

# Carmel Dads' Club Basketball Program

*Goals or objectives to accomplish at each grade level*

## **Grade 1**

Teach basic fundamentals of dribbling, passing, shooting, defense and team play. Teach them about the ten second line and a 3 second violation. Teach them about other violations that would apply, such as double dribbling and traveling. Discuss what a foul is and the consequences.

**Dribbling:** Work on drills without looking at the ball. Attempt to have them practice with their "weak" hand. Ball is dribbled with the fingertips and not with the palms of the hand.

**Passing:** Emphasize two hand pass that is initiated with hands starting from the chest and pushing the ball towards their teammate. As ball is released, the thumbs will work under their hands to the point that their thumbs will point downward. Ball should be received by teammate just above waist level.

**Shooting:** Proper technique is critical at this age. Teach how the body is squared to the basket, ball held in the "strong" hand and directed with the "weak" hand. Strong arm elbow will point to the basket and the strong arm wrist will be cocked with the hand and fingers tilted back towards the players face. When the ball is released, the hand and fingers will move towards the basket with the fingers pointing toward the floor on the follow through of the shot. *Due to age and strength, the player will most likely need to start the shot from a lower position on their body. Example is that most kids this age will start the shot from their strong side hip. As they get stronger during the season, attempt to elevate their shooting position.*

**Defense:** Basic defensive position, which is between the player you are guarding and the basket. Teach them at this point, to keep their bodies from making contact with the player they are guarding. Teach them that as soon as the other team gets the ball, they need to start looking for the person that they are suppose to be guarding.

**Team Play:** Teach them that it is as fun to make a good pass that leads to a basket by their teammate, as it is to make a basket themselves. Emphasize that there are 5 players on their team on the court at one time, and that everyone is a part of that team.

Spend as much time on drills and fundamentals and less time scrimmaging with the other team that practices at the same time on the other end of the floor. Work on discipline and being certain that the kids know that they must listen. This is not a babysitting service and the parents and kids need to understand that important principle.

## Grade 2

Same basic fundamentals as Grade 1 with the following additions:

**Dribbling:** Work more intently with the players focusing on their "weak" hand. Do drills with kids dribbling for control and some speed. At this point, it is more important for the kids to have good control without looking at the ball than it is to have speed. Work with the kids to work with their bodies closer to the ground rather than being in such an upright position. Knees somewhat flexed, upper body bent in an athletic position and weakside arm and hand at their side and front to protect them from the defender.

**Passing:** Continue to work on good chest passes and introduce the "lob" pass. NO one handed passes!! Instruct players on the team to put their hand out where they would like to receive the pass and have the person making the pass attempt to bounce pass the ball to that position. As ball bounces up, to the player receiving the pass, the ball should be caught just above the waist. Too high or too low is too difficult to handle at any age.

**Shooting:** Continue to work on fundamentals, and continue to get the players to elevate their shooting position. Work on lay-ups, with ball being shot with the correct hand from their strong side and going off of the correct foot as they release the ball on their lay-up. Ball shot from the right side of the basket, player should have left foot ( only ) on the ground just prior to the release. We still see many kids having difficulty with this up to 7th grade. As the right hand is reaching up to the basket the right leg will follow up with the hand.

**Defense:** Stress the importance of good defense. Work with the kids to slide their feet and not to "crossover". Do drills where the kids will slide their feet and kick their heels together as they slide across the court. Get the kids to get in a "low" athletic defensive position. The lower they are, the quicker they will be on defense. Inform the kids that they will only be allowed 6 fouls per game. BE CERTAIN that they realize the consequences of fouling out of a game! It is not the end of the world!!

**Team Play:** Introduce an offensive play! Have all the kids play different positions so that all the kids get a chance to shoot the ball.

Introduce a "jump ball" so they know where to stand at the center circle. Review with the kids where to stand on the free throw line, even though they will not shoot free throws at this level.

## Grade 3

Additional items that you should teach the kids are as follows:

Continue to emphasize the items from Grade 1 and Grade 2.

**Free throws:** This will be the first year that they actually shoot free throws. Make sure everyone knows where to stand. Be sure that no one is touching the lines with their feet. Player shooting the free throw can not step across the free throw line until the ball hits the rim. Players standing on the free throw lane may step over the line as soon as the player shooting the ball, releases the ball. Free throws will be from 12 feet! Teach them a one and one situation!

**Defense:** This year we will only allow players to have 5 fouls per game. Teach good fundamental defense. Discuss weakside help on defense and double teaming (switching man to man for the girls) below the free throw line "extended". Stress the importance of not allowing the ball to get into the middle near the "paint".

**Shooting:** Players at this age ought to be able to get the ball in the proper position. There will still be some who will not be strong enough to get the ball up to the basket in a traditional manner. Be patient! **BLOCKING OUT** on a shot. **TEACH IT!!**

**Dribbling:** Introduce crossover dribbles, and ball handling drills. Example would be fingertip drills, and dribbling the ball between legs and around their back to develop their skills. Do not encourage behind their back dribbling in the games.

**Passing:** Teach the kids to throw the ball anticipating where the player will be. Example would be on a fast break. Teach the ball to be thrown ahead of the player so that the player can run to the ball. Throw the ball away from the defensive player in a normal passing situation. Recognize when a smaller player is guarding a taller player. This would be an opportune time for a "lob" pass to the taller player.

Discuss taking the ball out of bounds, especially under your own basket. This is a good chance to score a basket.

Set up several offensive plays for a regular offensive approach and set up a play for under your own basket.

Prepare the kids for a press, and the best way to attack the press. A man to man press is the only press allowed (Boys only), therefore, your best dribbler should be able to attack the press by dribbling past the defense. You obviously can take your own individual approach to attacking a press.

Teach the kids about good shot selection and understanding what should be done towards the end of a half or at the end of a game. We still see a significant number of bad shots being taken when a team has a slim lead with 30 seconds on the clock. Teach them the common sense of the game!

## Grade 4

Additional items to teach are as follows:

**Shooting:** Good technique should now be encouraged almost exclusively. Most of the kids should now be strong enough to develop proper technique. Work on good free throw technique. Work with the kids to start shooting lay-ups from the weakside of the basket. Teach right handers to shoot a left handed lay-up. Emphasize proper technique. Left handed lay-up means that the left leg goes up with the left hand. We want to see dramatic improvement in this area over the course of the season. Be certain that a lay-up has the ball "kiss" off of the glass. We want the ball to be shot in the square on the backboard.

**Dribbling:** Drills, drills and more drills. Emphasize weak hand! Work with the kids to dribble the ball between their legs. This will continue to help their coordination development. Work on some speed dribbling drills. Continue to work on crossover dribbling. This will help the player in a game situation.

**Offense:** We would like to see some offensive creativity. This will help develop discipline and attention skills!

**Shooting:** Spend 15-20 minutes a practice on shooting drills! **BLOCKING OUT!!**

**Free throws:** Have each player shoot 10-20 free throws per practice.

**Defense:** Encourage a hustling, switching man to man defense. Do not turn your back on the ball. Deny the pass to your opponent. Do not tolerate loafing on defense! Teach the kids to play defense as soon as they lose possession!(Boys Only)

Establish a play, from the jump ball at the start of the game. Especially if you have someone who will most likely win each jump ball at the start of each game.

Scrimmage less and do more drills!

Work on a press: Offensively and defensively! (Boys Only)

## **Grade 5**

### **Additional items to teach:**

**Begin to work separately with the guards emphasizing their skill requirements and with the "big people" developing their footwork. Teach the "big" people crossovers and reverses or a drop step move. It will be important that the "big" people understand that the ball should try to be caught with both feet landing on the ground at the same time so that they will be able to pivot with either foot.**

**Guards and forwards should work together to develop passing skills and a sense of coordination due to the fact that many offenses begin with a pass to the forward from the guard. Teach what a "back door" is for an offensive player.**

**Guards and forwards should work on their dribbling skills with someone closely guarding them to provide a game situation.**

**Work with all players to block out and to teach the weakside guard to always be back on defense to eliminate the opposition from a fast break situation.**

**Screening, blocking, picking should be thoroughly reviewed and taught. This will be critical to the success of a team, especially if they are up against a bigger, stronger and quicker team.**

**Call all violations (traveling, double dribbling, 3 seconds, etc.) in practice so that they are developing good habits and not developing bad ones!**

## **Grade 6**

### **Additional items to teach:**

**Continue to emphasize drills. The more drills the better!! Ball handling, etc.**

**Spend 10 minutes per practice on blocking out!**

**Spend 15-20 minutes shooting the ball!**

**Have all players shoot 15-20 free throws per practice.**

**Do not discourage the three point shot, if it is a good shot for that specific player.**

**Spend 10 minutes per practice dribbling exclusively with weak hand.**

**Work on offense and defense the balance of the practice.**

**Try to work individually with some of the kids on their weaknesses.**

**Emphasize to the guards both on defense and offense that a fast break is always a possibility. Have them understand the appropriate time for it and when it is not appropriate. Make sure they understand to get the ball in the middle in a 3 on 1 situation and if it is a 2 on 1 situation to have the two offensive players get 15 feet apart as they make their drive to the basket. The angle the guards take to the basket will make the lay-up that much easier to complete.**

**Teach the players how to defend a 3 on 2 situation and a 2 on 1 situation. In a 3 on 2 situation the back man "always" goes to where the ball is passed. Offensive player should make pass from approximately the free throw line, if the defense stops his forward progress.**

## **Grade 7 thru 12**

**Teach a zone defense!! (Boys Only) Teach how to attack a zone defense in a regular offensive set up and in a pressing situation.**

**If a team, zone presses your team, your first point of attack, once you have gotten the ball in bounds, is to find a person in the middle of the court or in close proximity. This will open up the opportunities for you to attack the press.**

**Do not discourage a three point shot if it is appropriate for that person shooting the ball.**

**Teach the basics of getting the ball "out" quickly after a missed shot, in the transition from defense to offense. A hustling team will run past most teams, due to the fast break opportunities.**

# **ALL GRADE LEVELS!!**

- 1. Emphasize sportsmanship.**
- 2. Do Not talk back to your Coach or to a referee.**
- 3. Team Play!! Promote it!!**
- 4. Shake hands at the end of all games.**
- 5. Show up for games and practices on time!**
- 6. Play hard but play to have FUN!!!**
- 7. Due to a flagrant/misconduct technical foul you will be removed from the game and perhaps the gymnasium!**
- 8. Thanks for supporting the Carmel Dads' Club!**