

Washington Township Basketball 2008

Instructional League: Keys for a successful practice

Be prepared: Plan out your entire practice before hand as to not to waist time.

Keep Drills short: Keep each drill 5-10 minutes long, this will ensure better attention spans and high energy.

Explain all terminology: Do not assume the kids understand basketball language. Most times they will say they understand, and once you do the drill, you have to explain yourself again.

Keep it simple: This is a clinic year and all the kids need to learn basketball fundamentals to ultimately understand the game.

Have fun: At this level we want the kids to learn the game and have fun. This will encourage future participation. IT'S NOT ABOUT WINNING! Kids at this level will have varied basketball ability; success for each child will be different, but equally as important.

Key Concepts to Teach

Triple threat position

Establish pivot foot

Square body to basket

Dribble with head up

Move to the ball

Move without the ball

Talk/Communicate at all times

Make the easy pass

Discuss the difference between a shot and a throw

Be a team player

Pass to the open player

Don't stop your dribble

If you're open shoot the ball, don't dribble into the defense and lose your shot

Importance of practicing on their own

Boxing Out

Example Practice Schedule (one hour fifteen minutes)

5 minutes: laps and stretching

20 minutes: dribbling and passing

passing – two lines across from each other
chest pass, bounce pass, overhead pass,
up/back slide feet while passing, chest and bounce pass

dribbling – three lines on baseline
up/back, right hand/left hand, zigzag right to left, forward/backup/forward, changing speeds

5 minutes: water break

15 minutes: layups/shooting

two lines, one at each wing, right hand, left hand, opposite line gets rebound
dribble down and shoot from each side

15 minutes: Offense

1. Point guard (top of key)
2. Shooting guard (wing)
3. Small forward (wing)
4. Power forward (low post)
5. Center (low or high post)

Review positions and discuss ball movement

Would advocate a motion offense, simple premise to pass and cut away. Then other players rotate into open spot. Always trying to keep balance on the floor

Encourage cutting/ going to the ball

Discuss swinging the ball from side to side. (perimeter passing)

Encourage everyone to shoot, when they are open

15 minutes: Defense

Zone either 2-1-2 or 2-3

Emphasize where all positions are and where they should be when the ball moves around the perimeter. Defense should all rotate together as ball moves.

Discuss help defense

Communication is a must

END PRACTICE

As for all positions, try to rotate players so they understand the game better.

At the end of practice, know when your next practice/game is so you can communicate to the parents.