

K/First Grade

The purpose of introducing basketball at the K-1 grade level is primarily to acquaint the boys with the game to start developing the basic skills. We want the boys at this age to, most of all, find out that basketball is fun and that their fun will be increased by learning basic skills.

Below are a few basic skills that we as a board suggest you focus on.

**Offense**

1. Ball Handling
   1. Chest Pass
   2. Overhead Pass
   3. Two handed bounce Pass
2. Shooting
   1. Lay-ins, both hands
      1. One step
      2. Two steps
3. Dribbling
   1. Traffic, both hands
   2. Speed, both hands
4. Pivoting
5. Triple Threat position

**Defense**

1. Shuffling
2. Deny

Look on the website under K1 drills for examples of drills and a practice plan.

**BE POSITIVE, ENTHUSIASTIC AND ENCOURAGING. HAVE PATIENCE!**