

ELK RIVER BOYS YOUTH BASKETBALL TEAM SKILLS "GAME"

Team skills "game" will precede the actual game and should last approximately 20-25 minutes. It is important that all players, coaches, and referees be on time and be prepared to participate.

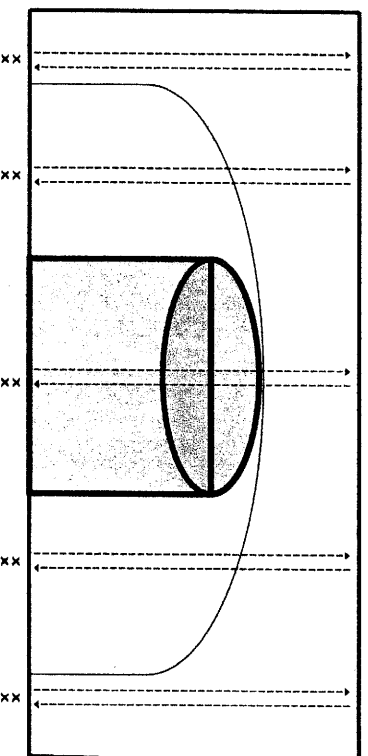
PURPOSE: 1) to improve the individual fundamental skills of each player and promote teamwork while performing at a competitive pace, 2) to act as a warm-up prior to the game, 3) to provide all the coaches with a standard uniform pre-game routine, 4) to emphasize team play with each player sharing equally in the skills competition.

SCORING: 1 point will be awarded to the team with the most team lay-ups (combined right and left-handed lay-ups). 1 point will be awarded to the team with the most total shots made for the square up and shooting drill. 1 point will be awarded to the winning team dribble relay. Total points = 3. If there is a tie then each team is awarded ½ point. 1st and 2nd grade will not keep track of team points. Coaches are responsible for making sure the scores end up on the official score sheet.

YEAR END: A trophy or medalion will be awarded at the year end tournament to each player on the team with the most accumulated points for the season.

1. DRIBBLING WARM-UP (4-5 minutes)

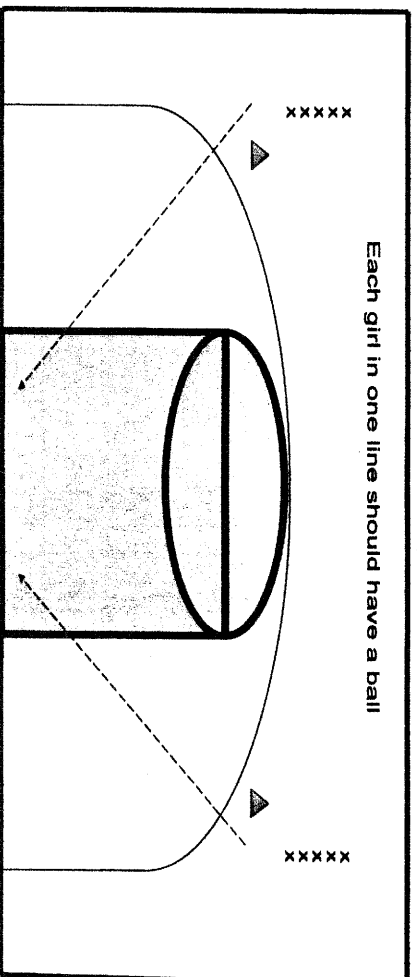
This is not a competition but will act as a warm-up and work on dribbling skills. There will be 5 lines with 2 boys in each line with 1 boy in each line having a basketball. If each player has a ball then the entire team can work on dribbling. Each team will work on dribbling from their baseline to half court and back to their baseline. Players can work on right-handed, left-handed, crossover, reverse pivot, behind the back, between the legs, fake crossover, stutter step dribbling, etc. It will depend on the skill level of each player or age group to determine how advanced you get with the dribbling (i.e. A 1st grader may just work on right and left-handed dribbling).



2. TEAM LAY-UPS (2 minutes timed on the clock right handed, 2 minutes timed left-handed)

This is a team competition for the most team lay-ups from the right and left sides combined. Set the scoreboard clock for 2 minutes. Divide half of your team on the right hand side with balls and half on the left side without balls. Place a cone at approximately the 3-point line between the top of the key and the wing area on each side. Make sure both teams have their cones placed at equal locations. Start the clock and begin the lay-ups. The opposite line will work on rebounding and then dribble to the outside and to the end of the lay-up line. After shooting the lay-up the player will go to the end of the rebounding line. Players must start behind the 3-point line and cannot begin the lay-up until the player in front of them shoots. Perform 2 minutes on the right, stop and reset the clock for 2 minutes and pass the balls to the left side. Proceed for 2 minutes on the left side. Keep track of total lay-ups. Have your team count out loud to keep track. Encourage use of the proper hand for dribbling and lay-ups especially at the older levels. Also encourage dribbling with their head/eyes up and perform at a game speed. The team with the most lay-ups will be awarded 1 point.

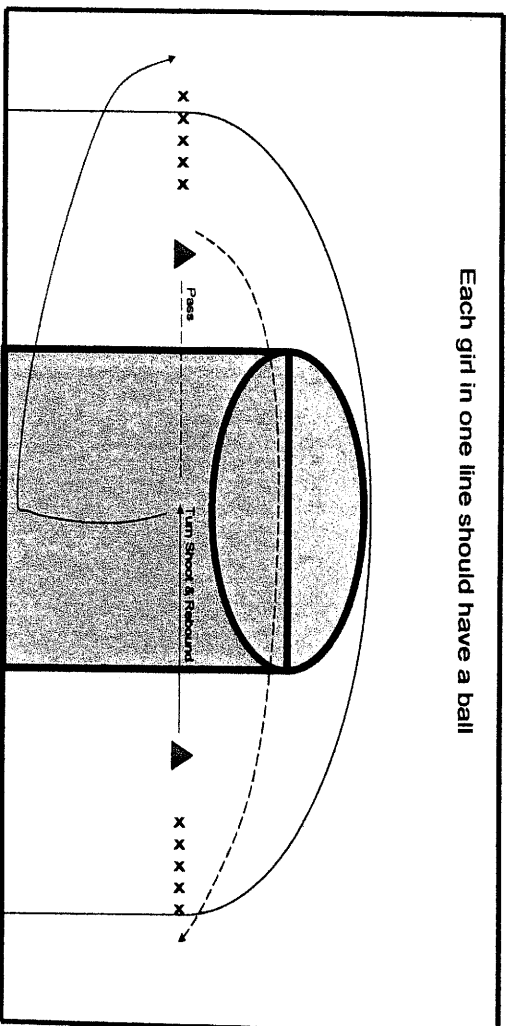
Team Lay-ups



3. TEAM SQUARE UP SHOOTING DRILL (4 minutes timed on clock)

This is a team competition that works on shooting, chest passes, bounce passes and catching. Set the clock for 4 minutes. The 1st 2 minutes perform chest passes and the next 2 minutes perform bounce passes. The 1st and 2nd graders can shoot from 8-10 feet. 3rd and 4th grade from 12-13 feet. 5th and 6th grade from 15 feet. Divide half of the team on 1 side of the free throw lane with basketballs and half of the team on the other side of the lane. The side with the balls will pass to the 1st player in the other line as they break to the free throw lane and they catch the ball, square up, and shoot the ball getting their own rebound and going to the end of the ball line. The passer will go the end of the shooting line after passing. Players should work on passing and catching the ball with 2 hands and also use proper shooting form. The next person in line can go once the player in front of them shoots the ball. Players must begin behind the cones that are placed 5-10 feet from the lanes toward the sideline. It will depend on the age group. Make sure both teams have their cones placed at the same locations on the court. Have the team count out loud to keep track of total made baskets. The team with the most baskets will be awarded 1 point.

Square Up & Shoot



4. TEAM DRIBBLE RELAY

This is a team competition. Players line up along the base line at the end of the court. The referee or coach will position 5 cones evenly along the length of the court. The cones will simulate "defensive player." On the signal from the referee or coach, the 1st player will dribble and weave around the cones up and down the floor. As the dribbler comes to a cone, they MUST switch the ball to the hand AWAY from the cone. They must HAND the ball to the next player in line when they complete the course down and back. The player CANNOT pass the ball to the next player. If a player loses control of the ball, the referee will make the player go back to that point and resume the skill. The team that completes the skill 1st will be awarded 1 point.

