

YOUTHFIRST

Parents Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

Coaching Kindergarteners in Basketball

Starting Your Ninth Practice

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

-This is the Ninth practice. Review over offensive skills and fundamentals in this practice , and have fun. Also line up for free-throws properly.

Actual Ninth 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.

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.

-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.

-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.

-Free-Throw Line Up

Have the team line up properly at the free-throw line. Defensive players on the first and third spots on each side. Offensive players line up on the second and fourth spots on both sides.

-Go over Fundamentals

Go over the basic fundamentals. 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.

-Drill

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.

-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.

Dribble Race

Have the team break up into two lines. Have one ball in each line. Next have the first players in each line dribble up the court with their strong hand and back then hand it off to the next person in line. After everyone has completed the first set of down and back have the team dribble with their weak hand. Next have the team perform a cross over dribble at the free-throw, half court, and opposite free-throw line.

-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

Begin planning on what type of awards will be given out. All players will receive trophies, however, you as the coach must decide if any other awards such as "Hardest Worker," or "Best _____", meaning it could be dribbler, scorer, rebounded, passer. You as the coach must decide if any of these types of awards will be handed out.

