

BYB PRACTICE AGENDA

5th GRADE

MINUTES

:00-:05 **WARM-UP**

Player's introduce themselves

Basic Dribbling Points--

- pads of fingers
- dribble to your side
- no higher than your waist
- knees bent, back straight, head up

1st Drill -- Dribble to free throw line & back, 1/2 court & back, 3/4 court back, full court back (down with right, back with left)

MINUTES

:05-:15 **FOOTWORK -- NO BASKETBALLS NEEDED FOR THESE DRILLS**

Everything starts with this position an Athletic position, very important.

JUMP STOP

JUMP STOP What is it? A player is dribbling and wants to stop. The player performs this by jumping and coming to a stop (**JUMP STOP**). The player will try to jump and then land on both feet at the same time, while maintaining balance and not falling forward or backward. The reason for the jump stop is to teach balance and allow the player to use either foot as a pivot foot.

Tips -- Start the players on the baseline without a ball; take 2 or 3 steps and jump and stop. Try and make sure the players land on both feet at the same time and is in an athletic position after landing.

PIVOT

Right-Handed players ALWAYS pivot on left foot and Left-Handed players ALWAYS pivot on the right foot

Player starts in athletic/triple threat position, pivots 180 degrees on the BALL of their foot. They should end-up in athletic/triple threat position

Three steps, jump stop, pivot, pivot again repeat until down the court

TRIPLE THREAT POSITION

Knees bent, back straight, head up, feet shoulder width apart, "strong foot" slightly in front

DEFENSIVE STANCE

1) (Defensive stance -- Athletic position) Right handed, Feet shoulder width apart, **right foot** slightly in front of **left**, knees bent, **back straight** as if sitting in a chair.

Left handed, Feet shoulder width apart, **left foot** slightly in front of **right**, knees bent, **and back straight** as if sitting in a chair.

2) Defensive slides – short choppy steps. If moving left, Left foot moves first then right foot. If moving right, Right foot moves first. Head and shoulders stay still not bobbing up and down. Players should stay in Defensive stance at all times during defensive slides

On-Court Positioning

5 spots on the floor Point, 2 wings (foul line extended, 4 feet from sideline), 2 Block (one foot on the block, not standing in the lane). Keep the court spread so that you don't have 10 players inside the key.

Free Throw Set-up

Two defensive players in spot ABOVE the block, then two offensive players, the two defensive players (never more than 2 offensive players plus shooter). Tell kids that they **MUST** do this quickly.

MINUTES

:15-:30 PASSING BASICS

Passing – moving the ball between teammates

Tips – Try to get all players to use two hands when passing. All passes end the same way with your thumbs down. A good pass is one that your teammate can catch.

1) **Chest pass** – Have players pick a partner to play catch. Player 1 starts with the ball and passes it to player 2. Keys: Have the ball with 2 hands and look at the chest of their partner, their partner should have their hands out showing a target or the place they want to receive the ball. Both players should step towards each other. The passer should step towards the player they are passing to and the player receiving the ball should step toward the ball coming towards them. The player passing should end with both hands extended towards the player they just pass to with their thumbs down towards the floor.

2) **Bounce pass** – Same as above except the ball is passed into the floor, about 3 quarters the way to their teammate. A bounce pass can be thrown harder because the floor should slow down the ball after hitting the floor. **MAJOR POINT** – hands have to extend down towards the floor and thumbs down. The ball should not spin forward because the ball will pick up speed.

Drills--Start facing each other 10' apart, chest pass, bounce pass, machine gun drill

MINUTES

:30-:40

ADVANCED DRIBBLING

Dribbling – bouncing and controlling the basketball

Tips – The ball should be controlled by your finger tips or finger pads, the ball should not touch a player's palm, head should be up and not looking at the ball. Very difficult at the beginning, but repetition will help players to not look at the ball.

DRILLS (Dribbling) Start on the baseline or sideline

- 1) **Protect dribble** – Athletic position the ball should be bounced between the player's legs, protecting the ball with the arm and hand not being used to dribble. Shuffle to the foul line using the protect dribble and then shuffle back to baseline. Use the right hand first then switch hands using your left hand.
- 2) **Speed dribble** – Dribble as fast as the player can without losing control and dribbling correctly to half court with your right hand and then back with your left. After changing hands dribble back towards your teammate get to within 6 to 8 feet from your teammate and perform a **JUMP STOP** and pass to your teammate a chest pass or bounce pass. Change the pass every time you change the dribble move.
- 3) **Stop and Go dribble** – Change speeds. Start with 3 or 4 dribbles - stop and then continue. Do not pick up your dribble continue to dribble when the player stops and then starts again. Go to half court up right hand back left. After changing hands dribble back towards your teammate get to within 6 to 8 feet from your teammate and perform a **JUMP STOP** and pass to your teammate a chest pass or bounce pass. Change the pass every time you change the dribble move.
- 4) **Cross over** – Start with 3 or 4 dribbles and then switch hands. Right hand to left, then 3 or 4 dribbles left hand to right hand. Go to half court and come back. After changing hands dribble back towards your teammate get to within 6 to 8 feet from your teammate and perform a **JUMP STOP** and pass to your teammate a chest pass or bounce pass. Change the pass every time you change the dribble move.
- 5) **Jump Stop dribble** – Start with your right hand 3 to 4 dribbles, perform a jump stop. 3 or 4 dribbles, Jump stop. Out to half court switch hands 3 to 4 dribbles and jump stop. After changing hands dribble back towards your teammate get to within 6 to 8 feet from your teammate and perform a **JUMP STOP** and pass to your teammate a chest pass or bounce pass. Change the pass every time you change the dribble move.
- 6) **Stutter Dribble** -- same as above but with a stutter step
- 7) **Partner Dribbling** -- Dribble at each other include handshake
- 8) **Zig-Zag** -- up and down the court in zig-zag pattern with a crossover at each change of direction

MINUTES**:40-:50****ADVANCED PASSING**

Partner passing moving in pairs up one side of the court & down the other

1st Drill -- slide step and chest pass

2nd Drill -- slide-step and bounce pass

3rd Drill -- running and chest pass

4th Drill -- passing and chest pass

5th Drill -- three man weave (end with made lay-up)

6th Drill -- machine gun passing (5 players per group)

7th Drill -- wing-center-wing (players fill 3 lanes and pass ball back and forth, end with made lay-up)

MINUTES**:50-:60****ONE STEP LAYUP/FORM SHOOTING**

LAY UPS -- This is extremely important. By the end of the season every player should know how to do a layup with their strong hand. A layup that is done correctly is done off the correct foot, shooting the ball properly, and using the backboard.

Tips -- (Right Handed) Start with the ball in the players hands, if the player is right handed do the following: Right foot on the block or box, 1 step with the left foot, bringing your right leg up, position the ball in the shooting position, shoot the ball aiming at the corner of the square above the rim on the backboard. The ball will fall right into the basket if the shot is preformed correctly.

(Left Handed) Start with the ball in the players hands, if the player is left handed do the following: Left foot on the block or box, 1 step with the right foot, bringing your left leg up, position the ball in the shooting position, shoot the ball aiming at the corner of the square above the rim on the backboard. The ball will fall right into the basket if the shot is preformed correctly.

1st Drill -- do footwork WITHOUT ball

2nd Drill -- do footwork WITH ball

3rd Drill -- start at foul line, power dribble to hoop for lay-up