

FOURTH-GRADE BASKETBALL DRILLS

Fourth-graders are emerging from early childhood but are not yet teenagers. Typically defined as "tweens," these kids have a wide spectrum of physical skills; most kids are physically adept and confident, while others are still coordinating their motor skills. Creating basketball drills appropriate to the physical skills of the fourth-graders makes practice more fun and productive.

DRIBBLING

Explain the basic rule of dribbling: You must not walk with the ball in your hands. Have the kids stand in place and bounce the ball in front of their bodies without moving. As the kids become comfortable bouncing the ball, have them stand looking at the wall or sky but not the ball. Once they can bounce the ball 10 times without looking, move them to a drill where they can bounce the ball and walk for three steps. Pause, then dribble again. As the fourth-graders advance, have them try dribbling between their legs, passing the ball to the other hand or simply passing the ball to the other hand in front of their body.

PASSING

Passes fall into four categories; chest, overhead, bounce and full-court. Explain that players use a chest pass when the court is relatively clear; an overhead pass when passing over another player's head or on the perimeter of the court; a bounce pass is low to avoid a defender's hands and a full-court pass to lob the ball from one end of the court to the other. Have players stand at the each baseline and each free throw line, with one player on the mid-court line. Have the players pass the ball from one end of the court to the other, using a specific number of passes. Start at eight, then five, then three, for example, so the players can practice different passing techniques. Rotate players in as each drill is completed.

SHOOTING

For regular baskets, define specific points around the key where basketball players can get a good shot. If you're inside a gym, use flat rubber dots. Choose three or four positions to focus on and have a player move to that position. After she has practiced shooting from that location for 10 shots, advance the drill. From the other end of the court, have the player's team practice getting the ball to her and then having her shoot while under pressure.

Read more: <http://www.livestrong.com/article/304699-fourth-grade-basketball-drills/#ixzz2d5rYOIJK>

Basketball Drills / Stretches for 10 year olds

Brad Winters -- a longtime high school and AAU basketball coach -- believes that basketball requires both speed and agility as players attempt to outrun and outhustle their opponents. The most effective drills for 10-year-olds are usually very simple, straightforward and fun. Kids can improve by becoming more flexible as well.

CONE DRILL

Cone drills can improve both speed and agility. Set up about 10 cones in a straight line on the court, approximately 4 feet apart. Have each child dribble the ball in a zigzag pattern between each cone. As he passes through each cone, he must switch hands each time. Time how long it takes each child to add some fun and friendly competition.

LINE DRILLS

Line drills are one of the most commonly used ways of developing on-court speed for basketball players. Have the players line up on the baseline, facing the opposite end of the court. The kids must sprint as fast as they can to the free throw line, touch the floor and sprint back and touch the baseline. They must then sprint to the half-court line, touch it, sprint back to the baseline and touch it. Have them repeat this until they have touched every line on the court.

MEDICINE BALL CHEST PASS

Use a medicine ball to develop strength and reinforce passing ability. Have two kids face each other about 6 feet apart. Instruct them to pass the medicine ball back and forth while shuffling laterally up the length of the court. Passes should be level with the chest and the arms should fully extend with each throw.

PRETZEL STRETCH

The pretzel stretch is effective for improving range of motion in the lower back and spine. Perform this stretch from a seated position and bend one leg over the other. Rest the opposite arm against the outside of the leg and twist the upper body toward that arm. Hold this stretch for 10 to 30 seconds and repeat on the opposite side.

BUTTERFLY

Groin pulls are common in youth athletes because of their often underdeveloped quadriceps and thigh adductor muscles. Protect the groin with the butterfly stretch by sitting on a mat and holding your feet together, back-to-back. Place your hands on your feet and sink your upper body down toward the floor, between your legs. Go far enough to feel a stretch but not so much that it causes pain. Hold this stretch for 10 to 30 seconds.

Read more: <http://www.livestrong.com/article/264686-basketball-drills-stretches-for-10-year-olds/#ixzz2d5uKYkSH>

Basketball Warm Up Drills for Kids

Getting kids prepared to play basketball includes doing warm-up drills that help their conditioning, skill development and competitive nature. It's important for all players--including kids--to not go out on the court cold because it's harder to be at your best skill level without warm-up, and it's more likely you could get injured.

RUNNING WARM UPS

In order to prepared to play basketball, it's important to get your legs warmed up. Since youngsters who are playing the game will be running up and down the court, one of the best drills is to run the baselines. Start off at the near baseline and run to the near free-throw line, turn around and return to the baseline. Then run to midcourt and back, and follow that by running to the far free-throw line and back. Finally, run from the near baseline to the far baseline and back. Take a one-minute break and repeat the run. That should get your legs and cardiovascular system ready for basketball.

AROUND THE WORLD SHOOTING DRILL

Start off at the right baseline, about 18 feet from the basket. Take five jump shots from that distance. Move to the right elbow--the extended part of the foul line--and take five jump shots from that distance. Move to the top of the key and take five more shots, then do the same from the left elbow and the left baseline. This will help prepare young players for taking shots from all over the court.

DRIBBLING DRILL

One of the hardest things for young players to learn is how to dribble properly. Dribbling practice is essential for building confidence and helping a youngster improve in this critical area. Set up five cones past midcourt, each one about 3 feet apart. Have the young ball-handler dribble to the right of the first cone, the left of the second cone, the right of the third cone and then continue on in that manner. When the youngster has dribbled past the fifth cone, he speed-dribbles back to the midcourt line and hands the ball to a teammate, who then does the drill.

Read more: <http://www.livestrong.com/article/148430-basketball-warm-up-drills-for-kids/#ixzz2d5wHg2jD>

**Suggested Skills and Drills for grades 3-4
& 5-6... from High School Varsity coach
Ron Berman**

GRADES 3&4

- 1. Man to Man Defensive concepts- ball defense, contesting defense, and help side defense.** (Lane slides, zig zag drill, rotating court positions)
- 2. Shooting skills- BEEF- balance, eyes on target, elbow in and follow through.** (form shooting, shooting from different spots on the floor not just the "standard" shots)
- 3. Passing skills and techniques- types of passing, space and proper use** (2 person passing all different types- bounce pass, chest pass, jab pass, over head pass, and long/baseball pass)
- 4. Dribbling- types and use- also use both hands equally.** (cone dribbling, following court lines, cross over, speed dribble, dribble with left and right hands, keep eyes up when dribbling)

- 5. Offensive skills- one on one, screens.**
(passing, helping each other, calling names)

GRADES 5&6

- 1. Team defense- rally teaching positioning of players on the floor and how all five players must move together on all passes, etc.** (shell drill, helps with offense as well)
- 2. Weak hand work- shooting lay-ups, dribbling, passing.** (practice everything mentioned with non-dominant hand)
- 3. Court spacing- rally concentrate on players staying 12-15 ft. apart on offense so you can generate better ball and player movement on the floor**
- 4. Full court basketball- begin to teach fast break concepts and possibly full court defensive play** (simple pressing, 1 on 1, 2 on 1, 3 on 2)

5. Rebounding- emphasis on techniques and fundamentals and make sure young players know it's everyone's responsibility to rebound on the court and not just the bigger players.
(rip city, rotating box out, booty box out)

*Note: 5&6 should still be practicing things that are mentioned for 3&4 but should be at a faster level of play. If you have any questions about specific drills or skills please feel free to call the Rec. office!

Skill	K/1 st	2 nd	3 rd	4 th	5 th	6 th
Dribbling	<ul style="list-style-type: none"> *Dribble with fingertips and one hand at a time *Able to dribble down the court with dominant at a faster pace than walking, keeping control of ball *Know they cannot walk with ball – must dribble (if they dribble more than once – it is okay, emphasize cannot walk with ball 	<ul style="list-style-type: none"> *Able to dribble with both hands down the court at a pace faster than walking. *Attempt change of hands – crossover dribble *Know they cannot travel with ball – once they pick-up their dribble they must establish a pivot foot – emphasize must pass the ball 	<ul style="list-style-type: none"> *Able to use the cross-over and hesitation dribble effectively *Attempts spin and behind the back moves 	<ul style="list-style-type: none"> *Can change speeds with the ball in either hand *Can successfully use cross-over as a change of direction *Attempts spin, behind the back, between legs moves 	<ul style="list-style-type: none"> *Begin to understand angles when using change of direction dribbles (Cross-over, spin, behind back, between legs) 	<ul style="list-style-type: none"> *Able to use dribble to create offense for teammates by beating their defense and drawing defense to play them *Able to drive to basket and pass to teammate if they are picked up by defense
Passing	<ul style="list-style-type: none"> *Uses both hands to catch and pass ball *Step to catch and pass ball *Able to make a chest and bounce passes 10 feet to partner with thumbs down, fingers straight 	<ul style="list-style-type: none"> *Able to pass to partner 15 feet away *Dribble, jump stop, make pass 	<ul style="list-style-type: none"> *Ball Fake before passing *Able to Pass/catch on the move – Star passing, monkey in the middle *Attempts to pass inbound to defender 	<ul style="list-style-type: none"> *Introduce 1 hand passing around defender *Able to make overhead and baseball pass *Able to pass inbound with a defender *Understands when to utilize passes – chest, bounce, overhead, baseball 	<ul style="list-style-type: none"> *Successfully pass one handed *Successfully complete 3 man weave *Successfully dribble and pass around a defender at 3/4 speed 	<ul style="list-style-type: none"> *In a game situation can most times pass to an open player with speed and precision *Introduce angle passes – to post players, wings, under basket etc.

Skill	1 st	2 nd	3 rd	4 th	5 th	6 th
<p>Shooting</p> <p>*BEEF (Balance – feet shoulder width apart, Eyes – look at the front of the rim, Elbow – under the ball, Follow Through – ball rolls off fingers, arm straight up, hand limped forward)</p> <p>*Distance from basket relative to size of player</p> <p>*Able to attempt shots from 4 feet in</p> <p>Play at lowered basket</p>	<p>*Able to dribble and jump stop to shoot the ball</p> <p>*Distance from basket relative to size of player</p> <p>*Able to attempt shots from 6 feet in</p> <p>Play at lowered basket</p>	<p>*Able to attempt lay-ups with right/left hand – Right side: shoot with right hand, right leg goes up, use square</p> <p>Left side: shoot with left hand, left leg goes up, use square</p> <p>*Distance from basket relative to size of player</p> <p>*Able to attempt shots from 8 feet in</p>	<p>*Continuation from 3rd grade</p> <p>*Square up prior to every shot</p> <p>*Distance from basket relative to size of player</p> <p>*Able to attempt shots from 10 feet in</p>	<p>*Shooting is now done no farther than 1.5 times their age. 9 year old would not shoot outside of 13 feet from the basket</p> <p>*Attempt drills coming off screens with a dribble to pull up and shoot</p> <p>*Begin practicing foul shots</p>	<p>*Able to come off screens to catch and shoot</p> <p>*Able to make 5/10 foul shots</p>	<p>*Introduce positions</p> <p>1- Point Guard</p> <p>2, 3- Guards</p> <p>4, 5- Posts</p>
<p>Offense</p>	<p>*2 man basketball – pass and cut to basket</p> <p>*Triple Threat</p>	<p>*2 man basketball</p> <p>*Introduce screen and roll – feet planted arms tight against body</p>	<p>*Introduce 3rd player – screen away from ball</p> <p>*Attempt to inbound ball with defense – teammate screen to get open</p>	<p>*Add V-cut and backdoor</p>	<p>*First 5 player offense – pass and cut with no screens: move and replace</p> <p>*Add 1 or 2 screens – mostly pass and cut plays</p>	
<p>*Be sure to review court lines & officials calls with players</p>						

Skill	1 st	2 nd	3 rd	4 th	5 th	6 th
Defense	<ul style="list-style-type: none"> * Able to guard one player. Feet spread, knees bent, hands out, arm length from offense. * Shuffle feet 	<ul style="list-style-type: none"> * Move feet, hands straight up for shot * Force player to dribble to one side 	<ul style="list-style-type: none"> * Box-out: every shot offense/defense. * Rebound ball with two hands * Ball side help defense: if another player beat your teammate step up to help 	<ul style="list-style-type: none"> * Help and recover: after helping teammate control dribbler find your man * Deny pass 	<ul style="list-style-type: none"> * Help Side: ball is opposite you, both feet in paint, see ball and man * Able to recognize "dead ball" (when player has picked up dribble and cannot dribble again) 	<ul style="list-style-type: none"> * Able to deny pass when another player has a "dead ball"

The Art of Shooting

By
George Lehman

In teaching young players to shoot, I feel it is extremely important to keep it as simple as possible. I will keep the notes simple. 4 BASIC STEPS. 4 easy steps with constant repetition and practice that will make you a better shooter.

Balance:

The first step in good shooting is always balance. To be an outstanding shooter the legs must always be on balance. Shooting balance is one foot in front of the other. A basketball player is not on good shooting balance when his feet are parallel; a player is quicker and will shoot consistently better when one foot is in front of the other. A right handed shooter will lead with his right foot; a left hand shooter will lead with his left foot to balance. Do not lean too far forward or too far backward. The shot starts at the floor, legs as well as arms must be in the shot. You bend your legs for any needed power. You must keep a good shooting rhythm because your body is on balance, controlled by your head.

NOTE: The head controls the body balance. Shooting is a muscle memory reflex. . . the more you do it. . . the easier it becomes.

Eyes on the Target:

Every time I shoot the ball whether I make it or miss it, my eyes are on the basket. A player can shoot for the front of the rim or the back of the rim. But do not follow the flight of the ball with your eyes. This is a very bad habit. My eyes never follow the flight of the ball, so my concentration is at its highest peak at all times at the basket. Every time I shoot the ball I do the same thing. This will develop my muscle-memory reflex. I create a good fundamental habit through repetition. I am on balance and my eyes are on the basket.

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The Elbow Keeps the Basketball Straight:

This is the most important step of shooting. The elbow is directly under the ball in line with the basket. Not too close or not too far from the body. I place my elbow under the ball, the elbow will keep the ball straight to the basket. Do not allow your shooting arm to stick out to the side or be an angle. I use the dart theory to illustrate this. It's elbow straight and then I release the dart, elbow keeps the dart straight, the elbow will also keep the basketball in a straight line. When the elbow is straight, the basketball will rest in one hand easily and can still be released straight to the target. If my elbow sticks out to the side or to an angle it will be difficult to keep the ball straight along with creating the habit of bad form.

Note: A good practice method is to stand close to the basket, resting the ball in one hand while taking close shots. This will help you to develop good basic form, concentration, correct spin or rotation on the ball, and touch.

Follow Through:

Every time I shoot the ball, whether I make it or miss it, I follow through. Stick your shooting hand inside the basket. Do not snap the hand downward. All my left hand does in the shot is to help hold the ball (left hand on the side of the ball) and my shooting hand follows through every shot. I am on balance, my eyes on the target, my elbow is straight, and I follow through.

Jump Shot:

The basics of the jump shot are the same; balance, eyes on the target, elbow straight, and the follow through. Again, I repeat, I must do the same thing on every shot. It is important that you take note that my right foot is always slightly in front of my left foot. When I land after my jump shot, I am always on balance and ready to play. I don't follow my jump shot, I feel **CONFIDENT** that every shot will go in the hoop. Again, I am building a muscle-memory reflex.

Other than bad form with the elbow, fading away during the jump shot is probably the worst habit a jump shooter can create. When a jump shooter fades away he has two forces against each other; the ball going one direction and the body going the other way. The best habit is to go straight up and down. If you must move. . . move towards your target. This will help you keep a good rhythm and maintain concentration on your jump shot.