

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 Knockout
Sharks and Minnows

Dribble Tag
Sprint Ball

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

2 Man Partner Passing
Circle or Square Passing

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

3RD – 8TH GRADE

Ball size 28.5
Rim Height 10 Feet (ideally for 3rd and 4th it is 9'6")

Ballhandling

Individual Ballhandling

Wraps (1&2 legs), Mummy, Figure 8
Pound Dribble, Pound Over, V Dribble, 2 Pound Cross, Figure 8's, Body Circles

2 Ball Dribble – Stationery and on the Move
Same level, alternate, zig zag, alternating zig zag

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

Passing

2 Man passing

Chest, bounce, wrap around bounce pass, overhead

Man in the Middle Passing

Rutgers Passing 4x3

Michigan Passing

Sweep & Arch

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

Dick Bennett 1- Pass Drill <https://www.youtube.com/watch?v=L0znFokA7WY>

Shooting

3 Line Lay-ups

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

Rice Lay-ups

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
Box Drill 1x1

Team Offense

Pass, Cut, Fill – 1 Cuts
Back cut – 3 Cuts
Ballscreen and roll – 8 Cuts

Team Defense

4x4 shell
Position Check, Sprint to the ball, sink and fill

Rebounding

Ball in the Middle Rebounding

Transition

Get back Games
2x1, 2x2, 3x2, 3x3

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>
2x2, 3x3, 4x4
3x3, 4x4 cutthroat (2 coaches as passers)
Must be in triple threat, dribble limits, ball reversals

5x5 Half-court make it take it
5x5 Full court – 1 and 2 Conversion

With all 5x5 half-court it is advised to limit the number of dribbles and at times take the dribble away

Activities/Games

Dribble Knockout
Dribble Relays
Dribble Tag

Game System

Offense

5 out Pass, Cut & Replace

Out of Bounds Under

Box Across and Box Up

Defense

Man-to-Man

Ballside/Helpside/Halfway

Offensive Terms and Concepts

“3” – 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

20-25 Minutes

Passing, shooting, individual offense, 2 ball dribble

1x1, Basket ball activities

4-6 minutes in length 5-6 stations

Team Defense/Rebounding

8-10 Minutes

Shell Drill, Ball in the Middle Rebounding

Offensive Breakdown

10-12 Minutes

2x2,3x3,4x4, w/ rules

3x3, 4x4 cutthroat

Team Practice

10-12 minutes

Team offense – 5 out

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>

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>