

YouthFirst

Parents Learning about Youth Sports

The sports Education and Leadership Program at UNLV

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Practice 3



7th & 8th Grade Girls Basketball

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Practice Objectives

- Learn basic skills & fundamentals
- Introduce players to physical play
- Keep players focused and diligent
- Have fun

Warm-Up

-Set up four lines of 3-4 players & start off by stretching the hamstrings, quads, calves, hip flexors, lower back, shoulders, and jumping jacks

Conditioning Drills

1) 1-5 down and backs
-line the players up on the baseline and have them run to the opposite baseline then back to the one they started from and that's one. Give them a 10/15 second rest in between sets. Then have them run from baseline to baseline, then from baseline to baseline again and that's two. Repeat until they get up to five.

2) 3 man weave w/ 5lb. medicine ball.
-Have the players form 3 lines on the baseline. The middle line starts if off by passing the ball to either the left or right player, then that player passes to the opposite player and whoever make the pass must go to where they passed the ball to, follow them. (run through 2x's for each player)

3) Jump rope
-Spread the player out around the court and have them do 50 quick jumps. (4 sets and 10 seconds rest in between sets) This is a great exercise for quickness, jumping ability and stamina.



Skill Drill #1 - Loose Ball

-make 2 lines at half court close to the sidelines. Stand at the free throw line with the ball under your foot and when you blow the whistle the two players from the front of each line have to go try and get the ball by diving, jumping, etc. to get it, then they must try to score. (This drill teaches players to pursue loose balls and get on the ground for them)

Skill Drill #2 - War Drill

-start out with 3 players in the paint and shoot the ball from the 3 point line and they have to get the rebound and try to score on the other two defenders. You don't have to clear the ball and there aren't any fouls. The first player to 3 points gets to rest while the other two have to go again with the next person in line. All the scores are reseted to 0 each round. (This drill is designed to get them physical and to keep playing despite the fouls)



Skill Drill #3 - charge drill

-make 1 line at half court and have 1 player in the paint. The player at half court has to try to make a lay up and the player in the paint has to try and take a charge. After they finish the defender goes to the end of the line and the offensive player goes on defense. (This is a great drill to teach players the proper way to take a charge-remember to have your feet set, your body square, and cover your sensitive body parts up)

Scrimmage

This way a very physical practice and the players are probably worn out, so end practice with a short scrimmage with the projected starting five against the second five along with the subs

Cool Down

After the scrimmage have the players jog a couple of laps, and then have them repeat the stretches from the beginning.

Comments

While the players are stretching, provide them with positive reinforcements of their efforts. Let them know that you are proud of them and they are doing a great job. Tell them to practice shooting, dribbling and running as much as they can to better prepare themselves.

Evaluation

After practice ask yourself. How did the players respond to a physical practice? Am I working them too hard/not enough? Is the skill level of the players improving based on performances in the scrimmages? Do they look ready to compete? Are they having fun?

