Practice 4

PURPOSE

To keep possession of the ball, focusing on dribbling and passing the ball to a partner. The objective is for the players to be able to execute both the chest and bounce pass.

Equipment

- ✓ One basketball per player
- ✓ One portable basket per two players (if possible)
- ✓ Tape or cones as markers (optional)

Warm-Up (10 minutes)

Individual—Players dribble in different pathways:

- Move in straight, curved, and zigzag pathways in general space.
- Follow the straight lines on the gym floor.
- Move in a straight pathway. Each time a player meets another player or hears your signal, he or she turns quickly to the right or left and continues dribbling.
- Move throughout general space, quickly moving from side to side in a zigzag.

Fitness Circle (5 minutes)

Key Idea: Safety and rules

Gather children into a circle. "What are the easiest ways to get hurt while playing basketball?" Wait for answers (slipping and falling, getting poked in the eye, getting hit in the face with a pass). "What's the best way to keep from getting hurt? How do we prevent these accidents from happening?" Point out that while no sport is injury free, their risks of being hurt are much reduced when they follow the rules and care about each other.

Practice 4

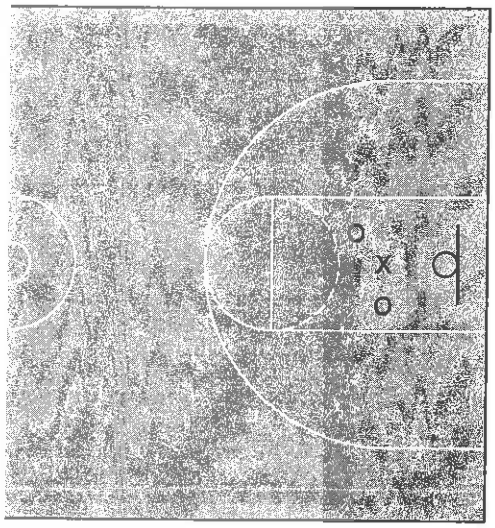
Game 1 (10 minutes)

Goal

Pairs of players will play as a team.

Description

2 v 1, modified half-court game—Two players become partners and play against one defensive player, then one player must switch roles with the defensive player. Switch at least twice so all players get to play defense. Limit players to dribbling three times before passing. Do not call any traveling or double dribble violations.



Coach: What is the goal of the game?
Players: The goal is to keep the ball to score or to dribble and pass to score.

Coach: What types of passes are there? (This question is to see how much players know about passing.)
Players: Two types of passes are the bounce pass and the chest pass.

Skill Practice 1 (10 minutes)

1. Introduce, demonstrate, and explain how to chest pass and bounce pass (see page 120).
2. Have your players practice chest passes and bounce passes.

Description

Pairs—Players practice passing to each other. After they have passed the ball four times, they change partners.

for chest pass

"Keep your chest high."
"Keep your thumbs down and together."
"Step forward."

for bounce pass

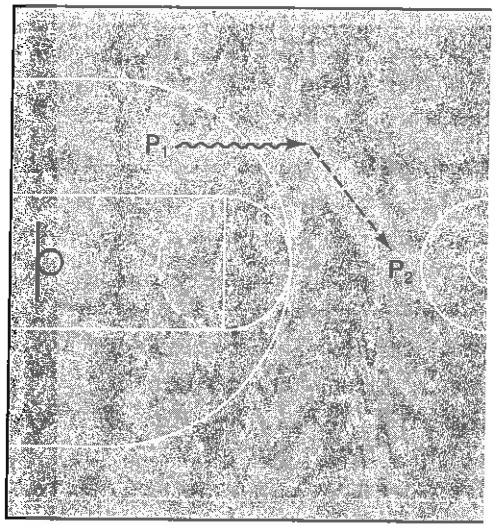
"Snap your thumbs down and together."
"Bounce the ball so your partner catches it waist high."
"Step forward."

☞ Encourage players to move when they dribble.

☞ Remind passers to pass a little in front of their partners.

Skill Practice 2 (10 minutes)

1. Introduce, demonstrate, and explain how to dribble and pass to a partner (see pages 119–122).
2. Have your players practice dribbling and passing to a partner.



Description

Pairs—Partner 1 dribbles the ball 8 to 10 times and then passes it to partner 2. Partner 2 starts dribbling forward and then passes back to partner 1. The partners continue to dribble and pass to each other from one end of the gym to the other. The goal is to make four successful passes in a row (adjust number as necessary).

"If you have the ball, you must dribble to move."
"Pass on the move."
"Control the ball."
"Lead your partner."

Game 2 (10 minutes)

Goal

Players will play in offensive teams of two, dribbling and passing in a game.

Description

Same as Game 1, except choose either 2 v 1 or 2 v 2. Rotate players accordingly so they all have a chance to play offense and defense.

Practice 4

Team Circle
(5 minutes)

Key Idea: Caring

Gather children into a circle. Stand in the middle of the group with a ball. Pass to each child and give him or her a turn to pass back to you. "I am going to pass the ball. If a pass comes to you, pass the ball back to me." Work around the whole circle. Talk to the children about playing and learning when they come to practice. "Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?" Listen to their responses. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns show you care."

Wrap-Up

Make summary comments about practice. Remind players of the next practice day and time and give them a sneak preview of that practice—shooting the ball.

Variations

- To simplify skill practice, limit the number of practice activities or limit the practice to the chest pass only.
- To increase the challenge during games, have players pass only and not dribble.