



YouthFirst

The Sports Education and Leadership Program at UNLV
Parents Learning about Youth Sports

Practice #3 Goals

- 1) Review dribbling skills
- 2) Introduce shooting the basketball
- 3) Introduce parts and names of the court
- 4) Emphasize teamwork
- 5) Get to know your players names and skill levels
- 6) Most important, have fun

Warm Ups

At any age, it is important to warm up all muscle groups to prevent injury.

- 1) Have the team jog around the outside of the court twice.
- 2) Gather into a circle with you as the leader in the middle.
- 3) Make sure the players stretch arms, legs, calves, ankles, back, and abdominals.

Equipment

Make sure everyone is wearing the proper shoes and clothing. Maybe you can suggest ankle supports for extra protection. You will need small and regular balls for shooting, and lower the baskets to 7 feet. You will need 20 cones for the dribbling drill.

UNLV

Volume 1, Issue 3

Kindergarten

Hamburger Strategy

- ☺ Have the players review an old skill to get warmed up.
- ☺ Then teach them a new skill, the proper way, as discussed in issue 2
- ☺ Finally go back to an old skill to gain the players confidence back and end the practice feeling good about themselves.

Inside this issue:

Day 3 Goals	1
Warm ups	1
Equipment	1
Review Dribbling	1
Intro. shooting	2
Intro. court	2
Lets Play	2

Activity #1 Review Dribbling (15-20 min.)

Continuing in the circle from warm ups briefly go over the basics of dribbling. Divide the team into partners and set up

the cones for each group. One at each baseline, one at each foul line and half court. First partner up will

walk in and out of the cones dribbling the basketball. This is not a race! Make sure they take their time and do it right .

Activity #2 Introduce Shooting

Gather the team into a semi-circle to introduce shooting the basketball. Use a basic three step approach to teach the players proper technique.

- 1) Square up to the basket.
- 2) Explain hand positioning and rolling the ball off the fingers.
- 3) Tell them to aim for the same spot every time.

Have the Kindergarteners use the smaller balls to build strength and proper form. Let them practice without the baskets at first. As you observe your students let the higher skilled players use the lowered baskets (7 feet) and then the larger balls. Con-



It's okay if they don't make it

tinue to guide the lower skilled players until they seem to have the general idea. Once everyone is comfortable with at least the small ball, play a game of *Around the World*. Use cones to show where to go next.

Activity #3 Introducing the Court

Get the Kindergarteners to start to understand the names of the court. Explain what it is for and what you do there.

As you are doing drills throughout the season refer to the proper names but show

them at the same time what you are talking about. Don't expect the team to remember for the first couple of weeks.

Be patient and always refer to the court by its name.

Show and Explain the following:

- 1) Boundaries
- 2) Half Court
- 3) The Key
- 4) Foul Line
- 5) 3 point arc

Activity #4 Lets Play

Let's face it, the kids just want to have fun, so lets play.

Encourage the kids to dribble to a spot and shoot but let them play freely.



Lets have some fun

Walk around and observe the improvements the team has made and continue to give feedback.

As the practice comes to a close remind them to practice on their skills at home. Tell them how well they are doing and how proud of them you are .