

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:\Users\johnson\Documents\basketball2013\2linepassingdrill-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:\Users\johnson\Documents\basketball2013\shooting-beginner.docx)
   1. LAY-UPS, BOTH HANDS
   2. ONE STEP
   3. TWO STEPS
   4. ONE HAND SET
3. DRIBBLING [dribbling-all.docx](file:///C:\Users\johnson\Documents\basketball2013\dribbling-all.docx)
   1. TRAFFIC, BOTH HANDS
   2. SPEED DRIBBLING- KILLERS
4. PIVOTING [footwork-beginner.docx](file:///C:\Users\johnson\Documents\basketball2013\footwork-beginner.docx)
   1. LINE PIVOTING
   2. PIVOT PASS
5. TRIPLE THREAT

DEFENSE

1. REBOUNDING [halfcourtlockdown-beginner.docx](file:///C:\Users\johnson\Documents\basketball2013\halfcourtlockdown-beginner.docx)
   1. KNICK REBOUNDING DRILL
   2. CIRCLE BOX OUT
2. FOOTWORK [footwork-beginner.docx](file:///C:\Users\johnson\Documents\basketball2013\footwork-beginner.docx)
   1. SLIDE RUND SLIDE
   2. SIMON SAYS DRILL
3. DENY [defense-wingdeny.docx](file:///C:\Users\johnson\Documents\basketball2013\defense-wingdeny.docx)
   1. WING DENY DRILL

BE POSITIVE, ENTHUSIASTIC AND HAVE PATIENCE!