

Gretna Basketball Association

Fundamental League Skills and Drills

## 1<sup>st</sup> and 2<sup>nd</sup> Grade

Skill	Drills
<b>Footwork</b>	
1) Offensive Stance (Triple Threat Position, Shoot, Pass, Dribble)	<u>Triple Threat Position</u> : Teach the kids that when they catch the ball, to not immediately dribble, but to square up to the basket, with legs bent, and be ready to shoot, pass, or dribble. Can be taught as an individual drill or within all passing and dribbling related drills.
2) Defensive Stance (knees bent, hands up, with progression to shuffle step)	<u>Stance Drill</u> : put all players in two lines facing the coach. Yell stance to have all players quickly get into their defensive position. Point left or right to have them shuffle the direction you point. Focus on staying low through the shuffle with hands out, knees bent, and not bringing their feet together.
3) Jump Stop / Pivoting	<u>Jump Stop</u> : Practice jump stops without the ball. Start with taking only 1 step, then jump stop, and progress to multiple steps and then jump stop. Progress to a performing a forward pivot after the jump stop to turn around. Include jump stops and pivots in all dribbling drills. Emphasize them making a firm stop and not traveling.

<b>Ballhandling</b>	
1) Dribbling	<p><u>Stationary Dribbling</u>: 30 seconds Right Hand, 30 seconds Left Hand, 30 seconds crossover. Ensure they stay in low with feet spread apart, and offhand protecting the ball. Can progress to between the legs, behind back, or back and forth dribbles.</p> <p><u>Dribbling on the Move</u>: Start with players on the end line in Triple Threat Position. Dribble towards the center court and have them perform a jump stop, forward pivot, and then dribble back to the end line and perform a jump stop. Can have both there and back with right hand, and then switch to left hand, or can dribble there with right hand, and back with left hand.</p> <p><u>ZigZag Dribbling</u>: Same as Dribble on the Move, but instead of dribbling in a straight line, have them zigzag and crossover between right and left hand. As progression through the year, can add a defender to practice shuffling with the offense to add some pressure to the dribbling.</p> <p><u>On all drills emphasis the concepts of traveling and double dribble.</u></p>
2) Passing	<u>Stationary Passing</u> : Have players get in pairs and standing 8-10 feet apart and practice making chest, bounce, and overhead passes. Practice good form, by i) stepping forward with one foot, 2) pushing the ball from the chest and extending arms out while pushing the fingers outwards so that the thumb is pointing down, and 3) looking at their partner and passing at

	<p>their chest. Have the players stand in the Triple Threat Position when receiving the pass with hands ready.</p> <p><u>Passing to a Moving Target:</u> Half players on the lower block, and the other half at the three point line with a ball. Have the player on the lower block run to the wing position, looking for a pass, and have the player with the ball at the three point line pass to the wing, focusing on using good passing form, and making a leading pass. Have the receiving player make a good catch with a jump stop and pivot to square up to the basket in the triple threat position.</p>
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<b>Shooting</b>	
1) Layups	<p><u>Layups:</u> Focus on teaching good layup form with the right knee and right hand moving up to the basket together and jumping off the left leg (for a right handed layup). Start with no ball and no step with the players practicing pushing the right hand and right knee up in towards the basket. Progression: Take 1 step; then Take 1 step with a ball; then Take multiple steps with a dribble; then switch to the weak hand side (if you have a left handed player focus on their strong hand first).</p>
2) Shooting	<p><u>Perfects:</u> 2 feet from the basket, practicing good shooting form 1) legs comfortably apart (somewhere between normal standing width to no more than shoulder width apart) and with legs pointing slightly to the side of the basket to put the shooting shoulder pointed at the basket, 2) shooting hand behind the ball with fingers spread and ball on fingertips, off hand supporting the ball, 3) elbow in and bent, with full extension towards the basket and pushing the hand down to get good backwards rotation on the ball as it goes up and over the rim.</p> <p><u>Set Shooting:</u> Same as Perfects but step back to 5 feet. Progress to 8 feet, while focusing on good form.</p> <p><u>Shooting on the Move:</u> Start at three point line with ball, take 2 dribbles, jump stop and take a shot, focusing on the form discussed above.</p>

<b>Game Play</b>	
1) Zone Defense	<p>4 person Zone is used in 1<sup>st</sup> and 2<sup>nd</sup> grade Fundamental. 2 players on the blocks and 2 players on opposite sides of the free throw line. Must stay inside of the three point line and work to avoid double teams. Teaching Points: staying between the ball and the basket; If the ball is passed, doesn't follow the ball, but guard the offensive player in your area; and go for rebounds (if players are progressing well, can add a rebounding drill during practice).</p>
2) Offense	<p>Don't spend time in practice on Offensive plays. However, it can be</p>

	<p>helpful to occasionally spend 5 minutes on Offensive concepts such as positions, and ball movement. Drills such as the Passing to a Moving Target drill above can be helpful to teach the concept of movement in an offense. Other Drills:</p> <p><u>Pass and Cut:</u> Half the players in a line with a ball in the point guard position at the top of the key. The remaining players in a line at the wing position. The point guard passes the ball to the wing, and makes a cut to the basket. The wing passes the ball to the cutting player, who catches it, squares up and either makes a layup for shoots the ball. This drill can be used at multiple different spots on the floor including the high or low post, or baseline positions to replicate game situations.</p>
<p>3) Rules of the Game</p>	<p>During the game, it is the expectation that the coaches are actively involved in teaching the general rules of the game, and keeping the game fun and active for the players. Things to remember:</p> <ol style="list-style-type: none"> <li>1) If the ball goes out of bounds, stop play, give the ball to the correct team and let them pass the ball into restart play.</li> <li>2) After made baskets, ensure the players are taking the ball out of bounds and passing it in to another player.</li> <li>3) Coaches call fouls and traveling/double dribbling on your own team. However, if a coach is not actively calling fouls, the offensive coach can call a foul at their discretion. Coach should use your best judgement on calling fouls to not call all accidental fouls to keep the game moving.</li> <li>4) Ensure to get all players involved as much as possible, including directing players to move or pass to certain positions.</li> <li>5) No double teaming, and work to help defenders stay in their general zone areas. More advanced and aggressive players will leave their zone to steal a pass. It is a fine line to encourage this as it is the next step in the game, but also manage the game so that one player does not dominate it at the expense of his teammates. As coaches use your best judgement in managing this.</li> </ol>

### 3<sup>rd</sup> and 4<sup>th</sup> Grade

Refer to all the same skills and drills discussed in the 1<sup>st</sup> and 2<sup>nd</sup> Grades, plus the following additional skills.

Skill	Drills
<b>Footwork</b>	
1) Pivoting	<u>Pivoting</u> : Expand on the Jump Stop and Pivoting drills done as 1 <sup>st</sup> and 2 <sup>nd</sup> graders to include reverse pivoting.
<b>Ballhandling</b>	
1) Dribbling	Expand on the dribbling drills used in 1 <sup>st</sup> and 2 <sup>nd</sup> grade to include more crossovers, between the legs, behind the back, stationary and while moving.
2) Passing	Expand on the passing drills used in 1 <sup>st</sup> and 2 <sup>nd</sup> grade to incorporate one-hand passing (right and left), passing from the dribble, and passing under pressure.
<b>Game Play</b>	
1) Man-to-Man Defense	<p><u>Close Out</u>: Defender under the basket with a ball, passes to an offensive player at the top of the Key. Defender sprints to play defense, slowing down quickly the last couple of steps by getting low in defense position, with hands out, feet wide and chopping feet quickly to slow down and be ready to defend the ball. Progression of the drill: play 1v1 once the defender is in position.</p> <p><u>Wing Deny</u>: Have all players in a line at the wing position behind the three point line, with the coach at the top of the Key with a ball. The first player in line is defense, and the 2<sup>nd</sup> player is offense. The defender should be in help/deny position (a step back from the offensive player, and a step towards the player with the ball; the hand closest to the ball should be outstretched in the passing lane). Have the offensive player run to the low block and back to the wing position at half pace twice. The Defender should stay in good defensive stance and shuffle with the offensive player, while remaining in a help/deny position. Progression of the drill: When the offensive player gets to the low block they continue to the other side of the lane, and back up to the other wing position, with the defender staying in the help/deny position. Further progress to pass to the offensive player and if the defender does not steal it, play 1v1.</p> <p><u>Shell Drill</u>: <a href="http://www.coachesclipboard.net/DefenseShellDrill.html">http://www.coachesclipboard.net/DefenseShellDrill.html</a></p>
2) Rebounding	<a href="http://www.basketballcoach.com/cgi-bin/basketball/basketball-drills/c/Rebounding-Drills-7.html">http://www.basketballcoach.com/cgi-bin/basketball/basketball-drills/c/Rebounding-Drills-7.html</a>

3) Offense

Screen and Roll: <http://www.coachesclipboard.net/PickDrills.html>

Motion Offense Drills:

<http://www.coachesclipboard.net/32MotionDrills.html>

## 5<sup>th</sup> and 6<sup>th</sup> Grade

Refer to all the same skills and drills discussed in the 1<sup>st</sup> -4<sup>th</sup> Grades, plus the following additional skills.

Skill	Drills
<b>Game Play</b> 1) Perimeter Moves	<a href="http://coachesclipboard.net/2on1PowerDrill.html">http://coachesclipboard.net/2on1PowerDrill.html</a> <a href="http://www.coachingtoolbox.net/basketball-drills/one-one-drills.html">http://www.coachingtoolbox.net/basketball-drills/one-one-drills.html</a> <a href="http://www.coachesclipboard.net/DribblingDrills.html">http://www.coachesclipboard.net/DribblingDrills.html</a>
2) Post Moves	<a href="http://www.coachesclipboard.net/LowPostOffensiveDrills.html">http://www.coachesclipboard.net/LowPostOffensiveDrills.html</a>
3) Small Sided Games	2 on 2, 3 on 2, and 3 on 3: These drills provide game-like situations for the players, but with more opportunities for the defenders and offensive players to get involved in the game than 5 on 5.