**1ST GRADE BASKETBALL CURRICULUM**

**BALL HANDLING**

Basic Stationary 1 Basketball Ball Handling Drills

1. *Ball Slaps* - continuously slap the ball from one hand to the other
2. *Straight Arm Finger Taps* - keeping the elbows locked, tap the ball quickly back and forth straight out in front of the body
3. *Wraps Around Ankle* - wrap the ball in a circle motion around the lower leg/ankles; go both directions
4. *Wraps Around Waist* - wrap the ball in a circle motion around the waist; go both directions
5. *Wraps Around Head* - wrap the ball in a circle motion around the head; go both directions
6. *Wraps Around the World (Candy Cane)* - start by wrapping the ball around the head, then bringing it down and around the waist, and finally around the ankles, then back up to the waist, then head, then waist, again, etc.
7. *Wraps Around Right Leg* - wrap the ball in a circle motion around the right leg only; go both directions
8. *Wraps Around Left Leg* - wrap the ball in a circle motion around the left leg only; go both directions
9. *Wraps Around Double Leg, Single Leg -* start with the legs together; step the right leg forward and circle the right leg with the ball; then immediately step back with the right leg so that the feet are together and circle both legs; then step out with the left leg and circle it before stepping back together and wrapping the ball around them both; continue this process
10. *Wraps Figure 8 Around Legs -* wrap the ball in a figure 8 motion around the legs; go both directions
11. *Drops (Flip Flop) -* start in a squat position with both hands and the ball in front of the body; drop the ball between the legs then take both hands behind the legs before catching it; then drop the ball again from behind and taking both hands back to the front and catch it; continue the process
12. *Straddle Flips (Alternate) -* start in a squat position with one hand in front and one hand behind while holding the ball between the legs; flip the ball up and swap the hand positions from front to back and catch the ball; continue this process
13. *Machine Gun -* kneel down onto the ground and alternate both hands to keep the ball as low as possible to the ground
14. *Pound Dribble Shoulder Height with Right Hand* - pound the ball as hard as the player can while dribbling at around shoulder height with the right hand
15. *Pound Dribble Shoulder Height with Left Hand* - pound the ball as hard as the player can while dribbling at around shoulder height with the left hand
16. *Pound Dribble Waist Height with Right Hand* - pound the ball as hard as the player can while dribbling at around waist height with the right hand
17. *Pound Dribble Waist Height with Left Hand* - pound the ball as hard as the player can while dribbling at around waist height with the left hand
18. *Pound Dribble Ankle Height with Right Hand* - pound the ball as hard as the player can while dribbling at around ankle height with the right hand
19. *Pound Dribble Ankle Height with Left Hand* - pound the ball as hard as the player can while dribbling at around ankle height with the left hand
20. *High/Low on Command with Right Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with right hand
21. *High/Low on Command with Left Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with left hand
22. *Crossover Dribble* - cross the ball over continuously in front of the body
23. *3-Dribble Crossover* - pound the ball 3 times before crossing it over in front of the body; then pound the ball 3 times before crossing it back; continue the process
24. *Front V-Dribble with Right Hand (Side-to-Side)* - dribble the ball from side to side in the shape of a “v” in front of the body with right hand
25. *Front V-Dribble with Left Hand (Side-to-Side)* - dribble the ball from side to side in the shape of a “v” in front of the body with left hand
26. *Side V-Dribble with Right Hand (Front-to-Back)* - dribble the ball backwards and forwards beside the body in the shape of a “v” with the right hand
27. *Side V-Dribble with Left Hand (Front-to-Back)* - dribble the ball backwards and forwards beside the body in the shape of a “v” with the left hand

Basic Movement 1 Basketball Ball Handling Drills

1. *Speed Dribble* - starting on the baseline, players dribble the ball at waist height with the right hand to the other baseline as fast as they can without losing control of the ball; dribble with the left hand coming back
2. *Stutter/Hesitation Dribble* - starting on the baseline with the ball in the right hand, players dribble the ball at waist height to the free throw line; stop and chop their feet while keeping the dribble alive; then dribble to the half court line with the same hand; stop and chop their feet while keeping the dribble alive; then dribble to the other free throw line with the same hand; continue the process to the other baseline; dribble with the left hand coming back
3. *Crossover Dribble* - starting on the baseline, players dribbles the ball 3 times with the right hand before crossing it over in front of the body; then dribble the ball 3 times with the left hand before crossing it back; continue the process down the court

Some Ball Handling Games

1. *Red-Light/Green-Light* - Have all players line up on the baseline with a ball. On “green light,” have the players begin dribbling towards the other baseline. Have them walk for the first couple of rounds. On “red light”, the players must stop either with a stride stop or jump stop and get into the “ready triple threat” position. If they lose control of the ball or don’t immediately stop they must return to the baseline. The first player to make it to the opposite baseline is the winner. On the return trip have them use the left hand. Progress to having them run and dribble.
2. *Queen/King of the Court (Dribble War)* - All players with a ball in designated area (¼ court, ½ court or full court depending on skill of the players) the smaller the court the more difficult the drill. On your whistle all players begin dribbling and moving around trying to knock or tap other players balls out of bounds. If a player’s ball is knocked out of bounds or if the player steps out of bounds, they are out. The last player still dribbling in bounds is the Queen or King of the court. Do several rounds. You can progressively make the playing area smaller as the number of players is reduced.
3. *Bird on a Wire* - All players are on the baseline with a ball. One player is the “bird” and is standing on a line that goes across from sideline to sideline. On the coaches command all the players speed dribble across the court to the opposite baseline. The “bird” tries to tag the players trying to cross the court but must stay on the line. They can run all along the line. If a player is tagged they get rid of their ball and become a bird too. Do several rounds. You can vary this by staggering the birds on different lines across the court and by having them steal the ball instead of tagging the player.
4. *Sharks and Minnows* - All players stand on one end of the gym with a ball. All of these players are Minnows. Pick a couple of players to be Sharks. The Sharks have a ball too. On your command the Minnows try to dribble their ball across the SEA without being tagged by the Sharks, who also must dribble their ball while trying to tag the Minnows. If the Minnow is tagged they become an Octopus and must freeze and put their ball between their feet. The Octopus can tag players but cannot move. Repeat until you have a winner or everyone is eaten. You can make this game more difficult by having the players use their non dominate hand or increasing the number of Sharks. You can make it easier by allowing them to use both hands to dribble or decreasing the number of Sharks or increasing the size of the SEA.
5. *Dribble Relays* - Form 2 or 3 teams. The teams are lined up on the baseline. The first 2 players in each line have a ball. On your whistle have players dribble up and down the court as quickly as they can while staying in control. Have players dribble down the court with their right hand and back with their left. Once the player reaches the starting point the next player goes. Remind players to keep their eyes up. You can add things to this drill such as jump-stops w/ pivots at the other baseline and/or have them do a change of direction dribble at the half court, such as a crossover, spin move or step back dribble.

**TRIPLE THREAT (READY) POSITION**

The triple treat position focuses on putting the athlete in the most functional stance to shoot, pass, or dribble.

* *Feet Spacing* - the athlete’s feet should be slightly wider than shoulder apart with the dominant foot (right hand or left hand) slightly out in front.
* *Bend the Knees* - the athlete’s knees should be flexed.
* *Ball Position* - start by placing the ball in the hands of the player in the shooting grip; from this position move the ball onto the dominate hand’s hip; the guiding arm should be across the body and the dominant hand’s elbow should be slightly behind the body; the elbow should be at a right angle

Basic Triple Threat Drills

1. *Square Ups* - line the players up around the 3 point line; have the players spin the out in front of them, catch the ball, and immediately get into triple threat; check to make sure that every player is in the correct position; continue the process
2. *Ball Strong* - player receives pass from teammate and immediately gets into triple threat position; on coaches command, player passes to teammate who immediately gets into triple threat position

**JUMP STOPS**

Jump stops focus on putting the athlete in the proper balanced position before passing or shooting.

Basic Jump Stop Drill

1. *Full Court Jump Stop Drill* - starting on the baseline, players dribble three times (or to a specific line) with the right hand and performs a jump stop into a balanced basketball position; after the third dribble, players should literally jump slightly into the air landing on the toes/balls of the feet with the ball in the triple threat position; continue the process down the court; can at forward and reverse pivots as the players progress
2. *Red-Light/Green-Light with Jump Stops*

**PASSING**

Types of Passes

1. *Chest Pass* - players should start in the triple threat position; pass with two hands out of the chest while taking a short step with their strong foot; their thumbs should be facing down on their release
2. *Bounce Pass* - players should start in the triple threat position; make a bounce pass with two hands while taking a short step with their strong foot; their thumbs should be facing down on their release

Basic Passing Drills

1. *Fake and Pass* - from triple threat position, players make a pass fake prior to making a chest pass or a bounce pass
2. *Partner Passing While Moving* - have two players facing each other; both shuffle slide the length the court throwing either a chest pass or a bounce pass
3. *Triangle Passing* - Divide players into groups of 3. Have each group form a triangle. Have them pass to each other into a clockwise direction. Then have them pass in a counterclockwise direction. Progress with this drill by having the groups of 3 move around the court while continuing to passing and maintain proper spacing.
4. *Rapid Passing* - One player is in the center of the key with a basketball. All other players are lined up about 2 feet in from the 3-point arc. On the coaches command the player in the key passes the ball to the player furthest on the left, that player immediately passed the ball back to the player in the center. The player continues passing quickly to the next player all across the line until they have passed to each player. Then the player at the far right takes the center position and the player from the middle gets in line on the far left. Each player rotates through rapid passing. All kinds of passes can be used. Emphasize good form in passing and receiving.
5. *4 Square Passing* - Set up a large square in one half of the court. Have players divide up on each corner of the square. Each corner has a ball. The coach tells the players what kind of pivot (right/left) they will do and what kind of pass (bounce/chest). On the whistle the first player in each line dribbles to the center of the square, performs the pivot and passes the ball back to the line. The player then follows the pass to the back of that line. After they get the hang of it see how many passes they can do in a row or how long they can go without dropping a pass.
6. *Middle Man Passing* - Divide team up into groups of 3. Have the 3 players line up a couple of feet apart in a straight line. Player 1 on the right has a ball and Player 3 on the left has a ball. Player 2 is in the middle. Player 1 passes to player 2; player 2 passes right back to Player 1 and turns to Player 3. Player 3 passes to player 2 who passes it immediately back to Player 3. Player 2 turns back to player 1 to start the whole sequence over again. Do rounds of 30 seconds and then switch positions. Progress to adding a pivot to the drill before the pass.

Some Passing Games

1. *Passing Line Relay* - Divide team into 2 equal teams. Line them up across the court form sideline to sideline about 5ft apart. The first player in each line has a ball. They pass the ball to the next player in line. That player must turn 180 degrees using a pivot and passes to the next player in line. This continues to the end of the line and then back to the front. If the ball is dropped or the pivot is not done properly the team must send the ball back to the start to begin again.
2. *Ultimate Basketball* - Divide team into 2 teams of 5. The game is played on the full court. The teams cannot dribble and can only take 2 steps. Teams pass the ball down the court and try to get the ball passed to a player behind the baseline, teams get 5 points for each time they do are able to do that. If a pass is dropped the other team gets possession. First team to get to 20 points wins. Emphasize communication, passing under pressure and getting open for a pass.

**LAY-UPS**

*Proper Lay-up Footwork/Form* - start on low block; have player step with inside foot; bring ball up with two hands and push the ball with the outside hand to “box”; start with no dribbles and progress to dribbles

* Players must dribble with outside hand (right on right side, left on left side)
* Players may/will need to use strong hand to shoot from both sides of basket until strength develop

**SHOOTING**

*Basic Shooting Form* - feet shoulder width apart; lead foot slightly ahead of weak-side foot; shoulders squared to the basket; knees bent; eyes on rim; shooting elbow tucked in; follow through with fingers pointing into the rim

* Players should shoot through their body bending knees for power and to keep the elbow in
* No twisting or turning of shoulders that would result in players “throwing” rather than shooting the ball at the basket

Basic Stationary Shooting Drills

1. *Pizza Waiter* - This is a silly drill to introduce and reinforce proper shooting form. Have all players in ready position. Have them show you how a waiter would bring you pizza on a tray. Make sure all players have their palm facing up with their arm bent in an L shape under the hand. The elbow should be over the knee and under the hand. As the players show you their Pizza Waiter position, place the ball on their “tray.” Instruct them that a good waiter doesn’t drop their food so they need to use their other hand to gently hold the pizza (ball) on the tray. After they are able to show you the proper position have the players toss their pizza in the air until you blow your whistle. On the whistle the players should get into their Pizza Waiter position. Make corrections as needed. Do several rounds.
2. *Form Shooting* - have players find a line on the floor; players should place their strong foot on the line and get into their basic shooting form; players shoot the ball without jumping (going to their toes); the ball should land on the line (if shoulders are square and follow through is straight); progress to having the players jump
3. *Shoot to Wall* - Have players stand 3 feet away from the wall and shoot up to the wall. Players catch the ball and repeat. Make brief adjustments. Help them with verbal cues to remember the shooting sequence. Progress to marking a square on the wall and having them shoot to the target.
4. *Basic Basket Shooting* - players line up on both blocks; no dribble to start; the first player shoots a jump shot aiming for the “box” on the backboard; the player rebounds his/her own shot and passes to the next shooter in line so players stay squared to the rim/backboard

Basic Shooting Off the Dribble Drills

1. *Basic Shooting Off the Dribble* - players line up 10-12 feet from the hoop on the wing; players take one dribble with their outside hand (right on right side, left on left side), perform a jump stop, and take a balanced shot aim for the “box” on the backboard; perform from right, middle, and left sides of the basket (in the middle, players should dribble with both hands)

Some Shooting Games

1. *Around the World* - For this drill, each player must make a number of shots at various locations around the key (the skill level of your players will determine the distance the players are from the key). Players start from location #1 and when they make the shot go to location # 2. Players continue around the key (or Around the World) until they finish at location #11.
2. *Full Court Lay-Up* - For this drill, divide your team into 2-4 groups. Each group lines up in a straight line at half court going down the sideline. Each player in the group will have a number. Each group must have the same amount of numbers (some kids may have two numbers). A ball for each group will be placed in the center circle on a designated spot. Then the coach calls out a number and the player with the corresponding number sprints to the center circle to pick up their ball. Each player dribbles down the court towards the basket and shoots a layup. After making the shot (or after 2 attempts at make a shot) the players rebound their ball and dribbles back to the center circle and places their ball back down on the designed spot. The first group that puts their ball down on the designed spot earns a point. Players then return to their lines and the drill continues with the coach calling out another number. Continue the drill until everyone has had a turn, or a group earns a specific amount of points.

**DEFENSE**

*Teaching Objectives*

* *Basic Defensive Stance* - knees are bent; backside (butt) is down; hands are out with palms up
* Each player guards a player from the opposite team; stay between offensive player and the basket; trying to stop the other team from scoring

Defensive Drills

1. *Defensive Lane Slides* - players slide from lane line to lane line in a balanced stance while keeping feet apart
2. *Angled Slides* - players slide from 3-point line to opposite elbow and then from elbow to opposite block in a balanced stance while keeping feet apart

**INCORPORATING MULTIPLE SKILLS**

Movement/Full Court Drills

1. *First Assist* - line on the wing and a line on the opposite block; player from wing dribbles toward lane and makes a bounce pass to player at opposite block who shoots a jump shot aiming for the “box” on the backboard; can have the player dribbling to the lane jump stop before the pass; perform drill on both sides
2. *One Post Lay*-Ups *-* players line up in corner; coach in the middle of the court; player takes two dribbles and performs a jump stop; passes to the coach; keeps running toward basket to receive bounce pass from coach, dribbles to basket to take a lay-up; can be done on each side (dribble with outside hand)
3. *V*-Cuts*­­* - players runs from wing to block, plants outside foot, and cuts back up to wing to receive ball; the players dribbles to the basket and shoots a lay-up or jump shot aiming for the “box” on the back board; perform drill on both sides

**GAME PLAY**

* 4 v 4 if possible
* Designated a defensive line (no full court defense)
* No stealing off dribble (at least until ½ way into season)
* First pass cannot be stolen so all players can have success at point guard
* Encourage bounce pass
* Allow some fast break off bad pass to let players develop full court dribbling/scoring skills
* Teach how to inbounds ball after a made basket