

SECOND/THIRD GRADE

IN THE SECOND AND THIRD GRADE WE ARE ADDING THE FIRST BASIC CONCEPTS OF OFFENSE AND DEFENSE BASED ON MAN TO MAN. THE BASIC CONCEPTS LEARNED IN K-1 MUST ALWAYS BE WORKED ON BUT MORE DRILLS ARE ADDED IN SECOND GRADE AS THEY ARE A LITTLE MORE DEVELOPED.

BELOW IS A LIST OF DRILLS WE AS A BOARD SUGGEST YOU FOCUS ON THIS YEAR.

OFFENSE

1. BALL HANDLING [2linepassingdrill-beginner.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5C2linepassingdrill-beginner.docx)
	1. CHEST PASS
	2. OVERHEAD PASS
	3. TWO HAND BOUNCE PASS
	4. ONE HAND BOUNCE PASS
	5. BALL HANDLING, CIRCLE
2. SHOOTING [shooting-beginner.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Cshooting-beginner.docx)
	1. LAY-UPS, BOTH HANDS
	2. ONE STEP
	3. TWO STEPS
	4. ONE HAND SET
3. DRIBBLING [dribbling-all.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Cdribbling-all.docx)
	1. TRAFFIC, BOTH HANDS
	2. SPEED DRIBBLING- KILLERS
4. PIVOTING [footwork-beginner.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Cfootwork-beginner.docx)
	1. LINE PIVOTING
	2. PIVOT PASS
5. TRIPLE THREAT

DEFENSE

1. REBOUNDING [halfcourtlockdown-beginner.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Chalfcourtlockdown-beginner.docx)
	1. KNICK REBOUNDING DRILL
	2. CIRCLE BOX OUT
2. FOOTWORK [footwork-beginner.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Cfootwork-beginner.docx)
	1. SLIDE RUND SLIDE
	2. SIMON SAYS DRILL
3. DENY [defense-wingdeny.docx](file:///C%3A%5CUsers%5Cjohnson%5CDocuments%5Cbasketball2013%5Cdefense-wingdeny.docx)
	1. WING DENY DRILL

BE POSITIVE, ENTHUSIASTIC AND HAVE PATIENCE!