

PARPC Basketball Practice/Game Curriculum

KINDERGARTEN – 2ND GRADE

With our K-2nd Grade program we want to spend as much time with basketball activities to teach skills and enjoyment of the game. Mixing in small-sided games like 2x2 and 3x3 as we progress introduces game like conditions. At Pine and Lingle 3x3 full court using the side baskets is a great opportunity for the kids. With any live play a coach should always be utilized as a passer/out/ball reversal.

Ball Size 27.5

Rim Height 9 Feet

Dribble Relays

Dribble Tag

Dribble Knockout

Sharks and Minnows <https://www.youtube.com/watch?v=m63k0GRhNy8>

Hip to Hip Lay-ups <https://www.youtube.com/watch?v=v4d-VdBCfqY>

Rice Lay-ups

Give and Go lay-ups

Michigan Passing

3RD – 8TH GRADE

Ball size 28.5 – Regulation Ball for 6th – 8th Grade

Rim Height 10 Feet (ideally for 3rd and 4th it is 9'6")

Ballhandling

Micah Mason Ballhandling Circuit <https://www.youtube.com/watch?v=s9GKa9>

Maravich Series - 10 Ballhandlign Drills <https://www.youtube.com/watch?v=8OO-RzWzh74>

Baseline Dribbling - Speed, protect, crossover, inside out, up 2 back 2, Crabwalk

Passing

Michigan Passing - *Sweeps & Arches*

Hoosier Square <https://www.youtube.com/watch?v=ce4RwsFqUmQ>

Dick Bennett 10- Pass Drill <https://www.youtube.com/watch?v=L0znFokA7WY>

Shooting

Rice Lay-ups

Hip to Hip Lay-ups <https://www.youtube.com/watch?v=v4d-VdBCfqY>

Under the Basket shooting

Ball Fake and Score it, Block, Half-way, elbow, clears

Step-offs – V-Cuts and L Cuts, 3 Cuts

Shooting Warm-up – Shoot to the Ceiling, Form Shoot, Mirror Shoot

Individual Offense

Touch Hip 1x1 – different spots
St. Joe's 1x1

Team Offense

Pass, Basket Cut, Fill
Back cut – Red

Team Defense

4x4 shell - Position Check, Get There, Cut and Fill - *Ball, Gap, Help*

Rebounding

Ball in the Middle Rebounding

Live Play/Offensive Breakdown

Mini 2x1 https://www.youtube.com/watch?v=_xKmsJkz2ZQ

2x2 Gap Closeouts <https://www.youtube.com/watch?v=2kpil1xpWVE&list=LL&index=40>

3x3, 4x4 cutthroat (2 coaches as passers) <https://www.youtube.com/watch?v=PX6dntBKeO8>

Must be in triple threat, dribble limits, ball reversals

Activities/Games

Dribble Knockout
Dribble Relays
Dribble Tag

Game System

Offense

5 out Pass, Cut & Replace - Back cut if overplayed

Out of Bounds Under
Box Across and Box Up

Defense

Man-to-Man
Ballside/Helpside/Halfway

Offensive Terms and Concepts

Red (Back Cut)	Sweep/Arch	Strike Zone
Root Foot/Hot Foot	Triple Threat	Outside hand
Play with leverage	Safety	Low, Long, and Strong

Offensive Skills – to Execute and Understand

Play out of Triple Threat	Cut hard	Shooting Technique
Ball Reversal	Sharing the ball	Pass away from the defense

Defensive Terms and Concepts

Basket Line	Chin it	Halfway
Trace the Ball	Explode to the ball	Pistol position (point to both)

Game Expectations

Hustle off the court	Run to spots	Pick the ball up for the official
Help teammate up	Eye contact	

Practice Organization – 60 Minute Practice

Individual Ballhandling/Shooting Warm-up	5-8 Minutes
Dribble Series or Baseline Dribbling	5-8 Minutes
Offensive Stations Passing, shooting, individual offense, 2 ball dribble 1x1, Basket ball activities 4-6 minutes in length 5-6 stations	20-25 Minutes
Team Defense/Rebounding Shell Drill, Ball in the Middle Rebounding	8-10 Minutes
Offensive Breakdown 2x2,3x3,4x4, w/ rules 3x3, 4x4 cutthroat	10-12 Minutes
Team Practice Team offense – 5 out	10-12 minutes

Online Resources

USA Youth Basketball Curriculum

<https://www.usab.com/youth/development/youth-development-introductory-level.aspx>

Small Sided Games Libray

<https://www.youtube.com/watch?v=4PMtGvZGCZU&list=PL4SqFkuN1MD4OOZX69budZ9AICeZxIs4M&index=2>

Coach Ashwoth - YouTube Page <https://www.youtube.com/@CoachAshworth/videos> Lots of good drills here

Micah Mason Ballhandling Circuit – Beginner <https://www.youtube.com/watch?v=s9GKa9DwKhc>

Micah Mason 7th – 12th Circuit <https://www.youtube.com/watch?v=Ypb8AycgsP4>

Brett Brown Cutthroat <https://www.youtube.com/watch?v=RmeRyIL3YAI&t=461s>

“GET GOOD AT WHAT HAPPENS A LOT”