



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BASKETBALL COACHES MANUAL

3rd/4th Grade

YMCA OF METROPOLITAN DENVER



PRACTICE OUTLINE

YMCA YOUTH SPORTS PRACTICE SESSION PLANS

Warm-up (5 minutes)

Fitness component (5 Minutes)

Skills Drills (15 minutes)

Game / Play (15 minutes)

Team Circle (10 minutes)

YMCA YOUTH SPORTS PRACTICE SESSION PLANS

PRACTICE 1

Warm-Up (10 minutes)

Begin each practice with 5 to 10 minutes of warm-up activities to get players loosened up and ready to go. Players travel from one basket to the next dribbling, jump stopping, and shooting short shots (two to three feet).

Coaches' Cue:

Passing

"Step in the direction of the pass."

"Elbows in!"

"Follow through—fingers pointed to target."

Catching

"Target hands."

"Eyes on the ball!"

"Reach!"

"Pull it in."

Dribbling

"Dribble to move forward!"

"Pass on the move!"

"Control the ball."

Fitness Component (5 minutes)

Following the warm-up, gather the players and briefly discuss the fitness concept for that practice.

Key Idea: General fitness

"In basketball, running makes our hearts beat faster and our leg muscles stronger. Spread out into your own space. Everyone run in place and I will pass the ball to some of you. If you get the ball, pass it back to me and keep running!" Continue for about 30 seconds. "Playing basketball improves our physical conditioning or fitness. We get better at running, jumping and dribbling the ball, and we can keep going longer before we get too tired. How can I keep from getting too tired when I am running?" Encourage suggestions. "How about dribbling? It is also important to take a rest when you need one and to drink water during practice at home. We will talk more about the difference areas of fitness in our Fitness Circles

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to make overhead, bounce, and chest passes.
2. Have your players practice making overhead, bounce and chest passes.

Description

Pair up players. Practice the three types of passes.

Game / Play (10 minutes)

Description:

Play 2 v 2 half-court games. Teams earn a point only when they complete a pass before shooting. Players can dribble three times before passing.

Practice 1



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: YMCA Core Values

Gather players into a circle with one ball. "Everyone hand the ball to the one next to you until it makes it around the whole circle." After the ball has gone around the circle one time, have it passed to you. "We play basketball to be more healthy and fit, but it also teaches us to become good teammates and good people. This season we will talk about five qualities of a good person and teammate: caring, honesty, respect, responsibility, and faith. Our team needs to have all of these qualities in our practices and games. Remember—we can't be a team without each of you doing your part. Let's pass the ball to each other and say one of the core values before you pass. This will help you remember to use all five of the qualities so we can work together."

PRACTICE 2

Warm-Up (10 minutes)

Individual or group—Players practice dribbling in the following ways either individually, in a small group, or under your direction:

- Dribbling and changing speed of travel (travel both fast and slow in general space).
- Dribbling while changing directions (forward and backward, right to left).
- Dribbling in straight, curved and zigzag pathways.



Fitness Component (5 minutes)

Key Idea: Flexibility

Bring a rubber band and show it to the children or have them visualize one. "This rubber band is like our muscles. Can you tell me why?" Listen for children's responses—stretches when pulled, goes back to original shape, and so on. Demonstrate band movement. "Your muscles work the same way. When you reach and stretch, your muscles stretch just like the rubber band. When your body comes back, your muscles go back to their original shape. Everyone reach down to the floor with your arms slowly and then bring your arms back up." Have children repeat three times. "Your leg muscles need to stretch because we use them the most in basketball. When muscles are flexible, it keeps them from getting hurt and make the muscles feel good."

PRACTICE 2

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to receive the ball in triple threat position. This position is a version of the ready position in which the player holds the ball to the side on the hip, with elbows out and gives the player the option of either shooting, passing or dribbling.
2. Practice receiving passes in the triple threat position.

Description

Players in fours practice passing from point to wing, to baseline, to a high or low post. Mark positions with tape or markers. Players pass, then move to another position. Players receiving the ball must

- Present a target for the passer;
- Receive ball in the triple threat position and jump stop;
- Give a ball fake with a jab step before passing; and
- Perform a quick, accurate pass to a partner.

Coaches' Cue:

"Target hands!"
"Triple threat!"
"Ready position."
"Hand position."
"Holding position."
"Fake a pass, then make a pass."
"Step toward your target."
"Elbows in."
"Fingers pointed at your target."



Game / Play (10 minutes)

Goal

Players will move to open positions on the court and be prepared to shoot, pass or dribble when they have the ball.

Description

Play 2 v 2 half court games. Teams must pass at least twice before shooting. Players cannot dribble. All restarts are made at half court.

Practice 2



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Caring

Gather children into a circle. Stand in the middle of the circle with a ball. Choose two children to pass the ball with you. "We're going to work on our passing skills." Pass repeatedly to them and not the others. "Tell me how you felt to have only two players get the passes." Listen to their responses. "Sharing the ball with your teammates shows you care about them. What other things can you do to show you care about your teammates?" Their responses should include encouragement, positive comments for good play, forgiving players who make mistakes, and so on. "Good. Those are all ways you can show you care."

PRACTICE 3

Warm-Up (10 minutes)

Choose one of these two activities:

1. Individual—Players dribble around cones spaced three feet apart. They try to dribble 60 seconds without bumping into any cones.
2. Pairs—Players pair up with partners of similar skill. Partner 1 dribbles toward the baseline while Partner 2 plays cooperative defense. You can increase the difficulty by moving to active defense.

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to shoot.
2. Practice shooting.

Description

Players in pairs shoot three shots from each of five spots marked around the basket (about six to eight feet away). Partners rebound the ball and pass accurately to shooters, who provide a target, receive the ball in triple threat, square up and shoot. The goal is to score on two out of three shots at each spot.

Fitness Component (5 minutes)

Key Idea: Cardio-respiratory fitness

Gather children into a group. "Everyone hold one hand up and make a fist. Squeeze your fist tightly, then let go. Keep tightening and letting go." Children continue for 10 counts. "Your heart is a special muscle that tightens and relaxes just like your fist is doing. Your heart is about the size of your fist. Every time it tightens, or beats, it pumps blood all over your body. When you play basketball, your heart beats faster and you breathe faster. Run in place with high knees. Feel your lungs and feel your heart beating by placing your hands over your chest. Count how many times your heart beats." Time for 15 seconds. Ask players the number they counted. "Running helps you improve your cardio-respiratory fitness—the heart and lungs working together to get blood to your whole body."

Coaches' Cue:

"Square up!"
"BEEF!"
"Base firm."
"Elbow under the ball."
"Extend arm."
"Follow through or flip wrist."

Game / Play (10 minutes)

Goal

Players will score as many field goals as possible.

Description

Play 3 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Players must complete two or more consecutive

Practice 3



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Honesty

Gather children into a group near two cones about 10 feet apart. "What is a foul?" Listen to their responses. Choose a player to help demonstrate responses (including pushing, bumping players and tripping). "Should you admit to a foul if no one sees it? Those who think yes, stand at this cone. Those who think no, stand at this one." Wait for children to choose. "When you know you've fouled, you should raise your hand. You should never take unfair advantage of other players. Can you think of other ways honesty is practiced on the court?" Listen to responses and discuss. "All of those show honesty."

PRACTICE 4

Warm-Up (10 minutes)

Pairs—Players practice shooting in a game of Around the Key. Use tape to mark shooting spots. Players should take all shots close to the basket.

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain creating passing lanes. Players create passing lanes by using cuts and screens, by maintaining space and court balance, and by keeping the middle open, and by quickly moving to a vacated spot.
2. Have your players practice chest passes and bounce passes.

Description

Play 3 v 1 games. Offensive players move to open space. Defenders play cooperative to active defense. Use offensive positions on one or both sides of the basket. Players pass, then move to an offensive position (point, wing, baseline, or high or low post) adjacent to the ball. Players should provide a target for receiving the ball, receive it in triple threat, and use a ball fake before passing. Emphasize using quick jab steps to create passing lanes.

Fitness Component (5 minutes)

Key Idea: Cardio-respiratory fitness
Gather children in a group. “Everyone put your hand up in the front of you and make a fist. What did we pretend our fist was at the last practice?” Wait for response—should be the heart. “What do our hearts do?” Wait for responses—pumps blood. “Everybody open and close your fist. Put your hand over your chest and feel what is happening. Now, let’s run to the hoop and back. Will our hearts beat faster or slower?” Listen to responses—should be faster. “Put your hand over your chest. Is your heart beating faster or slower? Are your lungs breathing faster or slower? When we run during basketball, the heart beats faster just like the fist opening and closing, and the lungs breathe faster. They slow down when we slow down. Making your heart beat faster helps to improve your cardio-respiratory fitness.

Coaches’ Cue:

“Quick cuts!”
“Fake a pass, make a pass.”

Game / Play (10 minutes)

Goal

Players will support their teammate with the ball.

Description

Play 3 v 1, 3 v 2, or 2 v 2 short-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to

Practice 4



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Respect

Gather children into a group. "What have you learned about basketball this season?" Listen to their responses. "What does respect have to do with playing basketball or any sports? It takes many years to master the game of basketball, so basketball deserves your respect. Every year there are new skills to learn and improve on; every year you play, you'll get better. That's why you need to come back next year! What examples of players showing respect have you seen this so far this season?" Listen to their responses and discuss.

PRACTICE 5

Warm-Up (10 minutes)

Individual—Players dribble from one basket to the next, and then jump and shoot. All shooting should be close to the basket. Jump shots should be taken within two feet of the basket.



Fitness Component (5 minutes)

Key Idea: Cardio-respiratory fitness

Gather children in a group. “Everyone find their own space. Put your fist up in front of you. We pretend our fist is our...” Wait for response—heart. “The heart does what things?” Wait for response—pumps blood and beats faster when we run or move faster. “When I say ‘Go!’ run in your own space and make your fist open and close faster at the same time. When I say ‘Stop!’, stop as fast as you can.” Begin activity. “When you run, your heart beats faster. Every time your heart beats faster, it gets stronger because it is a muscle. Muscles get stronger when you use them. Basketball is a great way to keep your heart healthy and strong and improve your cardio-respiratory fitness.”

PRACTICE 5

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to execute V-cuts and L-cuts. Players execute cuts by planting one foot on the court at the end of a slightly shortened stride, then pushing off that foot to shift their momentum in another direction. Players should use an L-cut or V-cut when a defender has a foot and hand in the passing lane to deny them from catching the ball.
2. Practice V-cuts and L-cuts.

Description

Play 2 v 2 games with the focus on players using V-cuts and L-cuts, receiving passes, and using jump stops and the triple threat position. Sequence:

- Player 1 ball fakes, jab steps, and passes to Player 2 who V-cuts as Player 1 is ball faking.
- P-2 catches the ball in a triple threat position using a jump stop.
- Repeat three times and rotate.
- When all four players in a group have practiced the V-cut three times, go through the rotation again, this time practicing the V-cut on the opposite side of the basket.
- Use the same sequence to practice the L-cut.

The defense should play passive, cooperative defense (to simplify, begin with no defense).

Coaches' Cue:

"Quick cuts!"

"Fake a pass, make a pass."

Game / Play (10 minutes)

Players will provide support to their teammate with the ball, using V-cuts and L-cuts to get open.

Description:

Play 3 v 1, 3 v 2, or 2 v 2 short-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have the chance to play offense and defense. Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.

Practice 5



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Responsibility

Gather children into a group between two cones about 10 feet apart. Stand in the middle of the circle with a ball. "I am going to show you two different ways to handle the same situation. Think about which is the best way to handle this."

Choose a player to receive a pass from you. Make a bad pass and then stomp angrily away from the group. Retrieve the ball and make another bad pass. This time, run to get the ball and make a pass that goes directly to the player. "If you think the first response is the way to handle making a bad pass, stand next to this cone. If you think the second way is better, stand next to this one." Ask players to explain their choices. "It's important to be a good sport in basketball." Highlight how and why. "That's being responsible to your teammate."

PRACTICE 6

Warm-Up (10 minutes)

Individual—Players dribble from one basket to the next, and then jump stop and shoot. All shooting should be close to the basket (jump shots within two feet of the basket).

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to use a jump stop prior to shooting.
2. Practice shooting off of jump stops.

Descriptio.

Play 1 v 1; defenders play cooperative defense. Players with the ball use a ball fake, jab step and drive to the basket. They jump stop about two feet from the basket and shoot. (To simplify, begin with no defense.)

Coaches' Cue:

"Arm should look like a yo-yo."
"Ball down, eyes up."
"Two-foot jump stop."
"Eyes on target."
"In the square, in the basket."

Game / Play (10 minutes)

Goal

Players will attempt to score in 15 seconds or less.

Description

Play 1 v 1 games. The player with the ball starts at the foul line. Check the ball (defensive player starts with the ball and gives it to the offensive player when they are ready to play). The offensive player begins in triple threat position.. The offensive player gets two points for every basket scored off a jump stop, and one point for every basket scored otherwise.

Fitness Component (5 minutes)

Key Idea: Flexibility

Gather children in a group. Show them a rubber band or have them visualize one. Demonstrate how it stretches. "We pretend this rubber band is..." Wait for response—a muscle. "It moves back and forth, stretching and moving. Let's move our bodies just like the rubber band. Reach and stretch up and down. It's important to stretch slowly without bouncing or quick movement." Have children continue for minute. "Our muscles help us to move and stretch. We need to stretch muscles to keep them flexible or able to move easily. When muscles can move easily they don't get injured and our bodies feel good."



Practice 6



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Faith

Have the team line up in two equal lines facing each other. Have the players stand diagonally across from one another, not directly across from one another. Give the ball to the first person in one of the lines. That person is going to pass the ball to the person across from them in the other line. The ball is caught then passed diagonally across to the next person in line and this continues until everyone has had a chance to catch and pass the ball. Now do this again, but add in a second ball, then a third ball, etc. Begin a discussion about trusting your teammate to wait until you are looking before they pass you the ball. Explain the importance of trusting or having faith in your teammates.

PRACTICE 7

Warm-Up (10 minutes)

Individual—Players dribble from one basket to the next and then jump stop and shoot. All shooting should be close to the basket (jump shots within two feet of the basket).

Coaches' Cue:

"Quick cuts!"
"Drop and drive!"
"Watch the belly button of the player attempting to fake."
"Anticipate!"

Fitness Component (5 minutes)

Key Idea: Muscular strength and endurance
Gather children into a group. "Okay, everyone get down on the ground and do the crab walk." Continue for 30 seconds to one minute. "Are your arms and legs getting tired? You used many of your arm and leg muscles to do the crab walk. What parts of the body do you use the most for basketball? That's right—your arms and legs. The more you practice basketball, the stronger your muscles will get. What things can we do to get our muscles stronger for basketball?" Let them answer running and dribbling. "Right. Now pretend you have a basketball in front of you. Pretend to dribble the ball in your spot." Have children dribble for five counts. "Practicing dribbling helps make your arms stronger."

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to use a drop step and drive to the basket. Player's backs lead the way as they make a reverse turn. Players should maintain a balanced stance, keep the weight on the ball of their pivot foot, and drop their non-pivot foot back.
2. Practice the drop step and drive.

Description

Play 2 v 2 games with a cooperative defense. Players with the ball will ball fake, jab step, then drop step and drive to the basket. Passive defenders try to shut down passing lanes. Offense off the ball uses various cuts to create a passing lane. For each 2 v 2 game, two other players will coach. One will coach the cooperative defenders to close down the lane; the other will coach the offense to reposition themselves to create open passing lanes. Switch roles after three attempts.

Coach: What was the goal of the game?

Players: To score on drives.

Coach: When should you drive?

Players: When you have an open lane to the basket and no team-

Game / Play (10 minutes)

Goal

Players will use drop steps and drive to the basket.

Description

Play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Give two points for every basket scored off a drop step and drive, and one point for every basket scored otherwise.

Practice 7



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Teamwork

Gather your players into a group. Start a discussion about the importance of teamwork. “Try to tie your shoe with one hand.” Wait while the players attempt to tie their shoes with one hand. It cannot be done. Ask your teammate next to you to lend a hand and tie it with you.” Wait while the players help each other tie their shoes. Explain that working together and depending on others will help teams achieve their goals.

PRACTICE 8

Warm-Up (10 minutes)

Pairs—Partners take turns. One passes the ball, and the other either shoots from Around the Key spots or dribbles and drives to the basket.

Fitness Circle (5 minutes)

Key Idea: General fitness

Gather children into a circle. “What do our bodies need to do every day to keep going?” Wait for their responses. Discuss sleep and rest, eating, and doing regular activities. “There’s one more thing that’s really important—being active and exercising. Let’s pretend it’s a day that you do not have basketball practice. Your body needs to move every day. With no basketball today, what should we do to move our bodies?” Wait for their responses. If a child suggest an activity such as biking or swimming, have everyone act our that activity. Act out three activities. “It’s important to be active when you don’t have basketball practice. Your body needs to move every day.”



PRACTICE 8

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain proper on-the-ball positioning. Defenders can best keep their opponents with the ball from scoring by staying between them and the basket. Defenders should maintain an arm's distance from the offensive player with the ball and consider their body position (ready and alert?) and court position (close enough or too close?).
2. Practice on-the-ball defensive positioning.

Description

Pair up players. The player with the ball dribbles forward in a zigzag pattern. The defensive players maintains proper defensive posture and attempts to block the offensive player's forward progress. The defender tries to steal the ball without fouling or cause a turnover. Players switch roles after one length of the court.

Coaches' Cue:

"Medium body posture."

"Active hands and active feet!"

"See the ball."



Coach: What did you do to keep the opposing team from scoring?

Players: Closely guarded opponent, rebounded so they wouldn't get a second shot.

Coach: What defensive position or actions interfered most and kept your opponent from scoring?

Player: Keeping the body between opponent and goal. Being sure you can always see the ball. Guarding opponent closely. Keeping hands and feet moving; playing active defense.

Game / Play (10 minutes)

Goal

Defenders will play good on-the-ball defense.

Description

Play 1 v 1 games with active to competitive defense. Offensive players can dribble, but as soon as they pick up the dribble, defensive players move closer and use active hands and feet.

Practice 8



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Healthy Habits

Get the players into a group. "Today we are going to talk about the benefits of being fit and eating well. Being healthy is a lot easier when it becomes a routine part of life." Ask the team for examples of healthy habits. Make a point of explaining that being active will help them be healthier and feel better. It also may help their basketball game. Also discuss how other good habits can help them, such as getting enough sleep, brushing their teeth, and saying no to tobacco, alcohol, and other drugs.

PRACTICE 9

Warm-Up (10 minutes)

All players—Divide players into two groups: a dribblers group, in which each player has a ball, and a defenders group, which does not have balls. The dribblers group should have more players. Keep the practice within a confined space. On a signal, the dribblers begin dribbling while the defenders attempt to steal the ball. If a defender steals a ball, he or she begins dribbling. Go for about 45 seconds, and then regroup and switch roles as needed.



Fitness Component (5 minutes)

Key Idea: General fitness

Gather children into a circle. “Everyone is going to run in place. Let’s start. Pretend that your body is going to run out of energy because you ate too many chips and drank a soda before practice. Start running slower and slower, and now stop! Now let’s pretend that you ate a peanut butter sandwich and drank a glass of milk and a glass of water before practice. Let’s run in place.” Continue for 30 seconds. “See how you’re able to run much longer and keep your energy? Eating healthy foods and drinking plenty of water are healthy habits for every day. You should drink water several times a day and drink even more when you’re exercising. Also make sure to get enough sleep; exercise; brush your teeth; and say no to alcohol, tobacco, and other drugs. Keep your body healthy!”

PRACTICE 9

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain proper off-the-ball positioning. Defenders should position themselves so they can see the ball and simultaneously keep track of a moving opponent who may be trying to receive a pass.
2. Practice off-the-ball defensive positioning.

Description

Paired up players practice off-the-ball defensive positioning (partners can also coach each other). As an option, you can have a player with the ball waiting to pass to his or her offensive teammate.

Coaches' Cue:

"Medium body posture."
"Active hands and active feet!"
"See the ball!"
"Anticipate!"

Coach: How did you position yourself to prevent the offensive team from passing?
Players: Overplayed toward potential passing lanes; closely guarded player with the ball.

Coach: How did you position yourself to deny a pass?
Players: Overplayed toward the ball; kept hand in passing lane.

Game / Play (10 minutes)

Goal

Defenders try to deny offense from making successful passes; offense tries to make six consecutive passes.

Description

Play 2 v 2 games using a competitive defense. For each 2 v 2 game, two other players serve as coaches. One offensive player begins at the point, the other at a wing position. The ball starts at the point. From a triple threat position, the ball handler uses a ball fake to give his or her teammate a chance to get open; or the ball handler dribbles to open a passing lane if necessary. Rotate after a turnover or after six consecutive passes. One player-coach gives feedback for the on-the-ball defense; the other player-coach gives feedback for the off-the-ball defense.

Practice 9



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Sportsmanship

Get the team together in a group. Ask what sportsmanship means to the team. Explain to the team that one way of showing good sportsmanship is that at the end of each game, no matter what the score is, the two teams will shake hands. Have the team give examples of good and poor sportsmanship.

PRACTICE 10

Warm-Up (10 minutes)

Pairs—Partners take turns shooting three shots from each of five spots marked around the basket (approximately six to eight feet away). The partner not shooting rebounds the ball and passes it accurately to their shooting partner. The shooting partner gets in target position, receives the ball in triple threat, and squares up and shoots.

Fitness Component (5 minutes)

Key Idea: Muscular endurance

Gather children into a group near two cones about 10 feet apart. Tell them that each cone represents a different food group. "This cone is healthy foods, such as fruits, vegetables, meats, milk and breads. This other cone is special treat foods, such as chips, soda, candy and sweet snacks. What foods can you eat to keep your body healthy, with enough energy for basketball?" As they respond, have them stand near the cone they choose. "It is important to eat more healthy foods. They give you more energy for basketball and help you grow. Special treat foods should be eaten in small amounts. Can you tell me other examples of healthy foods and special treat foods?"



PRACTICE 10

Skills Drills (15 minutes)

1. Introduce, demonstrate and explain how to box-out to rebound. Players box-out by getting between the opposing player and the basket, and putting their rear in contact with the opponent's body
2. Practice boxing out and rebounding.

Description

Play 3 v 3 games with a 2 v 2 under the boards and a shooter and an outlet. The shooter shoots the ball. One the release P-1 and P-2 turn and box out their offensive players. P-3 (the outlet) moves right or left, depending on which side of the basket the rebound occurs. The player rebounding the ball turns and passes to P-3. Repeat three times, then rotate teams. Also consider rotating duties within the teams—for example, the outlet person and the shooter become rebounders. The defenders try to successfully outlet three times in a row.

Coaches' Cue:

"Create a stable wall between opponent and ball."

"Elbows out—palms wide, feel for opponent."

"Put buttocks under opponents."

Coach: What was the goal of the game?

Players: To prevent scoring and a second shot.

Coach: What did you do to prevent a second shot?

Players: Got the rebound after the first shot.

Coach: How did you position yourself to get the rebound?

Player: Moved between offensive player and basket.

Game / Play (10 minutes)

Goal

Defenders try to prevent the offensive team from scoring—and from rebounding missed shots.

Description

Play 2 v 3 or 3 v 3 short-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Players can't dribble and must take at least three consecutive passes before shooting. The defensive team receives one point for winning or rebounding the ball after only one shot.

Practice 10



INTRO TO VALUES (10 Minutes)

TEAM CIRCLE

Key Idea: Keeping Perspective

Gather the players around in a group. This is time for reflection on the basketball season. Talk about some of the things the team accomplished this season. Ask the players to share what they learned throughout the season. Discuss some of the fun things that happened throughout the season. Ask the players to give examples of times they had fun during the season. "The most important thing in basketball is to have fun playing and learn new skills. I think you all did that!"