

Traverse City West Basketball

3rd and 4th GRADE GOALS---POINTS OF EMPHASIS OFFENSIVE

SHOOTING

- A. Proper form on right and left handed lay-ups. (Plant the inside -- Drive the outside)
- B. Proper form on jump shot. Teach 1-2-3 Shooting. Use "B.E.E.F" Acronym.

DRIBBLING and BALLHANDLING

POINTS OF EMPHASIS: Keep head up and develop both hands.

- A. Right and left handed speed dribble.
- B. Right and left handed control dribble.
- C. Crossover, stutter step, behind the back dribbles, spin, between the legs, and inside out.
- D. Stationary ball-handling drills, i.e.: passing and dribble figure 8's, circles, and pounds.
- E. Two Ball Dribbling: Stationary and moving.

PASSING

POINTS OF EMPHASIS: Hitting team-mate between waist and chest, making crisp passes, catching ball in triple threat, and fake a pass to make a pass.

- A. Two hand chest pass.
- B. Right and left handed flick passes.
- C. Two hand bounce pass.
- D. Right and left handed wrap around bounce pass.

MOVING WITHOUT THE BALL

- A. Basket Cut.
- B. Spacing.
- C. V-Cut
- D. Screen and Roll
- E. Down Screens

PIVOTING/TRIPLE THREAT

- A. *"Catch and Face."* Get into *"Triple Threat."*
 - B. Right front and reverse pivots. Left front and reverse pivots.
- POINTS OF EMPHASIS: Two foot jump stop, be on balance, in triple threat.

Defensive

Always play 1/2 court man to man.

- A. On the Ball Stance
- B. On the Ball Footwork and proper slides
- C. Denying One pass away (In drills only)
- D. Introduce to helpside D with the use of 2 and 3 man shell.(In drills only)

GENERAL

Spend 50-75% of practice time developing individual fundamentals.

Keep as many players active in drill work as possible.

Use as many baskets and balls as possible.

Develop teamwork and enthusiasm.

Insist on hard work, discipline, and Coachability.

Play shooting games and dribbling games.

HAVE FUN!

COMMITTED TO EXCELLENCE.