



The Sports Education and Leadership Program at UNLV

# YouthFirst

Parents Learning about Youth Sports  
Vol. 1 Issue 10

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Practice # 10

## Newsletter # 10 7th and 8th grade Basketball

### Inside this issue:

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- Team Talk
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- Pre Game

### Special points of interest:

- Give water breaks often.
- Ask parents to help, the more the better
- Be aware of any injuries.
- Stay after practice to give one-on-one help to anyone that needs it..

### Practice Objectives:

1. Chalk Talk
2. Dribbling
3. Free throws
4. Pre-game warm-up
5. Assure all players are having fun.

**Equipment Needed** Inform all players they must all wear tennis shoes.

No Jewelry / Earrings during practice

You will need a gym or outdoor courts with 4—6 basketballs, whistle.

Dry Erase board

### Chalk Talk” 10-15 min

I like to take a few minutes with my team to go over things on a chalk board, and to re-teach anything that needs to be worked on. This is also a good time for the players to ask questions. Remember some players need to see things on paper and they will learn it quicker. It’s important to remember that each player has a different learning style.

### Warm-Ups - 10-15 minutes

#### Stretches

1. Circle players up and start with the following sequence: Big arms, truck rotations, right over left, left over right .... Hang it down for seven seconds, Right leg flamingo / left leg, defensive sliding (stay low, slide feet, head up). Run a deep six in one minute (base line to base line 6X).
2. Walk around the circle and talk about why it is important to stretch and warm up.
3. Water break as needed



### Activity # 1

Take this time to cover your offense, defense rotation, screens, communication

Talk about the importance of playing together and to play hard to whole time.

## Free Throw Shooting (10-15 Min) Activity #2

It's important for your players to know that free throws can win or lose games for you. The more they shoot the better they will be.

Now you can take the time to correct any shooting form problems.

Have them split up at all the baskets 2 or 3 to a basket.

They need to shoot 2 free throws at a time. They need to shoot 50 total and report their score.

The winners from each basket get prize.

WWW.COACHESCHOICE.COM  
.Basketballsense.com



## 3 on 3 Scrimmage (10-15 min) Activity #3

Let the kids play 3 on 3. Use this time to emphasize team work, communication and the pick and roll.

Play to 5 make it take. This will make the teams play defense. Rotate the teams clockwise.

## Pre game Warm-up 5 10 min Activity #4

Take time for the players to learn your pre-game warm-up. When they come out onto the floor have a routine.

Lay-ups, right and left, jump shots right and left.

Then a 3 on 2 defense warm-up.

Free throws 1 and 1's This will take time.



**“ Don't give up on  
the impossible until  
you try it.**

**Winners never quit  
and quitters never  
win.**