

# Traverse City West Basketball

## 5TH 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, behind the back, stutter, between the legs, spin, and inside out dribbles.
  - D. Stationary & **moving** ball-handling drills w/ one and **two** balls. I.E.: Passing and dribble figure 8's, circles, and pounds.

#### PASSING

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

### MOVING W/OUT THE BALL--TEAM CONCEPTS

- A. Basket Cut.
- B. Spacing.
- C. Screen and Roll
- D. 3 out 2 in motion from "Cross".
- E. Transition. Have the 4 position take the ball out of bounds.

#### PIVOTING/Triple Threat

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

### INDIVIDUAL MOVES

- A. Jab Step Series: Jab and Go, Jab and Crossover, Sweep)
- B. Post moves: Drop step baseline and middle.

#### Defensive

Play half court man to man all the time.

- A. On the Ball Stance
- B. On the Ball Footwork and proper slides
- C. Denying One pass away
- D. Help-side D with the use of 4 or 5 man shell.(Drill use only)
- E. Contesting Shot and Boxing Out.
- F. Talk and Communicate.

### 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.

Expect hard work, discipline, and coach-ability.

Play a lot of shooting and dribbling games.

### HAVE FUN.

**COMMITTED TO EXCELLENCE!!!**