

## LAY-UPS: 1st Practice/Game Example: K/1<sup>st</sup> graders

**Ice Breaker/Team Name** – Arrive **10 minutes early** to knock this out. Probably outside the gym entrance, the gyms get crowded with 4 teams in there. 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. Plus, good time to go around the horn and introduce each other. Tell a joke and ask for a few jokes from them.

You will see the 30 minutes of pre-game goes fast!

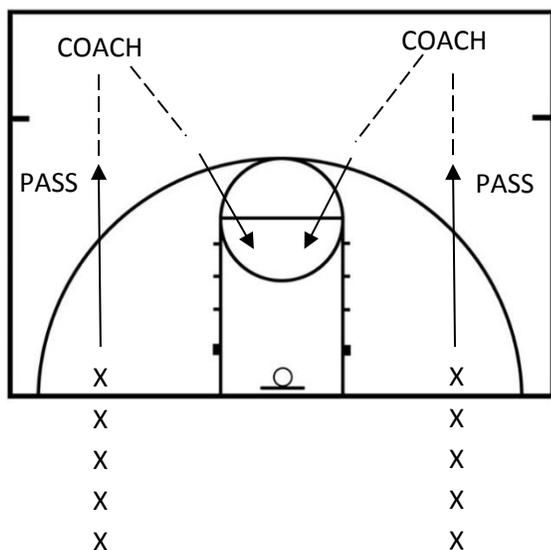
**10am – Dribbling.** Start with having all the kids spread out on your half of the court and have them dribble around for a couple minutes. Blow whistle. Show them quickly a few key things to think about when dribbling. Next do a dribbling game. Each whistle you blow you call out what you want them 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, pivot, etc.

**10:10 – Passing/shooting. Each coach takes a group. Switch groups after 5 min.**

**Shooting.** Show form, bend knees, square up, and follow through with shooting hand (some will use 2 hands at this age). Like reaching for a cookie in a cookie jar on a shelf, or show how holding the ball in shooting hand is like holding a pizza box. Space 2 lines on each corner of the free throw line. Even have them step in a few feet from the free throw line. Players will shoot, get their rebound, and shoot a lay-in using the back board. Then go back to end of line.

**Passing.** Partner them up, spread out 5 feet or so. Show them to have hands in ready position to receive and the proper way to step forward to teammate when passing. For a few minutes just do chest passes and then the next few minutes do bounce passes.

**10:20 – Incorporate all 3 skills above for last drill. Split up into 2 groups.** Half on one side of the baseline and the other half on the other side of baseline. Line up behind each other. First player dribbles out to half court to give a pass to the coach. Then next player dribbles out. Coach passes it back to player and player dribbles to hoop and takes a shot. If miss get rebound take a lay-in, get back in line.



**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 to their opponent. When on offense tell them not worry about your defender guarding you. Try not to dribble the ball more than 5 seconds, pass and move! Tell them to hustle and have fun. First game will be a little chaotic and that's just fine!