

## Silver Lake Youth Basketball Curriculum 3<sup>rd</sup> – 6<sup>th</sup> Grade

The purpose of this curriculum is to assist coaches in teaching the game of basketball in a fundamental and progressive manner. When we volunteer to coach our Players, we may not know where to start or how much information we should give to the Players and at what level. This is only a guideline and you may need to modify the stages of instruction based on the ability of your players. I hope that this will assist you in developing your players during the early years. Keep the instruction simple and fun and remember it is just a game. This curriculum is for 3rd-6th graders but can easily be modified to fit any age group.

### I. Man-to-Man Defense

- Demonstrate the basic defensive stance.
- Introduce the shuffle slide.
- Teach to just stay between the player you are guarding and the basket.
- Teach how to defend against screens (Stick to one way at beginner stages)
  - Get through the screen
  - Over the top of the screen
  - Switch players
  - Help and then recover
- Verbalization is vital
  - Yell "shot" when a shot is taken so all defenders turn to the basket and box out for the rebound
  - Yell out "screen" and "switch" and "cutter" so other players know what is going on behind them
- Introduce the basic shell drill with three players.
  - Ball pressure (On the ball)
  - Deny the passing lane (One pass away from the ball)
  - Weak side help (Two passes away from the ball)
  - Explain on how to close out on a shooter

### II. Ball Handling

- Start with a stationary dribble with both right and left hand. Use fingertips (Not palms), eyes up, protect ball from defender by opposite arm up. Bend knees.
- Introduce the triple threat position. (**Score, Pass, Dribble**)
- Have the Players dribble full court with both left and right hand and alternate dribble. Start out walking, then jog, then sprint.
- Coach should be at the end of the court holding up a number of fingers and have Players yell out the numbers as they dribble down the court. This helps keep their eyes up.
- Explain traveling, double dribble, and carrying the ball.
- Have the Players perform the back and forth alternate dribble below the knees.
- Dribble a distance of 15' at full speed and then breakdown to a low dribble.
- Dribble a distance of 15' at full speed and come to a jump stop, and assume the triple threat position.
- Perform the jab step and sweep moves into a dribble
- Perform various moves in a zigzag motion full court.
- Add a defender during the full court drills.

### III. Shooting

- Have the players catch the ball using a jump stop, into the triple threat position, and into the proper shooting position.
- Have the kids follow their shot for the rebound.
- Introduce the left and right foot front and back pivot.
- Teach them to square their shoulders to the basket before they shoot the ball.
- Have Players perform a v-cut, catch the pass, jump stop, pivot, triple threat, square-up to the basket, and shoot the ball using the proper shooting technique
- Perform the jab step and sweep moves with two dribbles into a shot.
- Perform a jab step, shot fake, and two dribbles into a shot.
- When teaching lay-ups, work on the footwork and the approach without using a ball (Right, left shoot or left, right shoot - depending on what side of the basket)
- Add a ball but with no dribbles.
- Progress to one dribble, step, up, shot. Eventually the Players will add multiple dribbles into a layup.
- Use the backboard and remember layups are not easy!
- Work on both left and right hand lay ups.

### IV. Passing

- Teach the proper way to catch the ball. When receiving the ball show your hands as a target in the form of a 'W' elbows slightly bent, knees bent, and come to the ball.
- Introduce the chest pass, bounce pass to a stationary player.
- Execute the passes to a moving target. Practice leading a player with a pass. Give and go drills are excellent.
- Introduce the overhead pass and lob pass.
- Make a chest pass to the chest of another player.
- Practice post player entry passes: Overhead lobs and bounce passes.

#### **V. Rebounding**

- Explain what the difference is between an offensive and defensive rebound, and what to do with the ball if you get a rebound.
  - Offensive rebound - Shoot
  - Defensive rebound - Pass to outlet
- Introduce blocking out, but teach them to be aggressive after the ball when a shot is taken
- Introduce the outlet pass on a defensive rebound to an outlet player at the free throw line extended.
- Work on pivoting correctly and either the overhead outlet pass or chin the ball and chest pass to the outlet.

#### **VI. Movements with the Ball**

- Introduce and demonstrate the following terms:
  - Jump stop
  - Triple threat
  - Front and reverse pivots
  - Jab steps
- Perform these various moves in passing and shooting drills.
- Explain ball fakes.
- Improve the quickness of each move.
- Emphasize squaring up in the perimeter and into the triple threat position.

#### **VII. Movements without the Ball**

- Introduce four basic cuts: V-Cut, L-Cut, Flare, and Curl.
- Explain how to come off a screen by rubbing shoulders to drop your defender and to wait for the screen to be set (This is the biggest mistake older players make, not being patient and waiting for the screen to be set).
- Teach players to set screens and how to then roll or pin and seal a defender and call for a pass. (Give a target (W) when you roll to call for the ball. If not used properly, the referee may think it is a moving screen and call you for a foul.
- Improve each movement
- Pick and roll from various spots on the court.
- Give and Go with and without screens
- Learn spacing and to float away from your defensive player

#### **VIII. Important items and terms to teach**

- What is a foul (Show them different fouls and what is acceptable and what is not acceptable)
- Technical foul (Explain what is not acceptable, mean aggressive retaliating fouls, language, etc.)
- How to set up on foul shots (Explain both 1&1 Free throws as well as 2 shot fouls – Explain that they cannot enter the lane until the ball hits the rim)
- Court boundaries and lines
- Baseline
- Backcourt and Frontcourt
- The lane or "paint"
- Over and back
- The low, mid, & high post positions
- Short corner
- Elbow
- Block
- Free Throw line
- Free Throw line extended
- Weak Side and Strong or Ball side
- Top of the key
- Give and Go
- Pick and Roll
- 3 Point line

- Fast break
- Possession arrow
- 3, 5, 10 second violations
- Timeouts

### **SLYB 3rd-6th Grade Practice Examples**

Typical break down of a 60 min practice:

*0 - 5 min. Warm up & Stretching*

*5-15 min. Ball Handling Drills*

*15-25 min. Defensive Drills*

*25-35 min. Passing Drills*

*35-45 min. Shooting Drills*

*45-55 min. Controlled Scrimmage and teach while they play (Half court often works best, rotate offense and defense every five "sets.")*

*55-60 min. always finish practice with a fun game. (i.e.: Knockout)*

#### **0-5 min Warm Up & Stretching:**

- Proper warm up is essential
- Jog laps to warm up legs and get the cardio going – Coaches determine number of laps
- Stretch legs, arms, back neck, etc.
- Note: Do not forget to take periodic breaks, 1- 2 min. to stay hydrated

#### **5 – 15 min. Ball Handling Drills:**

(Teach players to dribble with a purpose – do not just dribble to dribble – go somewhere)

- Walk-jog-sprint
- Red Light/Green Light or whistle drill. When doing this drill work on: Add jump stops, jab step, triple threat (Often good to walk through jump stops, jab steps, triple threat without a ball first, improves player focus on move, taking thoughts away from the ball)
- Team races and then into lay ups or shots
- Number Drill (Coach Holds up fingers)
- Dribble Tag
- Team serpentine or follow the leader
- Knockout
- 2 ball drills (Maybe older ages)

#### **15 – 25 min. Defensive Drills:**

- Keep position concept simple – (ball/me/basket) - stay between your girl and the basket – See both the ball and the player you are defending (point to both)
- One on One drill
- Ball handler vs. Defender zigzag full court (tough with inexperienced players if you divide the court with imaginary lines, use cones as a prop to help Players visualize the zig zag lines)
- Team Shell Drill – often works best with 4 on 4. Start each shell drill with a pass on the coaches' whistle (no dribbling), talk through the rotation followed by another pass and rotation until ball can move around the perimeter more quickly. As the players mature, a coach can teach the concept of team defense with a dribbler penetrating

#### **25 – 35 min. Passing Drills:**

- Pair passing, just go over different passes (partner Players with different partners each week, don't let them leave someone out or form "clicks")
- Rapid fire with a line or in a circle
- Use passing with other skills/combo drills
- Two line passing on the move (Slides and on the run)
- "Star" passing

#### **Offensive Breakdown Drills:**

- Give and Go
- Screen and Roll
- 3 player pass and pick away
- Pick a set (1-2-2, 2-1-2) and build some "motion" off your set
- Teach pick & roll and "Give & Go". Two set plays that are used all the way up to college!

- Teach “spacing” – show them how far 10’ or 15’ is if that is how far you want them to be apart (Don’t bring the defense to the dribbler) – It can help to put tape on the floor so they can find their “spots.”
- Teach players how to play multiple positions. You don’t know who is going to be a point guard and too many big Players become small adolescents who don’t have perimeter skills.
- Don’t worry about the score. Your team will score and if you stay positive, your team will have fun and they will get better.

### **35 – 45 min. Shooting Drills:**

- Form is the most important thing for a new player. The player may not be rewarded right away with a basket, praise the form and the rest will come as the player grows stronger and as confidence grows)
- Use the glass when you have the angle (Can build in a weak side rebounding drill with this)
  - Any kind of team shooting games, they love competition
  - Around the world
  - “Free throw” or Knock out
  - Shoot against the coach

### **Layups**

- Start without a dribble, lay ups are not easy for this age group
- Add one dribble, and then add more
- When starting out keep players on their dominant side/ left hand on left side and right hand on right side.

### **45 – 55 min. Controlled Scrimmage:**

- Teach while they play (Half court often works best, rotate offense and defense every five “sets”)
- Make sure you keep control of this, do not let it turn into chaos
- Control the fouls, this is a great time to not only teach what you have learned in practice but it is a great opportunity to teach what fouls are and what is not acceptable
- Get on the court. Act as the coach/referee.
- Have fun! (You have fun, the Players already are!)

### **55 - 60 min. Always finish practice with a fun game:**

- Around the world
- Knock-out
- Shoot against the coach
- Dribble Knock-out
- Dribble Tag

### **MOST IMPORTANT! - IT HAS TO BE FUN!**

- Offer lots of praise and encouragement (10 to 1 over criticism)
- Greet them with a smile while teaching
- Laugh with them
- The Players should leave practice with a smile on their face, and that way they will want to come back for more.
- Conditioning - Do not run minute drills at this age. Use moving specific skill drills as a way to exercise the Players. They will enjoy this much more.
- Core of practice - After your stretching, try to work on a specific skill for no longer than ten minutes. This will keep the Players fresh and they will not get bored. They even get bored with more than 10 minutes of scrimmage if you do not mix things up.
- **They want to scrimmage every practice.** So allow a limited amount of scrimmage time every practice. Do this at the end of practice so you can review the skills you worked on earlier in practice.
- You will be amazed how quickly the Players will learn and grasp what you are teaching.
- Be creative
- Find 2-3 drills you like for each skill and use them. Do not try to run 10 different drills and expect the Players to remember them. You will waste quality practice time just teaching them how to perform the new drill.

**Have a Great Season!**