

Palmyra Boys' Basketball

Youth Basketball Curriculum

The Palmyra Youth Basketball curriculum is based on the new USA Youth Basketball curriculum, which is designed to grow the game of basketball and increase learning opportunities for the kids. Our packet will include a link to the curriculum as well as other drills that we feel will help the teaching of basketball here in Palmyra.

Youth Development Guidelines: go to the drop menu for “Youth” then to “Instructional Player Content-

<https://www.usab.com/youth/development/youth-basketball-guidelines.aspx>

A key concept to understand is that our players are at the foundational and introductory levels. Our goal is to teach the game of basketball in a manner in which the players will find fun and engaging.

Some general thoughts for all youth levels:

-Gym time is precious. Think about doing drills that have the ball in players' hands. Conditioning, for example, can be done with the ball. At no point should conditioning without the ball be done on the floor during gym time.

-Another way to maximize allotted gym time is to have players arrive 15 minutes before they take the floor to do a simple dynamic warmup in the lobby or hallway (coaches must supervise this warmup, and players cannot use or bounce a basketball – refer to the dynamic warmup on our clinic video for an appropriate warmup). Players can then immediately begin working on basketball skills when they take the gym floor.

-In practice planning, the best drills have as few players standing around as possible. I try to focus on this at the senior high level, and it is especially true with the limited gym space we have for youth teams.

-Most drills present the opportunity to work on offense and defense. For example, if we do a close-out defensive drill, we can reinforce to the offense square-up/triple threat position on every catch.

-At these levels we play man defense and run 5-out motion offense because other tactics do not translate as players move up. Zone defense, press defense and set offensive plays do not develop skills that will translate as players move up.

Grade Level Curricula **Drills listed in this section will be demonstrated in our 11/16 Rec Coaches Clinic. We will make video from that clinic available as soon as possible.*

Grades K-2

*1-2 basketball experiences per week; each opportunity should be 60 minutes in length.

Drills and Activities

Spiderman dribbling

Dribble Relays

Dribble Knockout

Sprint Ball

Rice Layups

Builders and Bulldozers

(Grades K-2 cont.)

Live Play

Any live play should be done with as few players as possible. 2x2,3x3,4x4. All live play should be done with a coach who serves as an outlet. In all half-court situations once possession changes (steal, defensive rebound etc...) the ball should go to the coach, who then checks it to the player before he can attack.

Grades 3-5

*2 basketball experiences per week; each opportunity should be 60-75 minutes in length.

Drills and Activities

Give and Go Lay-ups

Hoosier Square 4x2

Rice Lay-ups

Shooting Knockout

Villanova Step-Offs V-Cuts

Sprint Ball

Dribble Relays

Dribble Knockout

Partner Passing

Spot shooting

Key Skills

Shooting form – elbow and hand under ball, 1 hand shooters

--Discourage kids from going so far out that they have to hoist the ball by dropping their strong-side hip – a difficult habit to break;

Right and left handed lay-ups;

Passing (chest pass, bounce pass, ballfakes)

Receiving (meet the pass, pivot)

Triple Threat;

Right and left hand dribbling;

Ballside/helpside defense;

5x0 offensive concepts – pass and cut, fill open spots, square/eyes to the rim, backcut;

Grades 6-8

*2-3 basketball experiences per week, each opportunity should be 60-75 minutes in length.

Drills and Activities

Give and Go Lay-ups

Rice Lay-ups

Villanova Step-Offs V-Cuts

Dribble Relays

Dribble Knockout

Partner Passing

Spot shooting

Hoosier Square 4x2

Shooting Knockout

Sprint Ball

Baseline Shooting

Michigan Passing

Man in the Middle Passing

Key Skills

Shooting form – elbow and hand under ball, 1 hand shooters

Right and left handed lay-ups

Triple Threat

Passing (chest pass, bounce pass, ballfakes)

Receiving (meet the pass, pivot)

Right and left hand dribbling

Ballside/helpside defense

5x0 offensive concepts – pass and cut, fill open spots, square/eyes to the rim, backcut

Pass away from the defense

Additional Suggested Skills and Drills

In developing this list of additional drills, we used videos examples that can be found at the USA Basketball homepage:

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

We strongly encourage you to review these resources. Some of the points we make in these notes are direct references to ideas mentioned in the videos.

Ballhandling and dribbling:

-Bleacher dribbling (Grades 1 and 2 up)

*Focus on ball control from fingertips;

*Can be adapted to one knee instead of seated.

-X-Out/Pullback (Grades 3-4-5 up; may be appropriate for Grades 1 and 2 as season progresses)

*Coaches can use different dribble moves as dribbler ends pullback and explodes forward (crossover, between the legs, behind the back).

-Crossover Crunch Series (Grades 3-4-5 up; may be appropriate for Grades 1 and 2 as season progresses)

*One thing I didn't like about this drill is having the cones in a straight line. A crossover should be a change of direction move, and a straight line of cones implies that the dribbler is just changing hands. A more effective set-up would be similarly spaced cones aligned diagonally.

Footwork:

-Square Up (Grades 1 and 2 up)

*Being able to effectively square up incredibly underrated – should be an every time habit;

*Use inside pivot;

*"Squash the bug" – plant hard with the foot closest to baseline, explode back to ball on vcut.

Shooting:

-Spin Ball Shooting (Grades 1 and 2 up)

*Good drill to work on proper shooting footwork, playing the game low, slowing down to focus on proper technique, as opposed to quick hoist.

-Rainbow shooting *we call this Baseline Shooting at the high school level (Grades 3 and 4 up)

*Focus on footwork – 1-2 step;

*Focus on BEEF – get power from legs, not dip to hip and hurl; boxer stance w/ strong foot forward; hold follow thru w/ index finger to rim.

-Layup lines (Grades 1 and 2 up)

*Simple layup lines, with a shooting line and a rebounding line.

*Teach to shoot off the proper foot – imagine a string from shooting elbow to knee on same side of body.

*Teach a good angle – attack from the wing as opposed to the elbow – aim for the closest corner of the box on the backboard.

Passing:

-Circle Passing: Bounce Pass (Grades 1 and 2 up)

*Could be done with chest pass or overhead pass;

*one main passer is always passing and receiving; switch passer after a preset number of successful passes;

*exaggerate follow through to target.

-Side Center Side Passing (Grades 1 and 2 up)

*focus on follow thru on pass, both hands to receive's chest – exaggerate this movement.

-Foundational Level Passing Drill – “Window Drill” (Grades 1 and 2 up)

*Great drill to work on passfakes;

*Have defenders work on under control closeouts to maximize the value of the drill.

Defense:

-Close Out Cut off (Grades 1 and 2 up)

*Get both hands high, as demonstrators do in video;

*As defenders approach the offensive player, they should chop their feet to get under control and ready to cut off a drive. A contested jump shot is always better than a drive to the rim.

-Guarding the Ball (Found under Footwork and Body Control section of Foundational Drills) (Grades 3-4-5 up – maybe appropriate for grades 1 and 2 as season progresses)

-Guarding Away from the Ball (Found under Foundational/Team Defense) (Grades 3-4-5 up)

*Note how the player away from the ball is 40% of the way from his man to the ball, seeing both;

*Note how he is the point of a triangle with ball-him-man as the points (ball-you-man is a great concept – never let a cut occur to make it ball-man-you);

*Note how when the defender recovers he closes out with both hands high.

Rebounding:

-Box out (Grades 1 and 2 up)

*Where Coach VanDerveer talks about meeting the player with the forearm, we call that the “greeter” – greet the offensive rebounder with the forearm, making contact firm enough to stop him, before spinning and maintaining position.

*Strong attention to boxing out is a program staple.

Rebounding (cont.)

-Rebound-Outlet-Layup and Rebound-Outlet-Jumpshot (Grades 3-4-5 up; may be appropriate for grades 1-2 as season progresses)

*One thing that is not emphasized on the link that should be: players should “chin” the basketball. Upon attacking the ball at the highest point of their jump, they should bring the ball under their chin with elbows out to protect the ball. Then pivot and overhead outlet pass.

*Emphasize hop stop at the foul line for passer.

Team Play

-3v3v3 (Appropriate for grades 3-4-5 immediately; grades 1 and 2 should build toward executing this drill)

*winning team (team that scores or secures defensive rebound) stays and new team constantly rotates on to promote quick transitions;

*Offense can pass and cut – fake away from the ball then basket cut;

or pass and screen away – step toward the ball then screen opposite wing with butt to basketball;

*Fill point, wing and wing spots;

*Focus on players squaring to the rim on the catch, ten toes toward the rim.

*Focus on receivers coming to meet the pass

-Foundational Offense 3 Player Pass and Cut (Appropriate for grades 3-4-5 immediately; grades 1 and 2 should build toward executing this drill)

*We run 5 out motion offense at all levels; this drill is great for teaching those spots, spacing, and the fundamentals of cutting.

*As players become proficient with spots and spacing, add fake slow away and cut hard to the rim; players fill in straight lines to spots, never loop; receiver must catch and square in triple threat.

-Introductory Screening: Read the Screen (this is found on the footwork sectional of the Foundational level) (Appropriate for grades 6-7-8 immediately; grades 3-4-5 should build toward executing this drill)

*Great drill to work on screening concepts

*Screeners should get a great screen angle: “butt to the basketball”.

There are literally hundreds of drills appropriate to players at various levels. If you need more, whether to accommodate beginning players or to challenge more advanced players please contact me. If I can clarify anything, please contact me.

Thanks for volunteering your time to help our kids, our program, and our community.

**Pete Conrad, Boys Basketball Coach, Palmyra High School, 717 579 7967;
peter_conrad@pasd.us**