



YouthFirst

Parents Learning about Youth Sports

Grades 7th & 8th
Volume 1, Series 3

Basketball Practice #3

The Sports Education and Leadership Program at UNLV

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Practice Objectives:

1. Go over proper way to shoot a lay-up.
2. Shooting Drills
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: Shoot with elbow in and good wrist release.

Special points of interest:

- Let the players know that a lay-up is the highest percentage shoot.
- 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..

Shooting Drill 10-15 min

Work on right handed lay-ups./left handed lay-ups. Have players make two lines, one will be a rebounding line. Use two ball for this drill. Each player will do a right handed lay-up and switch lines. It's important to get the players to go off the left foot for a right handed lay-up., while

Activity #1

shooting with their right hand. The left handed lay -up will be going off the right foot and shooting with your left hand.

Key Points: This drill will be awkward for a lot of people....be patient and use lay-up drills as often as possible in practice. **Use the back-board**

Elbow Jump Shot Drill (10 min) Activity #2

You will need 4 baskets for this drill, Have 3 or 4 players at each basket. Two players will rebound and one will shoot from the free throw line at the elbow. Two basketball at each basket. As they shoot the ball, they will run to the opposite elbow and receive the ball and shoot again, every time running to the opposite side elbow.

The two re-bouncer have to get the ball to the shooter with a chess pass.

Key Ideas: Use the “B.E.E.F”.

RULE Balance, Eye the Basket, Elevate, Follow Through

Progression: Once the players get the hang of shooting, give them a 30 second shot clock and have a friendly competition between players. The one with the most shots made wins and advances,



Free Throws (10-15 min) Activity #3

Explain the importance of making free-throws. Free- throws should be done everyday. Concentration is the key when shooting free-throws.

Use as many baskets that are available and put 2 or 3 players at each basket. Have them start of by shooting 2 free-throws and rotate. They should shoot 20 each.

Progression:

Once they shoot 2 at a time, work on the 1 and 1's. If they make the first one they get one more.

Today end practice with **conditioning drills**

Run sprints (10) the length of the court. Then pick someone to shoot free-throws while tired.

Conditioning (15 min) Activity 4

Today end practice with conditioning.

Explain to your players that they need to be in shape to play the game of basketball.

Start off with sprints. 5 the length of the court. Then time them on the next 5 to push them . Give them 1 minute to finish..

Key Idea:

Have the players after they run, go shoot free-throws for 5 minutes. It's better to have them shoot while tired, since that will be game situation.

Practice Closure:

Bring players in and give feedback on practice.

**“Practice,
Practice,
Practice”**

**“Work on
quality shots”**