



YouthFirst

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

Practice #5 Goals

- 1) Warm ups
- 2) Conditioning
- 3) Work on any no's that you had from last weeks practice conclusion
- 4) Review passing
- 5) Introduce lay-ups
- 6) One on one defense
- 7) Game like situations
- 8) Have fun

Warm Ups

Use the same style as last practice, but ask for a different leader. Make sure they stretch the following:

- 1) Arms
- 2) Legs
- 3) Ankles
- 4) Backs
- 5) Abdominals

Instead of running two laps around the gym, have the team

do a five minute jog-sprint. For the first minute jog. The next 30 seconds, sprint. The next 30 seconds, jog. So on and so forth. When you get to the last minute have the kindergartners run as hard as they can without stopping for the full minute.

Let them have a two minute water break.

UNLV

Volume 1, Issue 5

Kindergarten

Special points of interest:

- ☺ Warm up well to avoid injuries.
- ☺ Emphasize fun in activities.
- ☺ Teach the basic skills.
- ☺ Assess individual player skills.
- ☺ Focus on positive feedback.

Inside this issue:

Day 5 Goals	1
Warm ups	1
Conditioning	1
Review Passing	1

Activity #1 Review Passing

Have the team choose their partners and spread out key width apart. Using the chest pass see how long the partners

can go without dropping the basketball or making a bad pass.

Once a partner fumbles the ball have them sit out until you

have a winning pair.

Also try it with the bounce pass and baseball pass.