

YouthFirst

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

Volume 1, Issue 6
5th- & 6th Grade
Practice Six

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 draw in a defender.
- Athletes will be able to understand why it is important to draw in their defender.
- Athletes will be able to successfully pass the ball while being defended.
- Go over rules and penalties, when free-throws are given, etc.

Equipment

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

In this issue:

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Activity One

Have students break up into defenders and offenders. Have two single file lines for the offenders and one for the defenders facing each other. Place a cone in the middle of the lines where the offenders will get rid of the ball. Have one offender bring the ball in while the other offender stays even with them. At the same time have the defender approach the person with the ball and try to steal the ball while staying in their line of running. The person with the ball will try to draw the defender into themselves, then quickly pass the ball off to the other offender, leaving them a clear line of running to escape with the ball. Be sure everyone understands the drill and answer any questions that may arise. If there is a very good drill done, use it as an example and explain why the athletes did what they did and why it worked so well. Be sure that all the students practice being both offense and defense.

Activity Two

Now have the students break up into three offenders and two defenders and have them work together on drawing the defenders in and trying to get the ball past them. Be sure to emphasize how important it is to communicate. Also be sure to explain when this drill will come in handy in a game. Point out what the athletes are doing which works and what doesn't work.

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 their names one at a time. Also go over the rules again, and make sure to answer any question they may have.

