



# YouthFirst

## Parents Learning about Youth Sports

Grades 7th & 8th  
Volume 1, Series 2

### The Sports Education and Leadership Program at UNLV

## Practice #2 Basketball

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### Practice Objectives:

1. Go over basic rules of the game of basketball
2. Introduce some skills.
3. Assess players on fundamentals.
4. 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.

### Warm-Ups - 5—10 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.



Tip: Defense stance

### Special points of interest:

- Try to quickly learn the names of all players.
- 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..

### Defensive Sliding Drill 10-15 min

Shoe them the proper defensive position. Stance: low and move feet, have one hand up and one down.

Have players make three lines. Of five and have them spread out on the court, facing you.

Point in the direction you want them

### Activity #1

to slide. Mix it up: forward back side to side. put a dribbler on the defense and dribble up and down the court, staying in front and making the offense turn..

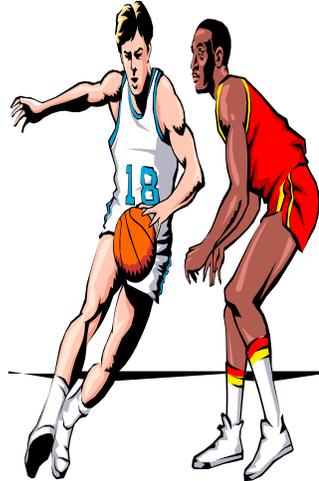
**Key Points**—You can't play defense while standing up. Get low.

## Help and Recover Drill (10 min) Activity #2

Have players make two lines at the baseline. One line has a ball and starts at the free throw line extended. The other line the defender must sprint and catch the dribbler and get in front before they can score a lay up.

### Key Ideas:

Sprint to you get in front of the dribbler. Try to turn the dribbler. Or take a charge. Don't foul.



## Shell Drill (20 min) Activity #3

You need 5 players on the court with no offense to start. This drill will get the players use to moving into position to play defense. For example, denial position, help position, (using pistols), seeing man and ball. This is a good drill to teach them to close out on a player while chopping their feet. But also having them ready to move into a

help position.

Start by putting a ball on a spot on the floor and have the players sliding accordingly.

### Progression:

Once they learn the positions put a offense out on the floor and swing the ball to different spots and have the defense jump into a position. This is a drill that needs to be worked everyday.

## Scrimmage (20 min)

I like to end each practice with some kind of scrimmage or game.

Divide the players up and start a game so the players can show some of their ability.

### Key Idea:

Coach should use his time to evaluate players and see how they interact and communicate.

Players should use this time to work on defensive sliding and shell drill responsibilities.

### Practice Closure:

Bring players in and give feedback on practice.

Next practice time.

**“A good team  
starts with good  
defense”**

**“Defense wins  
championships”**