



The Sports Education and Leadership Program at UNLV

YouthFirst

Parents Learning about Youth Sports
Vol. 1 Issue 11

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Practice # 11

Newsletter # 11 7th and 8th grade Basketball

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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. Defense
2. Free throws
3. Game Play
4. Talk
5. Assure all players are having fun.

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

No Jewelry / Earrings during practice

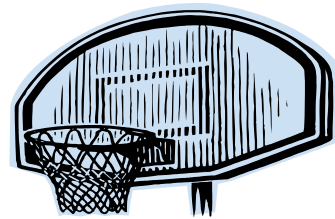
You will need a gym or outdoor courts with 4—6 basketballs, whistle.

Dry Erase board

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



” Defense Sliding Drills 10-15 min Activity # 1

With two practices to go, I feel it would be a good idea to go over defense. Remember defense is a big part of winning games. If your team can play defense, they will be successful.

Defense slides are easy to do. Have your team line up in two lines of six. Show them the correct stance.

Then they will slide on the coaches di-

rection. Left , right, forward and back.

Key points of the drill:

Stay low slide your feet don't cross them. One hand up one down. Head up..

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

Last practice we shot free throw, it's important to do it every practice if time permits.

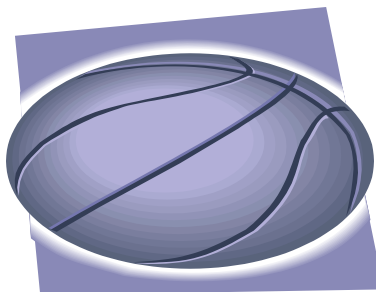
It's important for your players to know that free throws can win or lose games for you. The more they shoot the better they will be.

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

WWW.COACHESCHOICE.COM
.Basketballsense.com
Basketballdrills.com
Duke.com



Scrimmage (20-25 min) Activity #3

Let the kids play 5 on 5. 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. Winners stay on the floor.

You need to make 3 teams of 5.

Closure of practice 5 10 min Activity #4

Take time for the players to ask question about the practices, and go over anything that they need work on. Also compliment the good things that you see on the floor.

Talk about your first game and explain that executing the stuff that they have worked on is the key.



“ Always have a plan ,and believe in it. Nothing good happens by accident. it

The biggest mistake an athlete can make is to be afraid of making one.