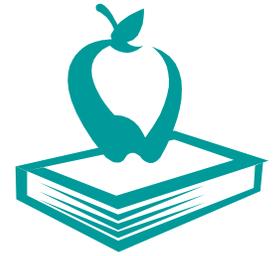


# YOUTHFIRST

The Sports Education and Leadership Program at UNLV

Parents Learning about Youth Sports



## Basketball Practice #1

Grades 7th & 8th

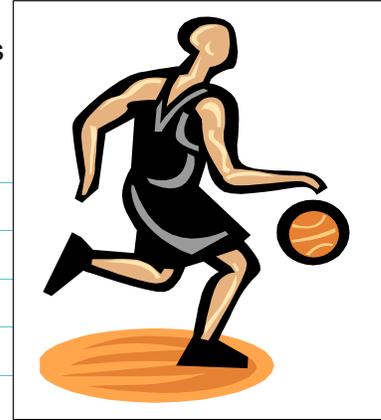
<u>Practice Objectives</u>	<u>Equipment</u>	<u>Warm-up (10-15 min.)</u>	
1. Make sure you emphasize what the team rules and guidelines will be.	Check and make sure all players are wearing proper attire from their clothing to their shoes.	1. Have the players run three laps to get their blood pumping and flowing so that they won't pull muscles during practice.	<p><b>Volume 1, Issue 1</b></p> <p><b>Special points of interest:</b></p> <ul style="list-style-type: none"> <li>✓ Arrive with a positive attitude and a smile to put the players at ease.</li> <li>✓ Speak openly about what is expected of the players when playing the sport.</li> <li>✓ Make sure that you address the importance that this experience should fun first and foremost before anything else.</li> </ul>
2. Introduce players to the way practices will be held and what is to be expected.	Make sure that all the basketballs to be used are in good shape and pumped full of air.	2. Circle up the players and have them stretch their arms & legs thoroughly.	
3. Start the players off with some fundamentals.	Inspect the nets on the basketball rim and the rim itself to make sure they are able to be used.	3. You should walk around while they are stretching to make sure they are doing hem properly.	
4. Start grouping your players into groups with similar skill level.	Address safety issues while players handle the equipment.		
5. Guide and mentor them while they are going through the different skills.	Remind them that once they are done using the equipment it should be stored in it's proper storage area so that they can prevent a shortage in equipment.		
6. Place them in non-stressful game situation.			
7. Assure them that this is all in FUN!!!			
 <p><b>It's KEY to always stretch properly.</b></p>			
<p><b>BALLHANDLING Activity 1</b></p>			
Have players get a ball, spread out throughout the gym, and get down on one knee.	guarding the defender. Then, have them continuously dribble the ball with the arm that they feel more comfortable with and have them concentrate on ball con-	Remember that everyone has their own pace when learning so you have to be positive and patient while practicing this skill with your players.	
Have them place their arm that they will not use to dribble the ball out in front of them to practice			
			<p><b>Inside this issue:</b></p> <p>Practice Ob- 1</p> <p>Equipment 1</p> <p>Warm-Up 1</p> <p>Activity # 1 1</p> <p>Activity # 2 2</p> <p>Activity # 3 2</p> <p>Cool- Down 2</p>

## DRIBBLING

### Activity 2

Now put some movement with the dribble by standing up and dribbling the ball down the court. Remind them that this is not a race so to take their time and focus on ball control. Explain to them about placing their opposite arm in front of them as a guard mechanism allowing them to defend themselves and the ball from being stolen by their opponent and causing a turnover. Have them repeat this drill continuously until you see that every player has the basic concept

of the dribble. Without knowledge and control of this skill the game can never be played. Give some corrective criticism if you feel it's necessary.



**Good ball control is important when it comes to dribbling.**

## SHOOTING

### Activity # 3

Have your players line up next to each other and hold the basketball in shooting position before the release point when they shoot. Make sure that everyone has the basic concept of how the ball should be held when shooting. As the skill develops, the players shooting form may vary to what they feel most comfort-

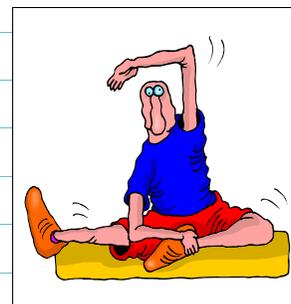
able with and whatever works for their shot. Just walk around and emphasize the basic form for shooting. After you see they've all got the form down, go ahead and line them up at the free-throw line and have them shoot around so they can develop a good shot.

**Don't forget to remind your players that they should be having fun while practicing.**

## COOL-DOWN

Circle up the players and have them sit down and do some light easy stretching to cool them down after practicing. The stretching should be done slowly so that it can relax your body as you cool down. This process prevents injuries and soreness from occurring due to the activities done during

practice.



**Remember that stretching slowly is necessary for the cool-down.**