

YouthFirst

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

**Volume 1, Issue 1
5th- & 6th Grade
Practice One**

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 goals:

- Get to know students.
- Hand-out and cover rules of the team.
- Let students know what is expected of them (what to wear and how to act).
- Skill assessment (free-throw, dribbling, lay-up).

Equipment

- Enough full-size basketballs for everyone.
- Full-size basketball court.
- Full-size basketball nets.
- Twenty cones.

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Activity One

For the first practice, concentrate on assessing the athlete's skills and abilities. Set up four lanes of running between two cones about thirty feet apart. Ask the students to make four lines behind the cones. Without telling them how, ask the students to dribble the ball one at a time down around the cone and back while saying their name. This will allow the athletes to learn each others names as well as the coach. While they are doing this, have your pre-made skill assessment sheet ready and mark one to five (one being the best) on how well the athlete can dribble. Then for fun you may want to have the athletes try skipping or hopping while dribbling.



Activity Two

Now have the students line up behind the free-throw line, each with a ball. Have the students try to make a shot. Be sure that the athletes know that they are not being judged and that they should be encouraging each other to do well. Again have them yell their name before they throw to help everyone learn names.

After assessing the athletes free-throw abilities, have them line up and try lay-ups. It is a good idea to have them try both sides.

Cool-down

Have the athletes jog three times around the court and complete the same stretches as in the warm-up. Take a good portion of practice time to hand-out a copy of the team rules. Make sure to provide a copy for the athlete and one for the parents. Read over and explain all the rules. Make sure that any questions or concerns are cleared up. It is very important to establish good communication from day one. Be sure the athletes know that they can feel free to talk to the coach and other athletes at all times with out fear of criticism. It is also a good idea to give the students ideas of what to and not to eat before and after practice, tell them to bring water, and to dress appropriately. Stay after practice and introduce yourself to parents and answer any questions they may have.