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# Youth Basketball



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# Purpose of Youth Basketball:

- \* Teach basic fundamentals of basketball-They need the skills before playing a game is implemented
  - \* Engagement & Enthusiasm
  - \* Keep kids moving and active
  - \* Make it enjoyable for the kids
  - \* Age appropriate skills and drills
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# FUNdamentals:

## Developmental considerations:

\*Individually oriented \*Short attention span \* \*Perform tasks one at a time \*Influence of peers is very strong \*Limited tactical abilities \*Biggest concern is which way to go when they have ball.

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## **Physical/Motor:**

- \*No sense of pace...will often run until they drop

- \*Running, jumping, skipping, hopping and maintaining balance are not fully developed at this age.

Needs to develop speed/fast twitch abilities.

- \*Will often fall when changing direction because of high center of gravity.

- \*Need multiple breaks during practice and games.

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# Coaching Considerations:

- \*Give short & clear directions
  - \* Give positive feedback
  - \* Encourage & be enthusiastic
  - \*Use several short activities to keep them moving and interested
  - \*Lots of water breaks
  - \* Make the game enjoyable
  - \* Encourage play at home
  - \* Apply skills learned in a game- Not necessarily scrimmaging
  - \* Base your practice and skills on what your team needs- Modify drills- Challenge your players
  - \*Help build confidence
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# Warmups:

**Dynamic warmups-** Get them moving!!! Sideline to sideline-

- Butt kicks- High knees- Skipping- Slides- Jog (work on the gross locomotor skills)

**Agility Ladder-** Gets kids thinking & moving- Footwork

Use tape on floor or ladder- Can tape a ladder to the floor

Footwork with cones-

<https://www.youtube.com/watch?v=ZLNYijRpYUY>

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# Agility Ladder drills

- One Foot in each spot
- Two feet in
- Hopscotch
- Icky Shuffle
- Bunny hops

<https://www.youtube.com/watch?v=67XP-AekUoA&t=103s>

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# Ball Handling Drills-

- Ball Slaps
  - Ball circles - At each level- ankles- knees- waist- Head
  - Dribble with each finger
  - Drill with left & right hand- low-medium- High
  - Crossover dribbles- Can use cones
  - Two ball dribble- upper levels- Alternate & same level
  - Ball circles on floor around each leg
  - Figure 8 on floor- Progress to stationary figure 8
  - Weave cones-
  - Partner zig zag dribbles
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# Ball handling games-

Different games/Drills-

<https://www.youtube.com/watch?v=Mb2z3nzOFDE>

Builders/Bulldozers

Gimme 5

Learning the lines of the court- Dribble there

Red light green light

Sleeping giant- Use jump stop

Detective Pikachu

Sharks & minnows

Picking up the treasure

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## SAMPLE BASKETBALL PRACTICE #2

Duration: 60 minutes

Age Group: 4 - 6 years

Suggested drills assume there are enough basketballs for each player. If not, modifications can be made. Timing of drills is a suggestion only and will depend on your particular team's abilities, needs and attention span.

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### WARM UP - 10 MINUTES

#### Backward jog

Down to one end of the court and back. Can make this a relay if you want.

#### Bear crawl

Bear crawl from one line to a designated point.

#### Defensive slide

Demonstrate how to do a proper defensive slide (knees bent, direction of feet, bottom down, hands up, etc.). Then with kids facing you, have them mirror your defensive slide.

#### Zig zag run

Have kids run in a zig zag pattern from one end of the court to the other. Basically, showing them how to make quick cuts to change direction when they are on offense.

#### 2-footed jumps

Have kids spread out on a line and have them hop on two feet down to a second line on the court.

#### Pivots

Show kids how to plant one foot and pivot on the other. Have them keep their hands up and elbows out as if they are holding a basketball.

#### Stretch

### PASSING GAME - 5 MINUTES

Have kids stand in a semi-circle around you. You're going to make a team 'pizza' while passing the ball. You will pass the ball to each kid and when the kid catches the ball, they get to pick a pizza topping and then pass the ball back to you. You'll probably end up with a pretend pizza with pepperoni, bananas, chocolate chips, syrup and cheese. The kids think this game is hilarious.

### DRINK BREAK

### BALL HANDLING - 15 MINUTES

#### Stationary Dribble - Rt and Lt Hand

Right hand only, Left hand only. Back and forth from right to left hand. For the kids who can handle it, encourage them to keep their eyes up while dribbling. Some kids will get bored with this quickly, so you can have them try to close their eyes while stationary dribbling - not if they are moving though!

#### Dribble once and catch the ball

Best to give them a certain number of times to do this - especially for the kids who think it is too easy.

#### Dribble Around Parents

If you don't have cones for them to practice dribbling around, see if a few parents will stand in a line and the kids can practice dribbling around their parents. Encourage them to keep a defensive arm up to protect the ball.

#### Red Light, Green Light.

Green light they dribble toward you. Red light they dribble in place.

### SHOOTING - 15 MINUTES

#### Demonstrate shooting form

Have kids practice without a ball first

#### Shoot and rebound

Kids form a line. Have them shoot from set spots around the basket and get their own rebound and pass to the next person in line.

### DRINK BREAK

### PASSING GAME - 5 MINUTES

#### Monkey in the Middle

Coach can be the monkey in the middle. Or you can break the group up into teams of 3 and have them rotate being the monkey in the middle. Emphasize pivoting to pass the ball for offense. Emphasis 'hands straight up' to not foul for defense.

### SCRIMMAGE - 10 MINUTES

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# Grades 3 & 4

## Offensive Drills:

concentrate on dribbling, shooting and passing. With dribbling, do stationary ball-handling drills first. Have players practice moving the ball from hand to hand around their heads, chests, waists and legs. Get players used to dribbling low with either hand in a dribbling crouch. Progress to movement drills. Play dribbling relays; divide the players into teams and instruct them to dribble to the opposite baseline and back using a designated dribble, such as a left-handed speed dribble

**For shooting form**, start with the basics. Teach the b-e-e-f method: balance, eyes on the target, elbow under the ball and follow-through. Work on shots around the basket, free throws and layups. Progress to teaching your players how to move from one spot on the court to another, receive a pass, square up to the target -- either the basket or, if they're banking their shot, the shooting box above the basket -- and shoot.

<https://www.weekand.com/healthy-living/article/basketball-drills-plays-3rd-4th-graders-18058811.php>

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## Passing:

**Teach the bounce pass, chest pass, overhead pass and baseball pass.**  
Have players practice passes with a partner. Then group them in trios with a defender trying to steal or deflect his two teammates' passes. If she deflects or steals a pass, the passer becomes the new defender. Then work on passing to teammates who v-cut and cut to the basket, teaching multiple skills at once.

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## Defensive drills:

Teach your players a **defensive stance and how to slide their feet**. Run them through defensive slide drills. Set up cones in a zigzag pattern 10 to 12 feet apart from baseline to baseline. Players slide their feet from cone to cone while in a defensive stance, pivoting on their inside foot whenever they reach a cone. Then practice moving around the three-second lane, shuffle-stepping forward from the right low post to the right free-throw elbow, sliding to the left free-throw elbow, shuffling backward to the left low post and sliding back to the right low post.

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# Basics of playing:

With practices limited, an easy set to learn is the three-out, two-in. The No. 1 position, or point guard, is at the top of the key. The No. 2, who is your shooting guard, and the No. 3, your small forward, are the wings. The No. 4, or power forward, and the No. 5, your center, are at the low-post blocks. Put your best dribbler at the No. 1 position and your best interior scorer at the No. 5. Teach players how to dribble past defenders and move to get open. Instruct your Nos. 3, 4 and 5 to pursue offensive rebounds and your No. 1 and No. 2 to hustle back on defense.

Use small sided games- Can use 1v1- 2v2- and 3 on 3.

If time allows, teach the screen and roll, a simple play at any level.

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# Grades 5 & 6

## What to know:

Basic Cuts- Back cut-curl cut- Why you would curl?

Layup-proper form-right and left hand

Basic screens- How to set them- how to use them

Defense- basic stance-basic slide-off ball-on ball

Ball Handling- feeling more confident using both hands

Offense- basic spacing and positions on the court

[https://cdn1.sportngin.com/attachments/document/0106/4072/skill\\_progression.pdf](https://cdn1.sportngin.com/attachments/document/0106/4072/skill_progression.pdf)

<https://www.ymcaoftheprairie.org/wp-content/uploads/2016/12/Youth-Basketball-4-5th-Grade.pdf>

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# Basic Practice Outline

- \* Brief warmup- 3-5 minutes
  - \* Ball handling Skills/Drills - 5 minutes
  - \* Team Game/Activity/New Concept - 7 mins
  - \* Stations/ Drills - Depending on numbers 3-4 stations of 5 minutes each-
  - \* **Small games/Scrimmage**- Grades 3-6th- Controlled scrimmage- Correct and help them so they learn as they play. Make sure to give feedback- How will they learn if they don't get feedback? Break down specific skills during game play.
  - \* Closure- What did they learn today?? BBall homework-
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# Passing-

Bounce passes- Use when hands are up

Chest passes- use when hands are down

Overhead passes-

- \*Use different equipment to make them comfortable-

- \* Pass to an adult-

- \* Partner Shuffle passing-

- \* Ball Fakes- Why do we use ball fakes?

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# Passing drills

- \*Dribble- Jump stop- Pivot- Pass.
  - \* Pattern passing- Can add more than one ball
  - \* Pass through Hula Hoops
  - \* Monkey in the middle- (Older Grade levels) Work on having pressure and making the correct pass
  - \* Pass-cut-replace- 3 spots-
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# Shooting Form:

## BEEF

**B** → BALANCE:

FEET SHOULDER WIDTH  
APART & BEND KNEES

**E** → ELBOW:

90° (RIGHT ANGLE) AND  
UNDERNEATH BALL

**E** → EYES:

ALWAYS LOOKING AT THE  
BASKET (TARGET)

**F** → FOLLOW THROUGH:

ARM STRAIGHTENS AND WRIST  
POINTS DOWNWARDS



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## **Layups:** What is the proper form and how to teach it-

Things to think about:

- \* Footwork
  - \* Using the glass
  - \* Elbow on a string to the knee
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# Shooting Drills-

- \*Form Shooting- Using BEEF- Can use as a daily warmup
  - \*Spot shooting - Make a certain amount from each spot- Can Be a competition- (Baskets lower for younger grade levels)
  - \*Focus on form- Not on makes-
  - \* Game speed shots- Game shots
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## Links to resources for skills-drills-coaching points:

<https://ymcanwnc.org/sites/default/files/2021-09/60-Fun-Basketball-Drills-and-Games.pdf>

<https://balnarringstorm.com.au/wp-content/uploads/2017/01/31-Basketball-Drills-and-Games-for-Kids.pdf>

<https://www.breakthroughbasketball.com/drills/kids-youth.html>

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**Questions?**

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