

YOUTHFIRST

Parents Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

Coaching Kindergarteners in Basketball

Starting Your Sixth Practice (Half-Way Point)

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

-This is the sixth practice, so the basis of this practice will be developing skills, not so more skills but emphasizing the skills that have already been learned. By practicing what you have already learned it will make you better.

Actual Sixth 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.

-Go over Fundamentals

Go over the basic fundamentals to start 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, man to man defense, and cross over dribble.

-Drill

Teach the team how to properly line up at the free-throw line. Make sure to state that the defensive has inside position or are first and third on both sides of the line. Tell the players that the offense is to be in the second and fourth spots on the foul line. Also be sure to include to the team that they not cross the line when shooting a free-throw or if lined up before a free-throw is shot.

Shooting

Have the team line up in two lines. A rebounding line and a shooting line. Have the team in the shooting line go in for lay-ups. 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.

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.

Defense

Have the team break up into partners once again. One ball with each set of partners as well. Now have one player play defense, and the other offense. Have the offensive player dribble the ball and the defensive player in a defensive stance (Hands wide, but low), stay in front of the offensive player.

-Break

Free-Throws

Have the team take a water break and come back and shoot free-throws as a bit of a cool down. It will make them more relaxed. Players should always feel comfortable.

Reminder

Players normally tend to perform better when they are calm and collective. For instance, do not pressure athletes into performing great. Simply give them an expectation and don't be upset if the player couldn't accomplish the expectation. Some athletes will thrive under pressure, however, that will more than likely be later on in athletics, these are kindergarteners.

-Drill

Dribbling

Have the team line up in two lines. Next have one ball in each line. Don't have the teams race, just monitor the two lines, to see if they are performing the dribbles correctly. Give the team tasks of dribbling right handed, left handed, cross-over left, and cross-over right.

-More Games

Shooting

Have the team prepare to shoot free-throws. If seven of the players make their free-throw then all they have to do is shoot five more free-throws each as a cool down. Also, as another possible incentive, tell the team you will run the cool down laps if they make their free-throws.

-Cool Down

End practice with the designated leader leading the team in one cool down lap. Or if the team made seven free-throws have them shoot more free-throws as a cool down. Then the team is dismissed.

Reminder to Coaches:

By giving the team the incentive of not having to run cool down laps and you having to run for them, might provide some motivation.

