with legs straight.
- Hurdle stretch to both sides (crouch down, then straighten one leg out to the side).
- Achilles stretch (from push-up position, press heels down to floor one at a time).
- Write alphabet in air with toes on both feet.
- Stretch quadriceps (stand and bring one foot up to back of leg.)
- Run one more lap at half speed.

Goals

Try to accomplish the following:

- Athletes will be able to identify and demonstrate all positions.
- Athletes will be able to partake in a half-court scrimmage.
- Athletes will be able to identify and demonstrate skills learned in defensive drills.
- Athletes will be able to identify and demonstrate skills learned in offensive drills

Equipment

- Full-size basketball court.
- Full-size basketball nets.
- Two sets of jerseys.

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Activity One

Break the athletes up into two teams of equal ability. Hand each team a different color jersey. Explain to them that they will be scrimmaging in order to get used to the full-court game setting. Let them know that anyone who is not on the court at that time will need to watch and cheer. They will be looking for good communication, skills, and techniques. Be sure that everyone gets as close to equal playing time as possible. You will need to act as referee for this game, yet go easy on the calls and try to give cue words and encouragement as much as you can without interfering with the game. You will also need to be in charge of subbing athletes in.

Activity Two

After having the athletes play for about twenty minutes, have them explain why the successful team was able to pull ahead of the other. Give them hints if they need like communication, skills, and techniques, especially ones that have been learned in drills in other practices.

Activity Three

Split up the athletes into different teams this time and let them scrimmage for about twenty more minutes. Be sure to emphasize the use of communication, skills, and techniques that the group has just discussed. Also be sure to include any other ideas the athletes may have come up with.



Cool-down

Have the kids jog three laps around the court. Explain to them that the more the run in and out of practice the less they will have to try in the games. Have them circle-up again and complete the same stretches as in the warm-up. While they are doing this have them all state