

3-6 Grade MRC Basketball

Coaching Expectations/Coaching ideas

Coaches- At this age we are trying to build sound FUNDAMENTALS for the young kids. We would like you to focus on the following areas.

1. Passing- teach basic techniques of passing. (breakthroughbasketball.com)
 - a. Bounce pass
 - b. Chest pass
 - c. Cross-over pass
 - d. Overhead pass
2. Dribbling- teach fundamentals of dribbling. (Proskillsbasketball.com)
 - a. Right hand
 - b. Left hand
 - c. Cross-over
 - d. Others that can be taught, backwards, between the legs but these are not as important as A-C.
 - e. Skills needed- keep head up, push the ball to the floor, protect the ball with your other arm but can't hold arm out away from the body to hold off the defense player.
3. Ball handing- teach fundamentals of ball handing (Proskillsbasketball.com)
 - a- Stationary drills- Can be done with dribbling or NO dribbling- move the ball around the right leg, left leg, full body circles, figure-eight drill, power dribble from front to back, back to front- catching the ball without turning your body.
4. Shooting- teach fundamentals of shooting (bballtools.com)
 - a. Proper hand placing all the ball.
 - b. Keeping elbow in
 - c. Body positioning (example: release of the ball, feet placement)
 - d. Where to look at on the basket when you shoot.
 - e. When you shoot a good thing to stress is to try and reach over the rim through the basket. This helps them to learn to get the ball over the rim of the basket.
5. Teach Proper Defensive stance- starts with the FEET
 - a. Feet pointed in the forward position
 - b. Feet shoulder with
 - c. Weight on the balls of your feet. (NOT your toes)
 - d. Keep your heels off the ground.
 - e. Knees are bent, with butt down
 - f. Head should be up
 - g. Back (torso area straight up and down) (NOT bent over at the waist)
 - h. Arms should be extended out

- i. Point to teach- when moving- your feet should NEVER cross-over always slide.
 - j. When sliding try to teach them to stay low and do not come up out of a good athletic stance.
6. Teach a basic offense. ([breakthroughbasketball.com/motion offense](http://breakthroughbasketball.com/motion%20offense))
 - a. Teach how to set a proper screen.
 - b. teach proper spots on the floor (baseline,elbow,free-throw, free-throw lane, wing area, top of the key.
7. Teach a basic defense- man to man **defense (google man to man defense great ideas!!)**
 - a. Good drill to teach is the SHELL DRILL- (Grades 5-6)

Sample practice Schedule

10 min. basic ball handling/ dribbling drills

5 min working on passing drills with partners

10 min. working defense stance and defensive movement

10- 15 min. working on Offense

10-15 min. working on defense

10 min. work on shoot and shooting form

5 min- Work on how to line up for a Free throw

10 min. – Work out of bounds plays both from underneath the basket and sideline out of bounds.

10 min- Figure 8 drill, 3- on 3 drills. 3-man weave drill, 3 on 2 – 2 on 1 drill.

You may not get this all completed in one practice but can mix it up into several nights.

If you would need any assistance with more specifics on some of these drills, please feel free to contact me and I will be more than happy to help.

Thanks Ray