**3RD 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. *Dribble Around Right Leg with Right Hand* - dribble the ball in a circle around the right le with the right hand; go both directions
22. *Dribble Around Left Leg with Left Hand* - dribble the all in a circle around the left leg with the left hand; go both directions
23. *Dribble Figure 8* - dribble the ball in a figure 8 motion around both legs using both hands
24. *High/Low on Command with Left Hand* - alternate 3 high dribbles at shoulder height and 3 low dribbles at ankle height with left hand
25. *Crossover Dribble* - cross the ball over continuously in front of the body
26. *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
27. *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
28. *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
29. *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
30. *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 dribble the ball 3 times at an angle to their right (going up the court) and then crosses the ball over to their left hand; this is followed by 3 dribbles with their left hand at an angle to their left and then crosses the ball over to their right hand; continue the process down the court; players should plant on their outside foot to change directions
4. *Regress/Pullback Dribble* - starting on the baseline, players dribble the ball 5 times with the right hand up the court; then the player stops with their body facing the sideline with their left foot in front and slides backwards for 2 dribbles; then stops and dribbles forward 5 times with the their right hand; continue the process down the court; dribble with the left hand coming back

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 Drills

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. *Outlet Passes* - players line up in a rebounding line under the basket and an outlet line on ball side wing; coach tosses the ball off the backboard; player jumps up to rebound ball, puts the ball at chin level (chin it) with elbows flexed, pivots to the outside and completes and outlet chess pass to a teammate who then dribbles toward the middle of the court to half court
4. *Drive and Dish* - 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; can also have players shoot from the ball side block
5. *Two on One Half Court Break* - 2 lines of offensive players split at half court; a defensive player is at the foul line; the offensive players attack staying split just outside the elbows; the offensive players goal is to quickly get a lay-up off the backboard; pass to score should be a bounce pass
6. *Monkey in the Middle* - This is a great game that will teach players how make a pass under pressure. Divide team up into groups of 3. One ball for each group. One player is in the middle and the other 2 players try to pass back and forth to each other. Instruct players to fake a pass first and then make a pass to their partner. If the defensive player gets a steal or tips a pass they replace the player who made the pass. Do short rounds of 30 seconds each and then switch positions.
7. *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.
8. *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.

Some Passing Games

1. *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; can progress to having the players start on the wing

* Players must dribble with outside hand (right on right side, left on left side)
* Advancing players must attempt the weak side lay-ups with the appropriate outside hand; new players may still need to use strong hand on weak side halfway through the season

**BASIC CUTS**

Types of Cuts

1. *Basket Cut* - a cut towards the basket
2. *Straight Cut* - a cut straight towards the ball (may be with or without a screen)

Basic Cutting Drills

1. *Give and Go* - line on the wing and a line at the foul line in the middle; player passes from the wing to teammate at the elbow and cuts toward the ball side block after passing; the player at the foul line completes a bounce pass to the cutting teammate; can also have the ball start with the player at the foul line
2. *Reverse the Ball and Cut* - line on both wings and a line at the top of the key; player on the right wing passes the ball to the player at the top of the key who passes the ball to the player on the opposite wing; on the pass from the player at the top of the key; the player on the right wing cuts across the lane for a bounce pass from the player on the opposite wing; the player who cut turns to the basket and shoots a jump shot aiming for the “box” on the backboard
3. *Crazy Cuts* - This is a drill to demonstrate the different cuts for players to use. At this age they can begin to cut towards the basket and they can begin to learn a V cut. Briefly show players each of these cuts. Instruct players to run all the way through the ball, have a hand up as a target for the passer, change speeds for cuts; for cutting away for the V cut go ½ speed and come back to the ball at full speed. Have all player lined up at the top of the half court. The coach stands off to the side with all the balls. On the coach’s command the first player does a V cut and the coach passed to the player, the player immediately passes back to the coach and then cuts to the basket. The coach passes to the player who takes a quick shot, gets his or her own rebound and returns to the end of the line.

**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
* Players can also start with strong foot back and then step into shot with strong foot
* Shooting range approximately 12-15ft

Basic Stationary Shooting Drills

1. *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
2. *Basic Basket Shooting* - players line up on both blocks; 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 who has their strong foot back; one the player catches the ball the player brings the strong foot forward and shoots a jump shot

Basic Shooting Off the Dribble Drills

1. *Basic Shooting Off the Dribble* - players line up 12-15 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. *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.
2. *10 Basket Team Shooting* - Divide your team into as many groups as you have baskets. Each group will be assigned their own basket and each player will have their own basketball. At the coach’s command, each team starts shooting at the basket from a designated distance (further outside the key for more advanced teams). The first team to make 10 baskets is the winner.

**DEFENSE**

*Teaching Objectives*

* Keep the dribbler out of the land when they are guarding the ball (on the ball)
* Ball-You-Man concept when they are not guarding the ball (off the ball); keeping their back to the basket so they can see both ball and man

Basic Defensive Drills

1. *Defensive Lane Slides* - players slide from lane line to lane line in a balanced stance while keeping feet apart
2. *Zig-Zag Slides* - player starts in the corner with feet at a 45 degree angle; player slides at an angle to the lane line; at the lane line player plats and performs a drop-step to get into a reversed 45 degree angle; player then slides at an angle back to the sideline; continue the process down the court
3. *Introduce Help and Recover* - 2 lines just outside of the elbows with 2 offensive players and 2 defensive players with one ball; offensive player with the ball dribbles towards the middle of the lane; the off the ball defender slides into the lane to “help” and “recovers” once the ball handler passes the ball to the other offensive player

**INCORPORATING MULTIPLE SKILLS**

Basic Movement/Full Court Drills

1. *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)
2. *Two Post Lay-Ups* - same as One Post Lay-Ups except there is a coach at the backcourt elbow and the front court elbow; players will make 2 passes before shooting a lay-up
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
4. *Pass and Screen Away* - line on both wings and line at the point; player at the point passes to a wing player and goes to set a screen for the opposite wing player; the opposite wing player takes a jab step and cuts tightly off the screen to the foul line (straight cut) with hands up; the wing player with the ball makes a bounce pass to the cutter who squares up to the basket and shoots

**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 (first few weeks or as needed)
* Encourage bounce pass
* Allow some fast break off bad pass to let players develop full court dribbling/scoring skills
* Encourage at least two passes in half court offense before shooting
* Encourage ball reversal and cutting
* Defensive players keep back to basket as much as possible