

YouthFirst

The Sports Education and Leadership Program at UNLV

Basketball Practice #3

Parents Learning About Youth Sports

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Grades 7th & 8th

The Beginning...

Warm Up-

- 1) Have your athletes jog 2-3 warm up laps around the basketball court to get the blood flowing.
- 2) Follow their jog with several stretches. (butterflies, leg spreads, calf stretches, buttocks stretches, etc.)
- 3) Remember to emphasize the stretch, rather than quickness. In other words, make sure they take their time stretching.



- 4) Work on their running form through quick, short form drills. Have them line up and do high knees, butt kickers, leg extensions, and rope pulls. Remind your athletes that over emphasis is good and will ultimately improve their running form.
- 5) Warm up with basic fundamentals. Also make these drills fast and easy so they don't get bored. Work on dribbling, passing, and lay-ups.

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Special points of interest:

- Get their eyes off the basketball and score quick easy points.

Getting It Done...

Activity #1– Get out six cones on each side of the basketball court. Set them up in two straight lines, each about three to four feet apart. Next have the team line up behind each

set of cones (6 on the right, and 6 on the left).

Explain that they will weave in and out of the cones dribbling the ball and attempt to score a lay

up at the end. The objective of this drill is to get their eyes off the ball, and practice scoring quick easy points.

Setting It Up...

Activity #2– This drill will introduce something new to your athletes as far as a game situation is concerned. You will be using only half of the basketball court and 10 individuals from the team. Have everyone pair up in the following positions: (1) Guard, (2) Forwards, (2) Centers, and/or (1) Point Guard.

This will be the most inactive drill you run, but the most influence on

their cognitive learning. This is when you have the chance to simulate a game situation, but break down all the places people need to cover, or look for on both offense and defense.

You may also want to emphasize that this is a time that not everyone will always be set up accordingly and also to move around as much as possible for open passes and shots. Remember not to cram their head with to

much, but just a few plays over and over again.

Make sure to ask if there are any misunderstandings or questions.



Remember to be open to any questions that your athletes have.

Getting Them Ready...

Conditioning– This may be the part of practice that everybody dreads, but it is one of the most important as well. To make it a little more fun or interesting you may want to have them sprint with the basketball.

You may even want to have a few relays to get their mind off the sprint-

ing. Remember that the purpose is to build endurance and stamina, especially for basketball which is such a quick paced sport.

Make sure everyone understands they need to put out 100%, or else you will find other boring conditioning for them to do.



“Remember that the purpose is to build endurance and stamina...”

Closing Time...

Close practice with a warm down stretch. These could be the exact same as the opening stretches. You may also want to address things that they need to work on in practice that following day or week. This is a perfect time for positive reinforcement

and motivational comments.

Make sure to stress that tomorrow is a new day and that if they try hard they can accomplish anything. Try to close with a team cheer or team yell.

Have them start thinking about

the next practice, and what kind of goals they have in mind.