

YOUTHFIRST

Parents Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

Coaching Kindergarteners in Basketball

Starting Your Eleventh Practice

-Be sure to greet all the players on the team as they walk in the gym.

-This is the eleventh practice. Review over offensive skills and fundamentals in this practice , and have fun. Have plenty of games to keep the team interested.

Actual Eleventh Practice

-Jogging Two Laps (Warm-Up)

Have the team start practice by designating a leader for the day as the team jogs a couple of laps around the court.

-Stretching

Have the team cool themselves down with some stretching. Explain that it will be easier to practice today if they perform their stretches.

-Free Throws

Have the team shoot free-throws as a bit of a cool down as well. It will make them more relaxed. Players should always feel comfortable. And last, it will definitely make the players better.

-Drill

Shooting

Have the team line up in two lines. A passing line and a shooting line. This is different from the ordinary shooting drill because this time you'll rebound and pass the ball to the players who then pass to the shooting line for lay-ups or shots. Have every player take two lay-ups each before switching to the opposite side and performing the same task. Next have the team shoot from just inside the free-throw line. Have players take two shots each and then switch to the opposite side. Now have the team shoot while facing the basket directly, while just inside the free-throw line.

-Game

Three-Point Knock Out

Have the team play "Knock Out," with everyone playing. This time play it from the three point line. That should make for interesting games, since most of the kids will be running around to get their ball if they miss. Last time the team played there was two sets of five and then the top two from each group played in a final four. This time play a couple of games, and have all ten players or however many there are shoot. The last game, you can participate, and maybe lose. Losing in "Knock Out," may show the team that anyone can be beaten, and give the team confidence.

-Break

Have the team take a quick water break. After a hard game of "Knock Out," they should be a bit exhausted. Have the team come back and shoot free-throws to cool themselves down.

-Drill

Passing

Have the team break up into partners. One ball with each set of partners. Now have them go up the court by passing the ball either bounce or chest. They must pass the whole way up the court. Look to see if the fundamentals of passing are being used, which is strong foot step in, rotate thumbs downward, follow through. If any of the players have trouble correct it once they get to the designated finish area.

Dribbling

Have the team break up into four lines. Now have the team dribble the ball up the court and back two times and then switch to their partners. After performing one set (two baseline to baselines), have the offensive players switch to their weak hand to dribble for the next set.

-Go over Fundamentals

Go over the basic fundamentals to practice. Have a player come up and perform a given task, with a teammate. The tasks to be performed should include dribbling, bounce pass, chest pass, overhead pass, lay-up, and cross over dribble. Defensive man to man, and double team were left out since the focus of this practice is offense.

-Game

Dribble Tag

Have the team play "Dribble Tag." If there is enough balls available for all players to play against each other do so. If not then split the players up and have a final four once again.

Scrimmage

Break the players up into two teams of five, or if another equal in age or skill team is available ask their coach if they want to scrimmage. This should keep the attention of the players until the end of practice. Make sure if you are having an inter-squad scrimmage that you break up the teams fairly.

-Cool down

Have the designated leader for the day lead the team in a lap around the court. Two laps is not needed today since plenty of running was done in the drills and games.

Reminder

By now you as the coach should know whether or not you will be giving out awards at the end of the season. If was possible involve the parents in your decision and let them know that every player will receive an award. Also trophies are given, which is always a must, and the awards which you are thinking of giving are in addition to the trophies.

