

SYSA Youth Basketball



Skill Development Packets

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Coach: _____ **Court:** _____

Grades 3rd / 4th

Saturdays, November 7th-December 12th

Coach:

Thank you for coaching. We appreciate your support. All coaches MUST WEAR MASKS. Players will wear masks entering and exiting the facility. Encourage players to stay 6 feet apart when possible.

Players will start and end at same station.

6 Stations. Two rotations groups: 1-2-3-4-5 (after 5 go to 1) or 6-7-8-9-10 (after 10 go to 6)

11:30 – 11:44 (6 min warm up plus 8 minute skill development)

11:45 – 11:53 Skill Development

11:54 – 12:02 Skill Development

12:03 – 12:11 Skill Development

12:12 – 12:20 Skill Development

12:20 – 12:30 PLAY! 3v2 or 3v3 or 2v2 to one basket.

WARM UP - 6 minutes

Daily Reminders/Announcement:

"Glad to see you - Welcome!"

"Everyone feeling great?"

"If you do not feel good, please let me know right away." (Send them to the check in desk to find their parent).

"Put your water bottle, hand sanitizer and mask against the wall. At the end of each station, grab your gear and QUICKLY go to the next station." "Sneeze/cough into you elbow."

"No hugs, high 5s or fist bumps!" (Air High 5s!)

Emotional Warm up: (youth have been quarantined and away from friends)

Coach starts! "Hi, my name is Coach _____, answer ice breaker below.

Let them introduce themselves and answer the following ice breaker.

November 7th – Besides Basketball, I like to play....

November 14th – My favorite ice cream flavor is...

November 21st – What is your favorite Thanksgiving Day food? (ie Turkey, stuffing, potatoes)

December 5th – If you could have a super power, what would it be?

December 12th – What has been your favorite part of this basketball program?

Physical Warm Up:

November 7th: While starting on baseline, explain each area of the court: Basketball, Sideline, Half Court Line, Three Point Line. While showing them different points on court, have players jog, high knees, hop, back pedal, or shuffle from Point A to Point B: Example: You're standing on the baseline right now, skip to the half court line.

November 14th: Have players show you each area of the court while skipping, hopping, jogging, etc. from Point A to Point B.

November 21st-December 12th:

- Starting on baseline, jog to half court and back
- High Knees to half court and back
- Shuffle to half court and back
- Skipping to half court and back
- Standing on baseline with basketball, rotate basketball around ankles without touching the ground
- Standing on baseline with basketball, rotate basketball around waist without touching the ground
- Standing on baseline with basketball, rotate basketball around neck without touching the ground

Standing on baseline with basketball, push basketball with fingertips from hand to hand quickly

Courts 1 & 6

3rd / 4th Dribbling

(8 minutes)

Coaching Points:

- Always be encouraging and energetic. Positive affirmations to everyone. Try to learn everyone's name.
- Be under control. Focus on control the ball and not letting it get away
- Dribble with your eyes up
- Encourage everyone!

November 7th:

1. Dribbling is bouncing the ball on the floor continuously with one hand at a time. It is the only legal way that a player may maintain possession of the ball while walking or running. Try to keep eyes/head up and dribble more with fingertips instead of the palm.
2. On baseline, have players dribble in place with right hand only. Focus on being under control and looking up (younger kids will be looking at the ball. This is fine). 30 seconds.
3. Switch to left hand. 30 seconds.
4. Right hand only again. Then left hand only. Repeat a few times.
5. While dribbling, have players dribble to half court with right hand and dribble back with left. Repeat. Focus on being under control and controlling the basketball. More advanced players will be able to jog/run while dribbling. Less experienced players can walk.
6. As groups are about to rotate, encourage kids to practice dribbling at home

November 14th.

1. Dribbling is bouncing the ball on the floor continuously with one hand at a time. It is the only legal way that a player may maintain possession of the ball while walking or running. Try to keep eyes/head up and dribble more with fingertips instead of the palm.
2. On baseline, have players dribble in place with right hand only. Focus on being under control and looking up (younger kids will be looking at the ball. This is fine). 30 seconds.
3. Switch to left hand. 30 seconds.
4. Have players dribble five times with right hand. On 6th dribble, switch to left hand. Ball should be in motion the entire time. Switch hands every five dribbles. Continue for 2 minutes.
5. Have players dribble to half court with right hand, dribble back with left hand as quickly as possible.
6. As groups are about to rotate, encourage kids to practice dribbling at home

November 21st:

1. Set up cones for players to dribble zig zag dribble to before session starts.
2. Have players dribble 20 times (under control) with right hand as fast as possible. Focus on pounding the ball into the ground and keeping low. Ball should stay below waist entire time. Who did it the fastest?
3. Have players dribble 20 times (under control) with left hand. Who did it the fastest?
4. Practice dribbling by alternating hands. Right to left. Left to right. Etc
5. Have players start at Cone #1 (socially distanced of course). Dribble to next cone with right hand, once at cone, cross over and dribble to next cone with left hand. Repeat several times.

December 5th:

1. Focus on dribbling with their right hand and their heads/eyes up. Switch to left.
2. Players should be on baseline. To focus on dribbling with eyes up, coach should hold up a finger (1-5) and players shout out what number you are holding up.
3. Have players start at Cone #1 (socially distanced of course). Dribble to next cone with right hand, once at cone, cross over and dribble to next cone with left hand. Repeat several times. When switching directions, focus on being fast, sharp, and crisp with the crossover
4. Introduce jump stop. While players are dribbling forward they must pick up their ball and come to a jump stop. Players should be under control with both hands on basketball. Have players jump stop at free throw line and then again at half court. Repeat several times.
5. After they have done a jump stop a few times, introduce the jump stop with pivot. Each time they jump stop, have them pivot.

December 12th:

1. Warm up with dribbling to half court and jump stops.
2. Have players dribble backwards from baseline to half court. Focus on control
3. Players should be on baseline. To focus on dribbling with eyes up, coach should hold up a finger (1-5) and players shout out what number you are holding up.
4. Red, Yellow, Green Light:
 - a. This game will help dribbling, coordination AND listening skills. Each player has their own ball and dribbles around the half court maintaining ball control and remembering to keep their head up. The coach then calls out a command ("Red Light", "Green Light", "Yellow Light") and the players should react accordingly. • Red Light – Means Stop. The players dribble the ball while standing in one place. • Green Light – Means Go. The players move quickly around the court while dribbling the ball; but in control. • Yellow Light – Means Slow Down. The players move slowly with the ball
5. Players dribble the ball with their right hand as quickly as possible for 20 dribbles.
6. Who was fastest?
7. Switch to left hand for 20 dribbles.

Courts 2 & 7

3rd / 4th Lay Ups

(8 minutes)

Coaching Points:

The opposite foot to the hand laying up the ball is jumped off

The leg on the same side as the hand laying up the ball is driven up to help provide lift

The jump has to be both up and towards the basket

Once the ball is picked up, a player's eyes should be focused on the basket.

The shooting hand should extend fully pushing through the ball and finishing with a flick of the wrist

The ball should make a light touch off the backboard and into the basketball hoop

USE THE BACKBOARD

Coaching Points:

You make lay-ups with your eyes.

Shooting is about rhythm

The power to get the ball to the basket comes from your drive leg. Try to touch your nose with your knee.

Early in the process, success has to be defined in terms of correct form rather than made baskets.

Focus on the process, not the results. Younger kids may have problems with balance and strength. Don't sacrifice form for made baskets.

November 7th:

1. Explain: A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket.
Demonstrate what a lay up is without dribbling (keep real basic)

Try these techniques **without a ball**.

- Line up your team in rows.
- On the command, "Set", have them stand with their left leg forward and their right leg extended straight back. Knees should be bent and hips low in an athletic posture.
- On the command, "Drive," have them step forward with their right leg, without taking their left foot off the floor, and drive their right knee in the air. The visualization phrase that I use is "Try to hit your nose with your knee."
- After driving the right knee, talk a little about the feeling they get when they drive the knee. They should feel their whole body lifting.
- Next, on the command "Drive," combine the knee lift with a jump off the left leg. It might take a few reps to co-ordinate the knee drive with the jump but it will come quickly.
- Next, give the command "Drive," and, at the appropriate time, add the command, "Shoot." Players then go into a right-handed shooting motion. Timing is important, as you want to shoot while the player is in the air. Emphasize holding the follow-through on the shot until after they return to the floor.
- Next, in cadence, call, "Set, Drive, Shoot." Explain that this, when done with proper timing, is the action involved in taking a lay-up.

When you feel that the shooters are comfortable with the right hand, alter their stance and have them practice a left- handed lay-up motion.

November 14th:

1. Explain: A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket.
2. Like last week, have players demonstrate layup without the ball. Drive with their right leg/knee in the air.
3. Give ball and let them shoot lay ups without dribbling.
4. After success, move players back and let them dribble into a lay up.
5. Repeat on the other side.

November 21st:

1. Explain: A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket.
2. Like last week, have players demonstrate layup without the ball. Drive with their right leg/knee in the air.
3. Give ball and let them shoot lay ups without dribbling.
4. Move players back and let them dribble into a layup.
5. Work on both right handed and left handed lay ups.

December 5th:

1. Start with lay up lines. Focus on control and good form
2. Have players without ball “chase” shooter down from behind but don’t block it.
3. This will put a little pressure on the shooter for the lay in.
4. Repeat on both sides
5. Work on both right handed and left handed lay ups.

December 12th:

1. Lay In Competition.
2. Have one team shooting lay ups from right side and one shooting lay ins from left side. Each team alternate shots. Team to first make 8 lay ups win.
3. Have players at the top of the key dribble straight toward the basket, jump stop, cross over with left foot to the right side and lay in. Do on both sides.

Courts 3 & 8

3rd / 4th Competitions

(8 minutes)

This station is all about making basketball fun and letting the kids compete and try to win. Each session will focus on some sort of competition/game/activity.

November 7th:

All these drills focus on getting comfortable with the basketball

1. Ball around the Body
 - a. Have players move ball around their ankles 20 times. Who finishes first?
 - b. Have players move ball around their waist 20 times. Who finishes first?
 - c. Have players move ball around their neck 20 times. Who finishes first?
 - d. Have players move the ball around their ankles to waist to neck. 5 times at each location.
2. Fingertip Drill
 - a. Have players move ball back and forth from fingertips in right hand to fingertips of left hand as quickly as possible. Players who drop the ball or stop are out. Who is the last player standing?
3. Popcorn/Clap
 - a. Players toss ball in the air and clap
 - b. Start at one clap and increase by one every time
 - c. Who can get the most claps in while still catching the ball?

November 14th:

1. Ball Around the Body
 - a. Quick warm up with moving the ball around the ankles, then the waist, then the neck
2. Home Run
 - a. The first step is to split your group up into two similarly even teams.
 - b. The dribbling team must all have a basketball and they should be lining up at one of the corners of the baseline.
 - c. The shooting team will have one or two basketballs and will be lined up around the free-throw line or closer depending on age and skill.

How it Works:

- a. The drill begins with the coach calling out 'go!' which triggers both teams to start.
- b. For the dribblers, the goal of the game is to make as many home run's as they can. A home run is when a dribbler makes it all the way around the outside of the half court and back to the line.
- c. The shooters must attempt to get them out by making a shot. If a shot is made the shooters must call out 'STOP' and the current dribbler must freeze. The next dribbler can begin immediately when this happens.
- d. If they make it home, they get one run and can join the end of the line to run again.
- e. This continues until all the dribbling players are out and then the teams switch roles. The team with the most amount of runs at the end of the game wins.

November 21st:

1. Red Light, Green Light
 - a. To start one player will be the designated judge/traffic light and that person will stand on one baseline without a basketball.
 - b. The other players will stand on the opposite baseline facing the judge—each will have a basketball in hand.
 - c. The judge starts facing away from the other players and the court. They will call out either "Green light" or "Red Light." When they call out green light they must not be facing the other player, but when they call red light they can quickly turn around. Green light means that the competing players can run and dribble forward, red light means they must immediately stop dribbling.
 - d. The goal of the game is to be the first one to reach the other baseline without being called out, if a player continues to move after the judge calls "Red Light," and they are spotted by the judge that player must go back to the baseline and restart.
 - e. The first person to reach the opposite baseline is deemed the winner and will serve as the judge for the next game.

December 5th:

1. Start with the popcorn/clap game
2. Knock Out (aka Bump, Lightning)
 - a. Have players start at free throw line (or closer based on age)
 - b. First player shoots from free throw line. If misses tries to make again from anywhere on court.
 - c. Second player shoots after first person shoots. If second person makes it before first person, first person is out.
 - d. The game continues until one person is left.
 - e. No bumping/hitting other players ball

December 12th:

1. Warm up with Popcorn/Clap game
2. Individual Relay Race
 - a. Line players up on baseline
 - b. Have players dribble to half court and back as quickly as possible
 - c. Coach can pick out what hand they are dribbling with.
3. Knockout

Courts 4 & 9

3rd/4th Passing/Defense/Rebounding

November 7th:

1. Passing
 - a. Explain to players what a chest pass and bounce pass is.
 - b. Emphasize that passes need to be catchable (not too hard, not too soft). Hit teammate in chest.
 - c. Line players about 10 feet apart and practice chest passes
 - i. Step to target, use two hands
 - d. Line players about 10 feet apart and practice bounce passes
 - i. Step to target, use two hands
2. Defense
 - a. Explain a defensive stance
 - i. Stay low, balls of feet, step slide, hands out, feet wider than shoulder width apart, knees bent, arm's length from dribbler, don't bend your back, eyes on their belly button. Ball – You – Basket position.
 - b. Have players get into stance. Go from standing normal to getting in a stance. Repeat a few times.
 - c. Defensive Slides
 - i. Explain shuffling on defense.
 1. Don't cross over.
 2. Don't click heels
 3. Have players shuffle to have court and back
 4. Keep arms out

After this station, make sure each player uses hand sanitizer.

November 14th:

1. Defense
 - a. Explain a defensive stance
 - i. Stay low, balls of feet, step slide, hands out, feet wider than shoulder width apart, knees bent, arm's length from dribbler, don't bend your back, eyes on their belly button. Ball – You – Basket position.
 - b. Have players get into stance. Go from standing normal to getting in a stance. Repeat a few times.
 - c. Defensive Slides
 - i. Explain shuffling on defense.
 1. Don't cross over.
 2. Don't click heels
 3. Have players shuffle to have court and back
 4. Keep arms out
2. Passing
 - a. Explain to players what a chest pass and bounce pass is.
 - b. Emphasize that passes need to be catchable (not too hard, not too soft). Hit teammate in chest.
 - c. Line players about 10 feet apart and practice chest passes
 - i. Step to target, use two hands
 - d. Line players about 10 feet apart and practice bounce passes

- i. Step to target, use two hands

After this station, make sure each player uses hand sanitizer.

November 21st:

1. Defense Slides
 - a. Have players show you defensive stance
 - b. Set up cones in zig zag fashion
 - c. Players shuffle in zig zag pattern through cones.
2. Rebounding
 - a. Explain what a rebound is and how to try to catch at highest point.
 - b. Without ball, have players jump with both hands above their head.
 - c. Visualize trying to catch the basketball at its highest point
 - d. Players take basketball toss in air, jump and catch ball at highest point.

After this station, make sure each player uses hand sanitizer

December 5th:

1. Rebounding
 - a. Explain what a rebound is and how to try to catch at highest point.
 - b. Without ball, have players jump with both hands above their head.
 - c. Visualize trying to catch the basketball at its highest point
 - d. Players take basketball toss in air, jump and catch ball at highest point.
2. Close out drills
 - a. Running to a spot, closing out and getting in defensive stance
 - b. First person in line sprints to a spot and closes out, chops feet, hand up, and get in defensive position. Then back pedals to original spot. Repeat but to different spot.

After this station, make sure each player uses hand sanitizer.

December 12th:

1. Monkey in the Middle
 - a. This drill will focus on passing and close outs.
 - b. Have one player in the middle trying to get the ball from remaining players.
 - c. Players should do ball fakes/fake passes and then complete a chest pass or bounce pass.
 - d. Player in middle should close at person who receives ball.
2. Defensive slides to half court and back
 - a. Who can shuffle/slide the fastest?
3. Rebounding
 - a. Players take basketball toss in air, jump and catch ball at highest point.
 - b. Then have players toss their ball off the hoop (try to miss) and rebound the ball at highest point.

After this station, make sure each player uses hand sanitizer.

Courts 5 & 10
3rd/ 4th Shooting
(8 minutes)

Coaching Points:

1. Emphasize Proper Form
2. Use guide hand but shoot with one hand, not two
3. Eyes on the hoop when shooting
4. Bend knees and jump
5. Have fun!

November 7th:

1. Explain shooting form. Shooting hand behind ball, guide hand on side of the ball, push through and finish with shooting hand. Bend knees a bit and jump off ground. Eyes should be focused on the hoop.
2. Have players practice WITHOUT a ball. Focus on form
3. Once practiced without ball, have players line up at the block and practice shooting. 3-4 minutes
4. Move players in one line directly in front of hoop about 5-8 feet away.

November 14th:

1. Free Throws
 - a. Explain what a free throw is and how/why someone would shoot a free throw.
 - b. Line players up and have them practice free throws
 - i. No need to hurry. Focus on form and rhythm.
2. Dribble with shot
 - a. Have players form "lay up lines"
 - i. Dribble to about five feet from hoop, stop and shoot
 - ii. Make sure players are under control and using proper form.

November 21st:

1. Warm up with players shooting from directly in front of hoop about 5-8 feet away.
2. Slowly move back every couple shots
3. Dribble with shot
 - a. Have players form "lay up lines"
 - i. Dribble to about five feet from hoop, stop and shoot
 - ii. Make sure players are under control and using proper form.
4. Elbow shooting
 - a. Split into two groups and place at the elbow. Have players alternate shots from elbow. Get their own rebound and go to opposite line.

December 5th:

1. Around the World
 - a. Each player will stand at a different point around the key (blocks, elbows, free throw line)
 - b. Each player will take a shot, rebound their ball, and go back to spot.

- c. After each player shoots, have everyone move one position clockwise
- 2. Knock Out (Lightning/Bump)
 - a. Let players play knock out until one is left standing.

December 12th:

- 1. Around the World (like last week)
 - a. Each player will stand at a different point around the key (blocks, elbows, free throw line)
 - b. Each player will take a shot, rebound their ball, and go back to spot.
- 2. Free Throws
 - a. Explain what a free throw is and how/why someone would shoot a free throw.
 - b. Line players up and have them practice free throws
 - i. No need to hurry. Focus on form and rhythm.
- 3. Shooting Competition
 - a. Create two teams and line them each up at the elbow
 - b. First team to make 5 shots win. Repeat until one team wins 3 times