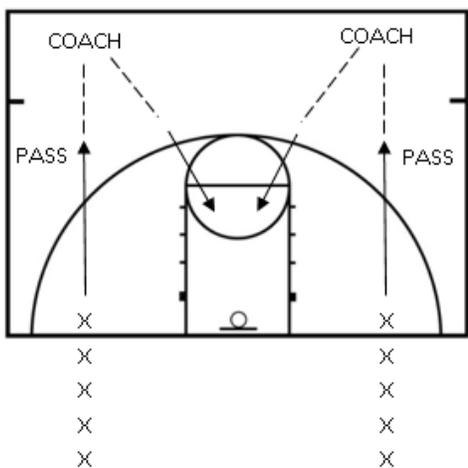


## LAY-UPS: First Practice/Game Example: 2<sup>nd</sup>/3<sup>rd</sup> Graders

**Ice Breaker/Team Name** – Arrive **10 minutes early** to knock this out. Make it fun. Email the parents ahead of time to have their child come with a team name if they choose. On your erase board or notebook write down a handful of team names they throw out. Put a number by each of the names. Then give them each a note card and a pen. Tell them to write down the number of the team name they like best. Collect the cards and then put a check mark next to the team names as you read the cards off. Most checks wins the team name. Good time to go around the horn and introduce each other. Tell a joke or two and have them offer a few.

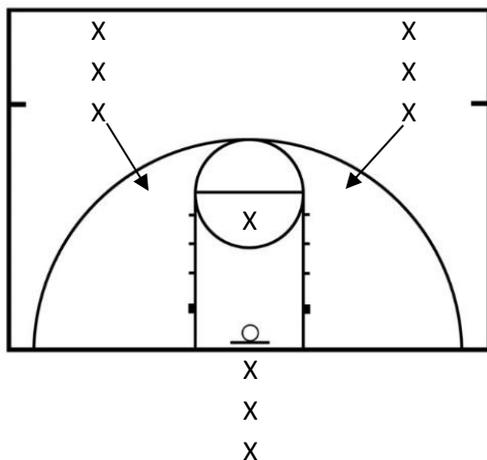
**10am – Dribbling.** Show them quickly a few key things to think about when dribbling. Next do a dribbling game. Each whistle you blow you call out what you want them to do. Green light – fast dribbling, yellow light – control dribbling, red light – stop but keep dribble going, right hand only, left hand only, alternate both hands, sit on the ball, raise ball over the head, and pivot.

**10:10am – Dribbling, passing, and shooting game. First team to make 5 or 10 baskets. 2 groups.**



Half on one side of the baseline and the other half on the other baseline side. Line up behind each other. First player dribbles out to half court to give a pass to the coach. Then next kid in line goes. Coach passes it back to player and player dribbles to key and takes a shot. Make or miss goes to end of line. Then next game have the players dribble all the way for a lay-in.

**10:20am – 2 on 1 OR lay-in lines**



**2 on 1** – Half of the team near half court and spread apart. Other half underneath hoop. As the 2 up top attack the hoop they should learn to react to the defender. No more than 3 passes. Then new group. After 3 minutes or so switch groups.

**Lay-in lines** – Standard. Split up lines. Group on the right has the ball and dribbles in for lay-in and other line rebounds and passes to next guy in line. Rotate lines. After a few minutes have them dribble in for a short jumper.

**Shortly before 10:30 sit them down and go over a few game rules.** No stealing, explain the wrist bands and match up by colors. When on offense do not worry about your defender guarding you. Try not to dribble the ball more than 5 seconds, pass and move! This first practice and getting ready for the game goes quickly in the 30-35 pre-game time. So important to stay on schedule. Don't worry this first practice/game can be a little chaotic and that's ok! Tell them to hustle and have fun!