

# RAAA Practice & Game Concepts and Drills

- Practice should be fun and something the players don't want to end and also want to come back to...Bring energy and a positive attitude!
- Each practice have a plan. Place an emphasis on teaching the skills to play the game the right way.
- Practice breakdown: 35-40 minutes skills/drills, 10-15 minutes small sided games, situations and O/D breakdown. Drills should be 3-8 minutes long. Teach a new concept/skill at the beginning of your practice. Always end practice on a fun note and as a team.
- Keep things simple and repetitive..Repeat, Repeat, Repeat..Build good habits
- **Avoid the 3 L's Laps, Lines(don't make kids wait), and lectures(avoid too much talking)**
- Have a cue(whistle) or word(freeze) that players know when to stop and listen. When talking players need to hold the ball or place the ball by their feet but never have kids sit on the ball.
- **Describe it, Demonstrate it , Do it!**
- **Jr.NBA coach a great app to help teach/coach/practice plan**
- Teach players how to play the game not run a play. Focus on moving with and without the ball, pass and cut, pass and screen and always moving as the hardest offense to guard is a moving offense.
- Players need to know Triple threat position as they can pass, dribble or shoot out of the position. Key position in basketball as an offense player

## OFFENSIVE CONCEPTS

- At this level on offense, we really want the kids to learn:
  - Quick passes
  - Go directly to the lane with your dribble.
  - Don't force a shot if it isn't there.
  - Try to work the ball around and get a shot in and around the lane.
  - Minimize the fast breaks and focus on running a disciplined, team oriented offense.
  - **WE DRIBBLE TO SCORE, TO CREATE A BETTER PASSING ANGLE, TO GET OUT OF TROUBLE AND TO MOVE THE BALL UP THE FLOOR.**
  - Don't dribble as soon as you get the ball. Triple threat see what you have
  - Use your dribble to go directly to the basket, **not the corners of the court.**
- Can you run/walk with the ball?
  - Discuss pivoting vs. traveling. Explain to your players they can not run with the ball.
- Can you dribble the ball with 2 hands? Explain to your players double dribble and once you pick up the ball you can not dribble again.
- What is faster: Passing or Dribbling?
  - Demonstrate that you can get the ball to the basket faster by passing vs. dribbling. This is something kids need to see and understand.
- Should you shoot the ball with someone in your face?
  - Pivot and pass to an open player. Shot fake

- What should you do as soon as the defense gets the ball, either from a steal or off a rebound?
  - Immediately run back to protect the basket. No pressing. Pick up at the top of the key.
- **DEFENSIVE CONCEPTS**
  - What is your job on defense?
    - Stop the other team from putting the ball in the basket.
    - Everyone has a player to guard, but the ball is the #1 priority on defense.
    - Remember ball, you, man.
    - Jump to the pass, show your back numbers.
    - Always talk on defense as that helps your teammates know where they should be.
    - Call “Ball, Ball” when your player has the ball and “dead, dead” when pick it up
  - If a player doesn’t have the ball, can they score?
    - No. Always know where the ball is. Point to ball and man.
  - Good defensive position
    - Feet shoulder-length apart, knees bent slightly, and arms out
    - Watch belly button of offensive player. Only body part that can’t fake you out!
    - Don’t reach with hands, move your feet, beat your opponent to the spot.
  - What should you be watching on defense?
    - #1 – the ball
    - #2 – your player you are guarding
    - Butt to the baseline when in help position.
    - Player should ALWAYS be in a position on defense where they can see both the ball and player at the same time. If they can’t see both, it isn’t good defense.
    - *GAME TIP:* Remind your players on defense, “Where’s the ball? Where’s your player? Point to them both.”
  - **REBOUNDING:** When a shot goes up, you should find your player, box them out and then go get the basketball. **FIND, HIT,GET!**
  - **SMALL SIDED GAMES**
  - 1-on-1 half-court
    - You only have 4 dribbles to use on offense. Square up to the basket.
    - Use them to go quickly and directly to the basket.
    - Defense needs to move feet to keep the ball from going to the basket. Don’t reach or foul
  - **2-on-2 or 3-on-3 half-court(both first and 2nd grade)**
    - No dribbling, just passing.
    - Focus on pivoting and quick passes.
    - Defense is not allowed to steal the ball, but can make it difficult to pass it.
    - Trying to keep the ball moving towards the basket.
  - **4-on-4 full court(2nd grade)**
    - Simulate how a game will be with the same game rules.
    - Make sure to stop and correct the kids. It seems tedious, but by the end of the season, they will catch on to the concepts.
    - You will see the results of stopping and correcting them in the games.

# Lay-ups

Lay-ups should be a progression drill. If the kids don't understand the footwork, they should not be doing a full lay-up while dribbling.

- **FOOTWORK – RIGHT SIDE**
  - Start with correct footwork and no ball.
  - Line up the kids at one end of the court, along the baseline.
  - Demonstrate without a ball.
    - Jump off left foot
    - Right knee goes up
  - Once you demonstrate it to the kids, have them go down the court, without the ball, just practicing the footwork.
    - Left, Right, and jump off the Left foot.
- **LAY-UPS, NO DRIBBLE AND 2 STEPS**
  - Each player has a ball and lines up on the right side. Feel free to split up the kids if you have enough coaches to watch and help the kids.
  - No dribbling! Just footwork and shooting the lay-up.
    - Start with two steps, Right than jumping off the Left.
    - Ball is shot up by the head, not thrown underhanded.
    - Right knee comes up with the ball.
    - Hit the corner of the box on the backboard to bank it in the basket.
- **LAY-UPS, NO DRIBBLE AND 3 STEPS**
  - Each player has a ball and lines up on the right side. Feel free to split up the kids if you have enough coaches to watch and help the kids.
  - Still no dribbling!
    - 3 steps: Left, Right, and jumping off the Left foot.
- **LAY-UPS, 1 DRIBBLE (FINALLY!)**
  - It is essential to not progress to this part until a player has mastered the footwork.
  - Each player has a ball and lines up on the right side. Feel free to split up the kids if you have enough coaches to watch and help the kids.
  - The player still takes 3 steps, but adds in 1 dribble with the first step.
    - 3 steps: Left (dribble), Right, and jumping off the Left foot.
  - Make sure to explain that this isn't traveling, because their right foot is technically their pivot foot. Eventually, they will do this quicker, but this is how they will learn the right footwork.

# Fun games to end practice

## SHARKS AND MINNOWS OR AVOID THE COACHES

- 1-2 players are the Sharks. The other players have basketballs and are Minnows.
- The goal is for the Sharks to tag the Minnows, while they are dribbling up and down the court.
- Once tagged, a Minnow becomes a Scarecrow with the ball between their feet. They can also tag the Minnows, as well as the Sharks.
- The last one left wins!

- **LIGHTNING**

This game may take a few times for the kids to get it, but once they do, it is a fun game that teaches them about following their shot, rebounding, and the importance of bank shots.

- The players to line up in a single line starting on the free throw line, facing the hoop.
- The first two players in the line each have a ball.
- The first player shoots from the free throw line. Once the first player shoots, the player behind can shoot from the free throw line to try and make it before the player ahead of them.
- If the first player does not get the ball in the hoop before the player behind them, the first player is out.
- You do not need to go back to the line to shoot each time. It is just your first shot.
- Once the player makes it, they pass it to the next person in line, and go to the back of the line.
- Last player left wins!

## **Full court dribble shots:**

Everyone has a ball and for 1 minute dribble up and down the court attempting shots at each basket. The goal is to get a certain amount by the time 1 minute is up. Can score individually or as a team!

Always end with a team huddle and everyone give a high five!!! Compliment each other!!! We are all Irish!!!