

4th Grade Youth Basketball

This program is designed to teach 4th Grade children the fundamental concepts of basketball. This program focuses on skills through the use of practices during the week, that subsequently build on each other, helping the children to gradually increase their ability to play basketball. We hope that this program will give the children the proper foundation of skills and competence to advance in basketball.

Each team has eight scheduled games. The game consists of:
2, twenty minute halves and a 5 minute halftime. Scheduled practice times are available through the recreation department.

How you can help to make 4th grade basketball a success...

1. Make sure that you contact all of your team members so that they know what is going on (talk to a parent).
2. Look over the concepts that will be taught to the children. ***Dribbling, Passing, Layups, Shooting, Defense, Rebounding and Inbounding.***
3. Do your part to make sure that your practice and games begin and end on time. This will help to make the program run more smoothly.
4. Be positive and encourage the children.

Have fun and enjoy yourself!
Enjoy the JOURNEY!

Dribbling and Passing

*Demonstrate each skill before letting the children try. Run each skill after you have explained and demonstrated.

PENALTIES

1. Double dribbling

- a. Demonstrate and explain double dribbling.
- b. Answer any questions.

2. Traveling

- a. Demonstrate and explain traveling.
- b. Answer any questions.

DRIBBLING

1. Stance

- a. Feet are set at a comfortable stance just wider than the shoulders.
- b. Weight on the ball of the foot.

2. Dribbling

- a. Let the ball drop to the floor and bounce up to your hand at hip/waist height.
- b. Catch the ball with your fingertips facing down toward the floor push the ball back down (using fingertips).

Exercise—Have children practice dribbling in place with the Right and then with the Left hand (2 or 3 children per team at a time).

3. Dribbling while walking

Exercise—have the children practice dribbling with dominant hand while walking (line them up and have one person from your team go at a time). Repeat using non-dominant hand.

Exercise—have children practice dribbling while weaving through cones using their dominant hand. Repeat using non-dominant hand.

4. Dribbling while running

Exercise—have the children practice dribbling with dominant hand while running (line them up and have one person from your team go at a time). Repeat using non-dominant hand.

Exercise—have children practice dribbling while weaving through cones using their dominant hand. Repeat using non-dominant hand.

KING OF THE COURT:

- 1 – Give each player a ball, and then have them spread out across a specified area of the court.
- 2 – Players should try to knock the ball away from the other Players while keeping control of their own ball.
- 3 – If a player loses control of his/her basketball or another player touches their basketball, the player is then eliminated from the game.
- 4 – When eliminated, players go to the other half of the court and work on ball-handling drills.
- 5 – As players are eliminated or a certain amount of time passes, make the boundaries smaller.

RED LIGHT – GREEN LIGHT

- 1 – Each player needs a ball.
- 2 – Have the players spread out across the baseline.
- 3 – The coach will yell out:
GREEN light: dribble forward
BLUE light: dribble left hand
YELLOW light: dribble right hand
RED light: stop
- 4 – The players will keep dribbling throughout the drill.

DRIBBLE RELAYS:

- 1 – Form at least two lines
- 2 – The first two players will have a basketball
- 3 – On the whistle, each team starts
- 4 – The first player dribbles up and down the court as quickly as possible. (Dribble up with right hand, down with left hand)
- 5 – When 1st player reaches the 2nd player in line, the 2nd player begins.

PASSING

1. Stance

- a. Feet are set at a comfortable stance just wider than the shoulders.
- b. Weight on the ball of the foot.
- c. Dominant foot steps out when delivering the pass.

Exercise—have children practice their stance. Have them pretend to pass the ball.

2. Forward Chest Pass

- a. Step forward with dominant foot.
- b. Push the ball away from your chest.
- c. Direct the ball to the person you are passing to (Thumbs Up/Thumbs Down).

Exercise—Have the children get in a circle. Stand in the middle, have the children practice the chest pass to the center and then return the pass to each child. Give each child 3 turns. Next, have the children pair up and practice passing to each other.

3. Forward Bounce Pass

- a. Step forward with dominant foot.
- b. Push the ball to the floor away from your body.
- c. Direct the ball to the person you are passing to.

Exercise—Have the children get in a circle. Stand in the center and have the children bounce pass the ball to you. Return the pass to each child. Give each child 3 turns. Next, have the children pair up and practice passing to each other.

4. Passing Drills

Exercise—Have the children pair up and stand 5 feet apart facing each other. Call out a pass (bounce or chest) and have the children do what you say.

Exercise—with a partner have the children run across the floor and pass to each other (no dribbling is necessary at this point), using the passes they have learned.

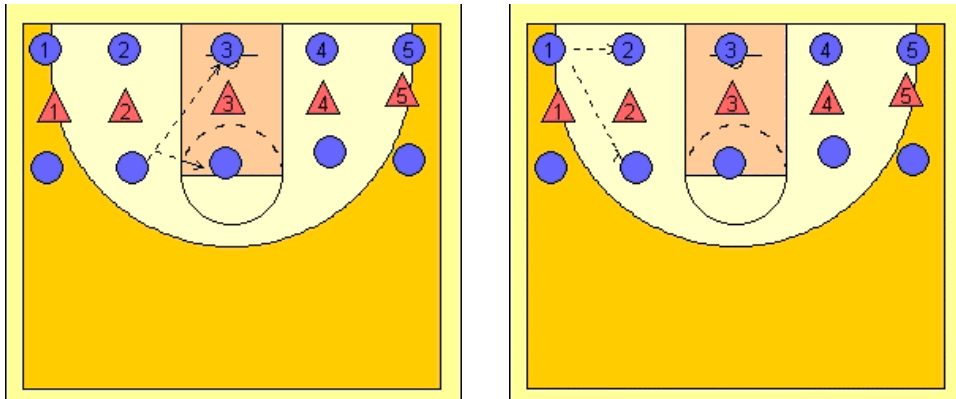
HOT HANDS:

You cannot dribble the ball in this game. Start at one end of the court, and play like a regular game. However, the players cannot dribble, but only pass. As soon as a player receives a pass, they can take two steps and then has to pass the ball to someone else. Have the player count their steps out loud. A dribbled ball, or too many steps will result in a turnover.

MONKEY IN THE MIDDLE

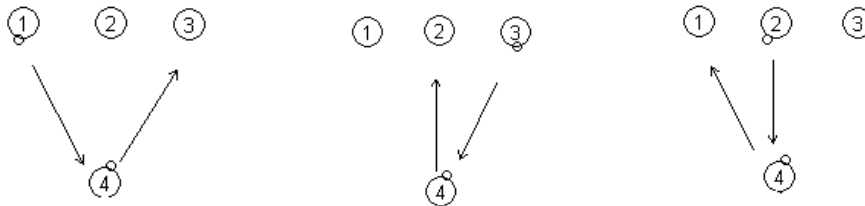
FIND THE OPEN MAN:

- 1 – Line your players up into three opposing lines
- 2 – The first player must pass the ball to a player in the next column.
They can pass either diagonally or across.
- 3 – The opposing player in the middle will guard a player or try to intercept the pass
- 4 – The ball can't be held onto for more than two seconds
- 5 – Once the ball is caught, the player must hurry and pass the ball to a player in the next column.



MACHINE GUN PASSING

- 1 – Form a line of 3 people about 4 feet apart
- 2 – Have a 4th player stand about 10 feet away facing the others
- 3 – Player 4 and Player 1 should have a ball
- 4 – Player 4 passes the ball to player 3
- 5 – After player 4 releases the ball, player 1 passes the ball to player 4
- 6 – Player 4 then passes the ball to Player 2, and simultaneously, Player 3 passes it to Player 4.
- 7 – Then Player 4 passes the ball to Player 1, and simultaneously Player 2 passes the ball to Player 4.
- 8 – Return to the position you were in step 1. Repeat the process.



DEFENSE

DEFENSE

1. Dribbling Backwards

Exercise—have children line up and one at a time try dribbling backwards *in a straight line*.

Exercise—Repeat exercise above, but this time have the children extend the non-dominant arm (one that is not dribbling the ball) out and elbow up to protect the ball.

2. Defensive Stance

- a. Stand with feet apart.
- b. Weight on the balls of your feet.
- c. Knees bent.
- d. Arms up and out.

Exercise—have the children practice their stance while shuffling (side step, do not cross feet) across the gym floor. Repeat back across the gym floor with the opposite foot first.

Exercise—next, pair the children up and have one play the defender, while the other plays offensive (dribbling backwards-arm extended). Have the children switch roles so that each child gets a turn as both defense and offense.

CAT AND MOUSE

- 1- Divide up into partners: one on defense, one on offense.
- 2- The offensive player takes five dribbles and then stops their dribble and holds the ball.
- 3- The defensive player stays low in the defensive position.
- 4- The offensive player moves the ball around while the defensive player mirrors the ball with two hands.
- 5- After three to five seconds, the offensive again player takes five dribbles again.
- 6- Repeat and then switch positions.

QUICK

- 1 – Put the kids in a circle, with the coach in the middle.
- 2 – The kids copy what the coach does (e.g. running in spot, jumping jacks, etc.)
- 3 – When the coach says “quick,” the players get into the defensive position
- 4 – However, if the coach says “get down” the players have to continue what they were doing beforehand.
- 5 – If the players are tricked, and the coach catches them, they are out.

ZIGZAG

- 1 – Players spread out across half of the court, facing the coach
- 2 – They get into defensive stance
- 3 – The coach points a way to go (left, right, forward, back, diagonal) and the kids slide accordingly

GRIZZLY D

- 1 – Divide players into groups of three or four.
- 2 – One team starts on defense, the other on offense. Play in a half court setting.
- 3 – There are no points scored for offense, just for defense.
- 4 – The only way to get on defense is by scoring on offense.
- 5 – Defense stays in as long as they keep stopping the offense.
- 6 – Defense gets a point for every time they stop the offense.
- 7 – Points are taken away for fouling, whether on offense or defense.
- 8 – Every time the offense starts, they must check the ball to the coach.
- 9 – Play to a set amount of points (the coach just decides)

Layups

RUNNING and JUMPING/SKIPPING

Exercise—have the children run 5 steps and then jump (repeat all the way across the gym floor; one child at a time).

Exercise—have the children run 5 steps and then skip once instead of jumping (repeat all the way across the gym floor; one child at a time).

LAY UPS

1. Form Without a Ball

- a. Demonstrate what a lay up is.
- b. Explain that the skip/hop is called a “lag step.”
- c. Explain that just like they have one hand they dribble better with, they are going to most likely find it easier to do a lay up on one side than the other.

Exercise—have the children walk up to a mark on the floor and skip when they step on the mark (make sure that they plant the inside foot and lift the outside foot.) Alternate between the left and right side of the hoop.

Exercise—have the children run up to the mark on the floor and skip when they step on the mark (make sure that they plant the inside foot and lift the outside foot.) Alternate between the left and right side of the hoop.

Exercise—have the children repeat the previous exercise, but this time when they skip/jump up have them try to touch the backboard with their outside arm. Alternate between the left and right side of the hoop.

2. **With Ball** (these exercises may require the children to take more turns)

Exercise—have the children run up to the mark (holding the ball) and then have them shoot as they skip/jump. Alternate sides.

Exercise—have the children run up to the mark dribbling the ball, pause, and then have them shoot as they skip/jump. Alternate sides.

Exercise—have the children try to do a lay up with out the pause. Alternate sides.

CONE LAY-UPS

- 1 – Place a cone at the top of the key
- 2 – The player will shoot a right-handed lay-up
- 3 – Rebound your own shot, and then dribble around the cone
- 4 – After dribbling around the cone, go shoot another lay-up.
- 5 – Count how many they can make in one minute.
- 6 – After all the players have gone, switch it to the left hand

SPEED LAY-UPS

- 1 – Player with a basketball stands to the right of the basket.
- 2 – Coach says ‘go’ and player shoots a lay-up on the right side.
- 3 – As soon as they make it on the right, the player shoots one on the left.
You keep alternating with each made basket.
- 4 – Time this for one minute, and see how many lay-ups they can make in that time period.

SIDE-LINE LAYUPS

- 1 – Make two lines: one on the right wing, and one on the left wing.
- 2 – The left line will have a basketball.
- 3 – The right line will run one at a time towards the basket for a lay-up.
- 4 – The left line will pass the ball, and then go rebound the lay-up.
- 5 – They then switch lines.

Shooting

SHOOTING

1. Fundamentals

- a. Dominant hand holds the ball.
- b. Non-dominant hand rests on the side of the ball.
- c. With eyes on the basket, point the ball towards the basket.
- d. Bring the basketball back toward the ear, shifting the weight of the ball onto the dominant hand.
- e. Push the ball with the dominant hand toward the basket, rolling the ball up the palm of the hand off of the fingertips, for a backspin (use two hand if ball is too heavy).
- f. Fingers of the dominant hand should point at the basket after release.

Exercise—Have the children get in a circle, have each child practice shooting to you in the center.

Exercise—have the children one at a time practice shooting the basketball into the hoop (watch their form).

2. Free Throws

- a. Show where to stand when a free throw is being made.
- b. Show where to stand when making a free throw.
- c. Show when to rebound after the shot.
- d. Show how to “box out” after the shot.

Exercise—have each child take a turn shooting 2 or 3 free throws (have the other children positioned around the key-as if to rebound). Have the children rotate so that everyone receives a chance to try.

SPEED

PARTNER SHOOTING:

- 1 – Have each kid get a partner.
- 2 – Select five shooting spots around the basket.
- 3 – One player will shoot and the other rebound.
- 4 – The rebounding player will pass the ball back to the shooter.
- 5 – The shooter will rotate around the spots twice, and then switch with their partner

SHOOT-OUT

- 1 – Split the team up into two teams.
- 2 – Select a spot to shoot from (e.g. wing)
- 3 – Line one team on the right side spot, and one team on the left side spot.
- 4- Coach says ‘go,’ and the first player in each line will shoot, rebound their shot, and then pass to the next person in line.
- 5 – That player then goes to the end of the line.
- 6 – Time them for one minute, and see which team makes the most baskets.

Fouls, Rebounding and Inbounding

FOULS

1. Talk about fouls (demonstrate)
 - a. Reaching in
 - b. Slapping
 - c. Bumping into the body
 - d. Over the back
2. It's OK to touch but not to push or hit

REBOUNDING

1. Explain why rebounding is important
Exercise—have the children line up behind the free throw line with one/two children under the hoop. Have one child shoot while the children under the basket, rebound the ball, and pass it to the next person in line at the free throw line. Have the person that shot last replace one of the children under the basket and have the replaced child get in the back of the line to shoot (continue until everyone gets at least one turn-do as long as needed or enjoyed).

IN BOUNDING

1. **Explain:**
 - a. In bounding while guarded
 - b. The line offense and defense (where to stand)
 - c. How much time to inbound**Exercise**—have the children each take a turn throwing the ball in, being on offense, and on defense.

BACKBOARD REBOUNDING

- 1 – There is one shooter at the foul line, and two rebounders under the basket, and a line for the rest of the players.
- 2 – The shooter shoots, and see who can get the rebound.
- 3 – Whoever got the rebound goes another round.
- 4 – The other rebounder moves to the shooter position.
- 5 – The shooter goes to the back of the line.
- 6 – The player in the front of the line goes down to rebound.
- 7 – Repeat exercise

FLOOR BOX

- 1 – Each player needs a partner.
- 2 – Put the ball in the middle of the floor.
- 3 – One partner will be about five feet from the ball, facing it.
- 4 – The other partner will stand between the ball and the player, looking at their partner. Their back will be to the ball.
- 5 – On 'go' the player facing the ball tries to get it, while the other tries to block him/her out.
- 6 – Switch positions

BOOTY SUMO

- 1 – Players line up around the mid-court circle.
- 2 – 2 players enter the circle, back to back
- 3 – When the whistle blows, players push back with their legs and try to get the other player out of the circle
- 4 – Continue until one is pushed out, or the coach blows the whistle.

1-2-3- REBOUND

- 1 – Have the players split up into two teams
- 2 – Coaches stand at the elbows.
- 3 – When the coaches shoot, the two teams have to rebound
- 4 – Each team gets a point for every rebound (whether offensive or defensive)