

Traverse City West Basketball

6TH 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 and shooting off the pass.

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. Stationary ball-handling drills w/ 1 & 2 balls. I.E.: Passing and dribble figure 8's, circles, and pounds.
- D. Between the legs, behind the back, spin, stutter step, crossover, and inside out dribbles.

PASSING

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

MOVING W/OUT THE BALL--TEAM CONCEPTS

- A. Basket Cut.
- B. Spacing.
- C. Screen and Roll
- D. 3 out 2 in motion offense—Start with “Cross”.
- E. Have the 4 man take the ball out bounds and introduce transition O
- F. Pass and screen away. (Emphasis still on basket cut.)
- G. V-Cut to get open.

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.

INDIVIDUAL MOVES

- A. Jab Step Series (Jab and Go, Jab and Crossover, Sweep)
- B. Post Moves: A. Drop Step Middle-Jump Hook and Baseline B. Turnaround J C. Up and Under

Defensive

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. Deny the V-Cut at the wing.
- D. Help-side D with the use of 2, 3, 4, and 5 man shell.
- 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.