

# FIRST GRADE BASKETBALL DRILLS

First grade basketball drills are designed to teach kids basic basketball fundamentals. First grade basketball drills range from basic dribbling drills to short-range scoring drills. In addition to dribbling and scoring drills, first grade basketball drills also focus on developing your child's passing, rebounding and overall teamwork.

## QUICK CONDITIONING DRILL

This basic basketball drill is designed to improve your player's defensive footwork as well as his general stamina and endurance. Have a group of kids form a circle at center court with you in the middle. Show them how to get into a basic defensive stance by bending your knees, keeping your back straight and extending both arms to your sides. Start the drill by having the kids imitate each move you make. Start with jogging in place and move on to jumping and sliding to the left and right. If you say the word "quick," each kid in the circle must stop what he is doing and get into the defensive position. If a player fails to get in a defensive stance, he is eliminated from the drill. The winner of the drill is the last player standing.

## HOT HANDS DRILL

This basic drill is designed to improve your child's passing skills. Have your team spread out, taking up one half of the basketball court. Pass a basketball to one player on your team. When a player has the ball in the drill, she must perform a successful chest pass to a teammate, taking no more than two steps before passing. If a player takes more than two steps or fails to pass the ball on the fly, she is eliminated from the drill. Blow your whistle to indicate the start and end of the drill.

## SHORT SHOT DRILL

The short shot drill will help improve your child's shot from around the basket. Have your child stand two feet away from the hoop on the right side. On your whistle, have your child shoot a jump shot with both hands and retrieve his own rebound. After the first shot, have him dribble to the left side and perform the same shot. Have him shoot from both sides of the rim, continuously, until you blow your whistle to stop.

## REBOUNDING DRILL

This basic rebounding drill is designed to help improve your child's rebounding and jumping skills. Have a group of players stand in a straight line at the top of the key. Stand at the baseline with a basketball in your hand. On your whistle, have the first child run toward the basket. As she gets close to the hoop, bounce the basketball off the backboard and have her grab the rebound. Have her pass the ball back to you and jog off the court. Repeat the drill with the next player in line. Continue to repeat until everyone has had a turn.

# SECOND GRADE BASKETBALL DRILLS

Teaching basketball to second-graders means setting aside your love for zone defense, and the full-court press and focusing on the fundamentals. Many second graders may not even be able to dribble the ball, let alone learn complex offensive schemes. Simple basketball drills will help instill proper skills and techniques in your young players.

## FULL-COURT RELAY DRILL

This simple drill helps players master the art of being able to dribble the ball down the court without staring at their shoelaces. Players must be able to dribble while at the same time see where they're going. Have players line up behind the baseline, the first player with a ball. At the whistle, have the first player dribble as fast as he can down the length of the court. Pay attention to the player looking down at the ball rather than looking forward. When the player reaches the far baseline, have him turn around and run back to the other player. Once the player returns, have him hand off the ball to the next player, who repeats the drill. Set a time goal for the entire team to complete the drill.

## PAIRS PASSING DRILL

This drill helps teach players the three basic basketball passes: the chest pass, bounce pass and overhand, or baseball, pass. Have players divide up into groups of two and stand about 6 to 8 feet away from their partner with one ball for each pair. Call out a type of pass and have players execute that pass back and forth. Walk around and make sure players are making crisp, accurate passes and catching those passes with both hands. The chest pass involves a player throwing the ball from a chest-high position so it reaches the other player at the same position. A bounce pass involves bouncing the ball halfway between you and the opponent so that the ball arrives to the other player around the midsection. The overhand pass is thrown similar to a baseball, overhead with one hand.

## LAYUP DRILL

Once players have mastered the art of dribbling, it's time to teach them one of the most basic shots in all of basketball: the layup. To help them practice this skill, have them run through a standard layup drill. Divide the team in half and have one group stand outside the three-point line on one side of the basket, and one team on the other side of the basket. Give two balls to the first two players in the line on the right. At the whistle, have the first player from each line run toward the basket. The player with the ball should dribble toward the basket and perform a layup, being sure to jump off the left leg and shoot with the right arm. The player from the other line retrieves the ball and passes it to the next player in the shooting line without a ball. Repeat this process until all players have rotated through both lines, then have the left-hand line shoot.

# 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 be 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 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
<b>Dribbling</b>	<ul style="list-style-type: none"> <li>*Dribble with fingertips and one hand at a time</li> <li>*Able to dribble down the court with dominant at a faster pace than walking, keeping control of ball</li> <li>*Know they cannot walk with ball – must dribble (if they dribble more than once – it is okay, emphasize cannot walk with ball)</li> </ul>	<ul style="list-style-type: none"> <li>*Able to dribble with both hands down the court at a pace faster than walking.</li> <li>*Attempt change of hands – crossover dribble</li> <li>*Know they cannot travel with ball – once they pick-up their dribble they must establish a pivot foot – emphasize must pass the ball</li> </ul>	<ul style="list-style-type: none"> <li>*Able to use the cross-over and hesitation dribble effectively</li> <li>*Attempts spin and behind the back moves</li> </ul>	<ul style="list-style-type: none"> <li>*Can change speeds with the ball in either hand</li> <li>*Can successfully use cross-over as a change of direction</li> <li>*Attempts spin, behind the back, between legs moves</li> </ul>	<ul style="list-style-type: none"> <li>*Begin to understand angles when using change of direction dribbles (Cross-over, spin, behind back, between legs)</li> </ul>	<ul style="list-style-type: none"> <li>*Able to use dribble to create offense for teammates by beating their defense and drawing defense to play them</li> <li>*Able to drive to basket and pass to teammate if they are picked up by defense</li> </ul>
<b>Passing</b>	<ul style="list-style-type: none"> <li>*Uses both hands to catch and pass ball</li> <li>*Step to catch and pass ball</li> <li>*Able to make a chest and bounce passes 10 feet to partner with thumbs down, fingers straight</li> </ul>	<ul style="list-style-type: none"> <li>*Able to pass to partner 15 feet away</li> <li>*Dribble, jump stop, make pass</li> </ul>	<ul style="list-style-type: none"> <li>*Ball Fake before passing</li> <li>*Able to Pass/catch on the move – Star passing, monkey in the middle</li> <li>*Attempts to pass inbound to defender</li> </ul>	<ul style="list-style-type: none"> <li>*Introduce 1 hand passing around defender</li> <li>*Able to make overhead and baseball pass</li> <li>*Able to pass inbound with a defender</li> <li>*Understands when to utilize passes – chest, bounce, overhead, baseball</li> </ul>	<ul style="list-style-type: none"> <li>*Successfully pass one handed</li> <li>*Successfully complete 3 man weave</li> <li>*Successfully dribble and pass around a defender at ¾ speed</li> </ul>	<ul style="list-style-type: none"> <li>*In a game situation can most times pass to an open player with speed and precision</li> <li>*Introduce angle passes – to post players, wings, under basket etc.</li> </ul>

Skill	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
<b>Shooting</b>	<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><b>Play at lowered basket</b></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><b>Play at lowered basket</b></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 3<sup>rd</sup> 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>
<b>Offense</b>	<p>*2 man basketball – pass and cut to basket</p> <p>*Triple Threat</p> <p><b>Play at lowered basket</b></p>	<p>*2 man basketball</p> <p>*Introduce screen and roll – feet planted arms tight against body</p>	<p>*Introduce 3<sup>rd</sup> 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>*Introduce positions</p> <p>1- Point Guard</p> <p>2, 3- Guards</p> <p>4, 5- Posts</p>

\*Be sure to review court lines & officials calls with players



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

# 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.

**Coach Berman's**

**Ball-handling Routine  
(6 Minutes)**

**Instructions: Each drill is to be done continuously for approximately 30 seconds. The player must immediately go into the next drill without stopping.**

**Correct order:**

1. Finger tip
2. Circles around the body (legs-waist-neck)
3. Figure 8 (right to left and left to right)
4. Figure 8 drop switch
5. Football hike
6. Cradle – switch hands
7. Two leg – one leg
8. Figure 8 dribble
9. Rhythm dribble
10. Spider dribble
11. V-bounce
12. Throw ball up – clap – catch the ball behind your back

**Practice – Practice – Practice!!!**