



Passing



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Game

Activity

Players play a 2 v 2 game as a team, focusing on making good passes in setting up good shots.

Activity Description

Play 2 v 2 half-court games. Teams earn a point only when they complete a pass before shooting. Players can dribble three times before passing.

Rotate players accordingly so that all players have a chance to play offense and defense.

Questions

Coach: What is the goal of the game?

Players: To make good passes to set up baskets.

Coach: What do you have to do to be successful at passing?

Players: Catch the ball, then pass the ball right to your teammate.

Coach: What types of passes are there?

Players: Overhead, bounce, and chest pass.

Coach: How do you play as a team?

Players: Work together and talk to each other.

Variations

Play 3 v 1, 3 v 2, or 2 v 2 half-court games, depending on the skill proficiency of your players.

If a team makes a basket, they get the ball again (for the second turn only).



Passing



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to make overhead, bounce, and chest passes.
2. Practice passing.

Activity Description

Pair up players. Practice the three types of passes.

Tips

Passing

- “Step in the direction of the pass.”
- “Elbows in.”
- “Follow through—fingers pointed to target.”

Catching

- “Target hands.”
- “Eyes on the ball.”
- “Reach.”
- “Pull it in.”

Dribbling

- “Dribble to move forward.”
- “Pass on the move.”
- “Control the ball.”
- “Lead your partner.”



Passing



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to dribble.
2. Practice dribbling and passing.

Activity Description

Pair up players. Partner 1 dribbles 8 to 10 times and then passes to partner 2. Partner 2 starts dribbling forward and then passes over to partner 1, who is moving alongside.

Partners continue to move forward, dribbling and passing. Partners should try different types of passes (e.g., bounce, chest).

Tips

Passing

- “Step in the direction of the pass.”
- “Elbows in.”
- “Follow through—fingers pointed to target.”

Catching

- “Target hands.”
- “Eyes on the ball.”
- “Reach.”
- “Pull it in.”

Dribbling

- “Dribble to move forward.”
- “Pass on the move.”
- “Control the ball.”
- “Lead your partner.”



Receiving



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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Ages: 8 to 9

Type

Game

Activity

Players will move to open positions on the court to receive passes in the triple threat position and are prepared to shoot, pass, or dribble.

Activity Description

Play 2 v 2 half-court games. Teams must pass at least twice before shooting. Players cannot dribble. All restarts are made at half court.

Questions

Coach: What was the goal of the game?

Players: To get open, be prepared to shoot, pass, or dribble.

Coach: What did you and your teammates have to do to be successful?

Players: Make quick and accurate passes. Catch the ball under control. Move to an open space.

Coach: What did you do to keep the defense from stealing the ball or blocking your shot?

Players: Protected the ball by keeping body between the defense and the ball. Held the ball firmly with two hands; used the body to protect the ball. Used quick passes.

Coach: Once you received the ball, what was the best way to hold it so the defense didn't know whether you were going to shoot or pass?

Players: Holding the ball as if you're going to shoot (triple threat Players), with one hand behind the ball and the other at its side.

Variations

Play 3 v 1, 3 v 2, or 2 v 2 half-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.

Once players receive a pass, they should ball fake and jab step, then focus on making a quick, accurate pass to a teammate. Players shoot when they're open after their team has completed at least two consecutive passes.



Receiving



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to receive the ball in triple threat position.
2. Practice receiving passes in triple threat position.

Activity Description

Players in fours practice passing from point to wing, to baseline, to a high or low post. Mark positions with tape or markers. Players pass, then move to another position. Players receiving the ball must:

- Present a target for the passer.
- Receive ball in the triple threat position and jump stop.
- Give a ball fake with a jab step before passing.
- Perform a quick, accurate pass to a partner.

Tips

- “Target hands.”
- “Triple threat.”
- “Ready position.” (Be ready to fake out opponent with the option to shoot, pass, or dribble.)
- “Hand position.” (Hands in shooting position on the ball.)
- “Holding position.” (Hold the ball to the side of the hip.)
- “Fake a pass, then make a pass.”
- “Step toward your target.”
- “Elbows in.”
- “Fingers pointed at your target.”

Variations

To simplify this practice, have players focus on presenting a target to the passer, receiving the ball in triple threat position, and making quick, accurate passes, but don't have them perform a jab step and ball fake.



Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Game

Activity

To attack the basket by receiving a pass, squaring to the basket, and scoring. Players score as often as possible.

Activity Description

Play 3 v 3 half-court games. Players must complete two or more consecutive passes before attempting a shot. Encourage players to make quick passes, to use target hands, and to call for the ball. They cannot dribble. All restarts are at half-court. Players earn one point for each shot attempted and two points for each basket scored.

Teach the rule on lane violations.

Questions

Coach: What was the goal of the game?

Players: To score following two consecutive passes.

Coach: From where on the court did you score most of your points?

Players: Close to the basket.

Coach: Why is it better to shoot from a position close to the basket, rather than far from the basket?

Players: More likely to score when closer—higher percentage shot.

Coach: Besides shooting from a close range, what else did you do to successfully perform a shot?

Players: Squared shoulders to the basket; elbow under ball and close to body, one hand behind the ball and the other at the side of the ball; staggered stance with knees slightly bent; followed through, aimed.

Variations

Play 3 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.



Shooting



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to shoot.
2. Practice shooting.

Activity Description

Players in pairs shoot three shots from each of five spots marked around the basket (about six to eight feet away). Partners rebound the ball and pass accurately to shooters, who provide a target, receive the ball in triple threat, square up, and shoot. The goal is to score on two out of three shots at each spot.

Tips

- “Square up.”
- “BEEF.”
 - “Base firm.”
 - “Elbow under ball.”
 - “Extend arm.”
 - “Follow through or flip wrist.”

Variations

To simplify: Change the shooting goal from making two of every three shots to shooting from two different spots for 30 seconds, or simply shooting three shots from each spot.



Offensive Teamwork



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players support their teammate with the ball.

Activity Description

Play 2 v 2 half-court games. Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.

Teach rules on the jump ball.

Questions

Coach: What was the goal of the game?

Players: To support the player with the ball.

Coach: What did you have to do to provide support?

Players: Move to an open space; get away from our defender.

Coach: How were you able to get away from your defender?

Players: Using cuts and fakes.

Coach: Was it easier to get away from defenders when you were moving quickly or at just a normal speed?

Players: Quickly.

Coach: When you were trying to get away from defenders, was your first quick step or jab step toward them or away from them?

Players: Toward them.

Variations

Play 3 v 1, 3 v 2, or 2 v 2 short-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.



Offensive Teamwork



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain creating passing lanes.
2. Practice providing support for teammates by creating passing lanes.

Activity Description

Play 3 v 1 games. Offensive players move to open space. Defenders play cooperative to active defense. Use offensive positions on one or both sides of the basket. Players pass, then move to an offensive position (point, wing, baseline, or high or low post) adjacent to the ball. Players should provide a target for receiving the ball, receive it in triple threat, and use a ball fake before passing. Emphasize using quick jab steps to create passing lanes.

Tips

- “Quick cuts.”
- “Fake a pass, make a pass.”



Position and Footwork



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players will provide support for their teammate with the ball using a ball fake and a jab step, or a cut. The goal is to create space in the attack by creating passing lanes.

Activity Description

Play 2 v 2 half-court games. Players must complete at least three passes before shooting. They receive one point for three consecutive passes, and two points for every field goal.

Questions

Coach: What was the goal of the game?

Players: To support the player with the ball.

Coach: How were you able to support the player with the ball?

Players: Using a ball fake and a jab step, move quickly.

Coach: Is a zigzag or curved pathway better when performing a cut?

Players: Zigzag.

Coach: Can you describe the angle of these cuts using letters of the alphabet?

Players: V and L.

Coach: Why would V- or L-cuts be better than curved?

Players: It's harder for the defender to stay with you.

Coach: What did you do if your defender was closely guarding you?

Players: Used a cut to get away.

Coach: When would a V-cut be most effective, close to the lane or away from the lane?

Players: Away from the lane by 10 to 12 feet.

Coach: When would the L-cut be most effective?

Players: Close to the lane near the baseline.

Variations

Play 3 v 1, 3 v 2, or 2 v 2 short-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Players must complete at least three passes before shooting.



Position and Footwork



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute V-cuts and L-cuts.
2. Practice V-cuts and L-cuts.

Activity Description

Play 2 v 2 games with the focus on players using V-cuts and L-cuts, receiving passes, and using jump stops and the triple threat position. Sequence:

- O₁ ball fakes, jab steps, and passes to O₂, who V-cuts as O₁ is ball faking.
- O₂ catches the ball in a triple threat position using a jump stop.
- Repeat three times and rotate.
- When all four players in a group have practiced the V-cut three times, go through the rotation again, this time practicing the V-cut on the opposite side of the basket.
- When all four players have practiced the V-cut on both sides of the basket, go through the rotation again, using the same sequence to practice L-cuts on both sides of the basket.

The defense should play passive, cooperative defense.

Variations

To simplify: Begin with no defense.



Shooting



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players attack the basket by using a power dribble and score only in the lane.

Activity Description

Play 3 v 3 half-court games. All shots must be in the lane, on drives.

Questions

Coach: What was the goal of the game?

Players: Score in the lane.

Coach: What's an effective way to drive to the basket?

Players: Drop step and dribble.

Coach: What should you do on a drive when it's congested in the lane?

Players: Stop and shoot if open, or pass off.

Coach: How should your dribble change when someone is guarding you?

Players: Keep the ball closer to your body and keep the ball between yourself and the defender.

Variations

Play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players.

Players can't dribble—except to drive to the basket.



Shooting



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to use a jump stop prior to shooting.
2. Practice shooting off of jump stops.

Activity Description

Play 1 v 1; defenders play cooperative defense. Players with the ball use a ball fake, jab step, and drive to the basket. They jump stop about two feet from the basket and shoot.

Tips

- “Arm should look like a yo-yo.”
- “Ball down, eyes up.”
- “Two-foot jump stop.”
- “Eyes on target.”
- “In the square, in the basket.”

Variations

To simplify: Begin with no defense.



Shooting



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players will attempt to score in 15 seconds or less.

Activity
Description

Play 1 v 1 games. The player with the ball starts at the foul line. Check the ball (the defensive player starts with the ball and gives it to the offensive player when they are ready to play). The offensive player begins in triple threat position. The offensive player gets two points for every basket scored off a jump stop, and one point for every basket scored otherwise.



Passing Lanes Drive to the Basket Shooting



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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Ages: 8 to 9

Type

Game

Activity

Players will attempt to score on drives to the basket.

Activity Description

Play 3 v 3 half-court games. Teams must make three consecutive passes before shooting. Players are allowed to dribble when needed.

Questions

Coach: What was the goal of the game?

Players: To score on drives.

Coach: When should you drive?

Players: When you have an open lane to the basket and no teammate is open for a good shot.

Coach: Players off the ball, what was happening when you weren't able to create a passing lane to support the ball handler?

Players: Couldn't get away from defense; couldn't get a good angle to cut; ball handler too far away; too many players in one place.

Coach: What should ball handlers do under these circumstances?

Players: Dribble to reposition themselves to create an open passing lane or move closer to the basket.

Coach: Should you dribble toward your teammates or away from your teammates?

Players: Away.

Coach: Why should you dribble away and not toward?

Players: Opens up more space for teammates to move.



Passing Lanes Drive to the Basket Shooting



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to use a drop step and drive to the basket.
2. Practice the drop step and drive.

Activity Description

Play 2 v 2 games with a cooperative defense. Players with the ball will ball fake, jab step, then drop step and drive to the basket.

Passive defenders try to shut down passing lanes.

Offense off the ball use various cuts to create a passing lane. For each 2 v 2 game, two other players will coach.

One will coach the cooperative defenders to close down the lane; the other will coach the offense to reposition themselves to create open passing lanes. Switch roles after three attempts.

Tips

- “Quick cuts.”
- “Drop and drive.”
- “Watch the belly button of the player attempting to fake.”
- “Anticipate.”



Drive to the Basket Shooting



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players use drop steps and drive to the basket.

Activity
Description

Give two points for every basket scored off a drop step and drive, and one point for every basket scored otherwise.

Variations

Play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players.



Defense



Time: 10 minutes



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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Game

Activity

Defenders work to keep the opposing team from scoring and to win the ball through on-the-ball defense.

Activity Description

Play 3 v 3 half-court games. Use a competitive defense.

The offensive team can't dribble and must complete at least three consecutive passes before shooting.

The defensive team scores one point if the offensive team does not complete three passes.

Questions

Coach: What did you do to keep the opposing team from scoring?

Players: Closely guarded opponent, rebounded so they wouldn't get a second shot.

Coach: What defensive position or actions interfered most and kept your opponent from scoring?

Players: Keeping your body between opponent and goal. Being sure you can always see the ball. Guarding opponent closely. Keeping hands and feet moving; playing active defense.

Variations

To use as a Game 2: Same as Game 1, except play 2 v 3 half-court games.



Defense



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain proper on-the-ball positioning.
2. Practice on-the-ball defensive positioning.

Activity Description

Pair up players. The player with the ball dribbles forward in a zigzag pattern. The defensive player maintains proper defensive posture and attempts to block the offensive player's forward progress. The defender tries to steal the ball without fouling or cause a turnover. Players switch roles after one length of the court.

Emphasize that defense is attitude.

Tips

- "Medium body posture."
- "Active hands and active feet."
- "See the ball."



Defense



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Defenders play good on-the-ball defense.

Activity
Description

Play 1 v 1 games with active to competitive defense. Offensive players can dribble, but as soon as they pick up the dribble, defensive players move closer and use active hands and feet.



Defense



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Defenders will prevent the offensive team from passing, receiving passes, and scoring using off-the-ball defense.

Activity Description

Play 3 v 3 half-court or short-court games. Players can't dribble and must make at least three consecutive passes before shooting. Defensive team receives one point for each turnover and two points for each steal without fouling. Treat fouls like violations—the other team gets the ball.

Questions

Coach: How did you position yourself to prevent the offensive team from passing?

Players: Overplayed toward potential passing lanes; closely guarded player with the ball.

Coach: How did you position yourself to deny a pass?

Players: Overplayed toward the ball; kept hand in passing lane.

Variations

To use as a Game 2: Same as Game 1 except play 2 v 3, with players focusing on off-the-ball defensive positioning. Rotate players accordingly so that all players have a chance to play offense and defense.



Defense



Time: 15 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain proper off-the-ball positioning.
2. Practice off-the-ball defensive positioning.

Activity Description

Paired-up players practice off-the-ball defensive positioning (partners can also coach each other). As an option, you can have a player with the ball waiting to pass to his or her offensive teammate.

Tips

- “Medium body posture.”
- “Active hands and active feet.”
- “See the ball.”
- “Anticipate.”



Defense



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Defenders try to deny offense from making successful passes; offense tries to make six consecutive passes.

Activity Description

Play 2 v 2 games using a competitive defense. For each 2 v 2 game, two other players serve as coaches. One offensive player begins at the point, the other at a wing position. The ball starts at the point. From a triple threat position, the ball handler uses a ball fake to give his or her teammate a chance to get open; or the ball handler dribbles to open a passing lane if necessary. Rotate after a turnover or after six consecutive passes. One player-coach gives feedback for the on-the-ball defense; the other player-coach gives feedback for the off-the-ball defense.



Defense Rebounding



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Defenders try to prevent the offensive team from scoring and from rebounding missed shots. Defenders try to win the ball by rebounding.

Activity Description

Play 3 v 3 half-court games. Players can't dribble and must make at least three consecutive passes before shooting.

The defensive team receives one point for winning or rebounding the ball after only one shot.

Questions

Coach: What was the goal of the game?

Players: To prevent scoring and prevent a second shot.

Coach: What did you do to prevent a second shot?

Players: Got the rebound after the first shot.

Coach: How did you position yourself to get the rebound?

Players: Moved between offensive player and basket.

Variations

Play 2 v 3 or 3 v 3 short-court games, depending on the skill proficiency of your players.

Or repeat this game with an offensive focus. In this case, the offensive team would earn a point for each shot attempt and rebound. You'd want to instruct your offensive rebounders to protect the ball, and to tip the ball to the basket or assume a shooting position as quickly as possible, like a pogo stick.



Defense Rebounding



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to box out to rebound.
2. Practice boxing out and rebounding.

Activity Description

Play 3 v 3 games with 2 v 2 under the boards and a shooter and an outlet. The shooter shoots the ball. On the release, X_1 and X_2 turn and box out their offensive players. X_3 (the outlet) moves right or left, depending on which side of the basket the rebound occurs.

The player rebounding the ball turns and passes to X_3 . Repeat three times, then rotate teams. Also consider rotating duties within the teams—for example, the outlet person and the shooter become rebounders. The defenders try to successfully outlet three times in a row.

Tips

- “Create a stable wall between opponent and ball.”
- “Elbows out—palms wide, feel for opponent.”
- “Put buttocks under opponents.”



Passing Give-and-Go



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Players attack the basket through the give-and-go; passing and cutting to the basket, looking for return passes and good shots.

Activity Description

Play 3 v 3 half-court or short-court games. Teams must make at least two passes before taking a shot. Shots must be within five feet of the basket. Offensive players pass and cut to the basket, presenting a target if they're open. If they receive the ball as they're cutting to the basket, they shoot.

Questions

Coach: What was the goal of the game?

Players: To pass and cut; to present target if open.

Coach: What happened when you were able to get open?

Players: Ball was returned and shot was attempted.

Coach: How did you get open?

Players: Used a ball fake, ran ahead of defender, kept body between defender and ball on way to basket.

Coach: What did the other offensive player do to create an open lane for you to attack the basket?

Players: Moved out of the lane.

Variations

To use as a Game 2: Same as Game 1, except play 3 v 1, 3 v 2, or 3 v 3 games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense.



Passing Give-and-Go



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute a give-and-go.
2. Practice the give-and-go.

Activity Description

Play 3 v 1, 2 v 1, 3 v 2, or 3 v 3 half-court games, depending on the skill proficiency of your players. Rotate players accordingly so that all players have a chance to play offense and defense. Defenders should play cooperative to active defense.

Another player serves as coach. The offense practices the give-and-go three times, using L-cuts or V-cuts toward the basket.

Tips

- “Pass and cut.”
- “Target hand.”
- “Keep the defender behind you.”



Passing Give-and-Go



Time: 10 minutes



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Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain how to execute a give-and-go.
2. Practice the give-and-go.

Activity Description

Play 2 v 2 games with active to competitive defenders. Two other players serve as coaches. The offense practices the give-and-go three times; then players rotate. The offense becomes the defense; the defense becomes the coaches; the coaches become the offense.



Shooting Passing Lanes



Time: 10 minutes



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Game

Activity

Players will shoot as often as possible and focus on creating passing lanes. They maintain possession of the ball and use space in the attack.

Activity Description

Play 3 v 3 half-court, five-minute scoring games. One team plays offense for five minutes, then teams switch roles.

Questions

Coach: What was the goal of the game?

Players: To support the player with the ball.

Coach: What do you do to provide support?

Players: Move to get open; get away from your defender.

Coach: How do you get open?

Players: Use cuts and fakes.



Shooting Passing Lanes



Time: 15 minutes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain creating passing lanes.
2. Practice creating passing lanes.

Activity Description

Players play 3 v 2 games; the defense is active to competitive. Offensive players focus on moving to open space. Players pass, then move to an offensive position (point, wing, baseline, or high or low post) adjacent to the ball.

Players should provide a target for receiving the ball, receive the ball in triple threat position, and use a ball fake before passing. To create passing lanes, they should use quick jab steps and fake-and-replace movements.

Tips

- “Quick cuts.”
- “Fake a pass, make a pass.”

Variations

To Use as a Game 2: Play 3 v 1, 3 v 2, or 3 v 3 short-court games, depending on the skill proficiency of your players.

The offensive team must make at least two passes before taking a shot. All shots must be within five feet of the basket.



Defense



Time: 10 minutes



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Ages: 8 to 9

Type

Game

Activity

Defenders try to win the ball by preventing the offense from scoring.

Activity Description

Play 3 v 3 half-court, five-minute scoring games. One team plays offense for five minutes, then teams switch roles.

Questions

Coach: What was the goal of the game?

Players: To keep the offensive team from scoring.

Coach: How did you do that?

Players: Closely guarded opponent, rebounded so they wouldn't get a second shot.

Variations

To use as a Game 2: Play 2 v 3 short-court games. Offensive players must make at least three passes before taking a shot. The defensive team earns a point if the offensive team does not complete three passes. Switch teams halfway through the game, with the two offensive players joining one defender on defense, and two defenders switching to offense.



Defense



Time: 15 minutes



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FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain stealing the ball.
2. Practice stealing the ball.

Activity Description

Divide players into a dribblers group and a defenders group. The dribblers group has more players. Confine space; 9 players would need about one-quarter of the court.

On signal, the dribblers begin dribbling; the defenders try to steal the ball. Defenders who steal the ball begin dribbling. Go for about 45 seconds, then regroup and switch roles as needed.

Tips

- “Ready position. Bend your knees, keep your body low.”
- “Active hands and feet.”
- “Watch your player.”
- “Anticipate.”



Passing Give-and-Go



Time: 10 minutes



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Game

Activity

Players attack the basket through the give-and-go; passing and cutting to the basket, looking for return passes and good shots.

Activity Description

Play 3 v 3 short-court games. Offensive players must make at least three passes before taking a shot. All shots must be within five feet of the basket.

Questions

Coach: What was the goal of the game?

Players: To pass and cut; to present a target.

Coach: How did you get open?

Players: Used a fake, a razor-sharp cut; ran ahead of defender; kept body between defender and ball.

Coach: What did you do to complete the give-and-go when there was competitive defense?

Players: Used more fakes. Dribbled to create passing lanes. Got open to support player with the ball.

Variations

To use as a Game 2: Play 3 v 1, 3 v 2, or 3 v 3 short-court games, depending on the skill proficiency of your players.



Passing Give-and-Go



Time: 15 minutes



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Type

Skill Drill

Activity

1. Introduce, demonstrate, and explain the give-and-go.
2. Practice the give-and-go.

Activity Description

Play 2 v 2 games with active to competitive defenders. Two other players serve as coaches. Each offensive player practices the give-and-go three times, then rotates. Players move to the other side of the basket and repeat. Then practice the give-and-go three times with a competitive defense (use either side of basket).

Tips

- “Pass and cut.”
- “Target hand.”
- “Get and stay between defender and ball.”