

EDEN PRAIRIE BOYS BASKETBALL

K-3 COACHING HANDBOOK

EPBBA Basketball Overview

EPBBA Program Philosophy

1. Provide all participants with a positive experience from K-12
2. Inspire each player to continue playing and to develop their skills
3. Teach life lessons through positive interaction

K-5 In-House League Objectives

- Provide a positive experience for every team member
- Build a desire in every individual to achieve their personal best
- Develop a team concept
- Build strong fundamentals
- At season end, every player should look forward to next year

Coaching Goals

- Never get tired of teaching fundamentals
 - Correct player mistakes and teach, repeat
- Be positive and constructive
- Have practice plans well-prepared – it is the most valuable time to teach
 - A scrimmage *without stopping to correct* is not a good practice

K-3 Basketball Fundamentals

Dribbling and Ball Handling

Dribble with both hands – stationary and up and down the court

Crossover dribble

Hesitation dribble

Pivot – L, R, forward, reverse

All stationary ball handling – with and without dribble:

Figure-8, around waist, around 1 leg, etc.

Change speeds

Passing

Chest pass

Bounce pass

Overhead pass

Passing on the move

Pass fakes (Grades 2+)

Shooting

Lay ups – no dribble

Lay ups – one dribble

Introduce Proper Shooting Techniques

1. Hand under ball
2. Shoot ball up, not out
3. Hold follow-through
4. Only shoot from distances with good/proper form

Defense

Athletic stance

On ball D – short choppy steps – level off dribbler (Grade 2+)

Rebound with two hands – yell ball

Rebound – make contact (Grade 2+)

Rebound – your hip to Opponent's thigh (Grade 3+)

K-3 Basketball Drills & Contests

Dribbling and Ball Handling (Basic K-3)

Drills for K-3

Stationary Ball Handling Drill (Video: Stationary Ball Handling parts 1 & 2) –

Designed to improve player coordination and handling of basketball through the following drill:

Player rotates ball around his waist 10 times each (to the right; to the left)

Player rotates ball around his leg(s) 10 times each (right, left, both legs)

Player does 10 figure eights through spread legs in one direction;

Player does 10 figure eights through spread legs in opposite direction; and

Player dribbles ball in figure eights through spread legs 5 times.

Speed Dribbling - Dribbling straight ahead at game speed. Player should focus on keeping head up, using right and left hand, and doing drill at a pace in which they maintain control.

Ball Handling (Video: Intensity Drill) –

With options of: 30, 60 or 90 second segments of hesitation, fake cross-over, cross-over, between legs, behind back, spin with goals for shots attempted (5 minutes total – 20 shot attempts)

Contests for K-3

Knockout Game - Place a group of players in a clearly defined area with boundaries. All players should have a ball and begin dribbling. While using their body to protect the own ball, each player tries to steal the ball of the other players without losing their dribble or stepping out of bounds. If a player loses his dribble, steps out of bounds, or has his ball stolen, he is out. The last person remaining dribbling is declared the winner.

Cone Dribbling and Relays - Four to five cones are placed equal distance apart in a straight line. Player dribbles through cones with focus on switching ball to outside dribbling hand to protect ball from defender (cone). Divide up players on team and do relay race with two sets of cones.

Sharks and Minnows - Player who is it (tagger) starts in the middle, everyone else with a ball on one sideline. When the tagger says, “go”, dribble across the court with each one tagged added to the taggers the next time. Options: dribble left-handed, taggers have to dribble while they tag dribblers, or taggers have to take the ball away from dribblers (start with two taggers).

Ships Across the Ocean – Player who is it (tagger) starts with goal to knock the ball away. If they knock the ball away, player becomes “seaweed” and sits on the floor. Game continues back and forth until all are out. (Similar to the game of Colors.)

K-3 Basketball Drills & Contests

Dribbling and Ball Handling (*Advanced, beyond K-3*)

Drills

Zig Zag Drill – Players find a partner. One player dribbles in a zigzag formation up court while defensive player moves his feet to force the dribbler to change directions. Define left and right boundaries, usually an 8-10 feet wide corridor, to ensure players stay in designated area.

Additional Video Resources on website:

Half Court Ball Handling

1 vs. 2 Full Court Ball Handling

Tommy Drill (2 on 1 Half Court Set)

K-3 Basketball Drills & Contests

Passing (Basic K-3)

Drills for K-3

Partner Passes – Players partner up and practice throwing and catching chest and bounce pass. Player should focus on crisp two handed pass and stepping toward partner when making pass.

Two Player Shuffle Pass – From a distance of 5 feet two players pass back and forth while shuffling up and down court. Focus should be on quick, crisp passes with players not committing traveling violation.

Dribble-Jump Stop-Pivot-Pass (Video: Dribble – Jump Stop – Pivot – Pass)– Player dribbles to a point and does a jump stop, then pivots, and passes back to next Person in line.

Bison Passing (Video: Bison Passing) – Player 1 with ball dribbles to the Free Throw line and jump stops. Player 1 pivots at least 3 times, then passes to Player 2 close to mid court. Player 2 pass fakes and pivots 3 times, then passes back to Player 1. Player 1 pivots, then one dribble and enter to “Post” Player 3 on baseline – now they become Player 1. Player 2 (Mid Court) stays until all in the line have gone – then switch.

Pickle in the Middle - Two players play keep away from a third. Players should focus on using pivot (not traveling) and making accurate passes.

Contests for K-3

Passing Relay Down the court and back – chest passes or bounce passes.

Team Offense Concepts for K-3

Give and Go - Player A with ball in middle of court passes to Player B on the wing, Player A cuts to basket going behind his defender (not in front), Player B passes ball back to cutting Player A who takes one dribble and shots open lay up.

Pick and Roll - Player A has ball, Player B sets a screen on Player A’s defender and rolls open toward Player A for pass and shot.

K-3 Basketball Drills & Contests

Team Offense Concepts for K-3

Triple Threat Position – Player makes a cut and catches the pass in a good position relative to the basket such that he is a threat to pass, dribble or shoot.

1. Simply catch and square up to shoot
2. V-Cut to Triple Threat, then drive to hoop for lay-up
3. Triple Threat – fake drive with jab step, then shoot
4. Triple Threat - fake drive, fake shot, drive for lay-up

Passing (*Advanced, beyond K-3*)

Additional Video Resources for Passing on website:

3-line passing
Star passing
Post-Perimeter Shooting
6 man passing

K-3 Basketball Drills & Contests

Shooting (Basic K-3)

Drills for K-3

Lay ups (Video: Rookie League Lay Ups) –

Players dribble in from wing and shoot ball using backboard. Player should focus on dribbling with eyes on basket, jumping off one leg (opposite of shooting hand), and continuous motion in picking up dribble and shooting lay up. Do drill from right and left hand side of basket.

Introduce Proper Shooting Techniques (Video: Shooting Technique) –

1. Hand under ball
2. Shoot ball up, not out
3. Hold follow-through
4. Only shoot from distances with good/proper form

To begin, the player should position himself with both feet facing the basket (in balance) about a foot away from the bottom of the rim. The object is to shoot the ball using the proper shooting technique. After the second and third baskets are made in that spot, without touching the rim, the player may take a step back. This is done until the player is at the foul line. Continue this drill until the shooter feels most comfortable. Another popular Youth Basketball shooting form reference is BEEF: **B**alance **E**yes **E**lbow **F**ollow Through

Dribble-Jump Stop-Pivot-Shoot – Player starts from under the basket and dribbles to spot about ten feet out, comes to a jump stop, pivots into a triple threat position, then shoots, gets his rebound, and returns to the next player in line. This drill can be run from both sides of the basket simultaneously.

Contests for K-3

Lightning – One line is formed 10-15 feet from the basket. The first two players have balls. The first player in line shoots; as soon as he shoots the next person in line can shoot. If the second player makes the shot before the first player, then the first player is out. If the first player makes before the second player, then he is to return the ball to the third player in line. The same format then continues for the second and third players. The kids love it when the coaches participate!

First Team to 5 - Form 2 teams at 2 separate baskets. Pick a spot to shoot from that is a similar distance for both teams. Say “Go!” and call out the score. First team to 5 wins!

1 v. 1 v. 1 (make it, take it) – Form a straight line of players under the basket and out of bounds. Offensive Player (O) starts at the Free Throw line. Defensive Player (D) starts under the basket. D player tosses ball to O. They play one on one with these rules: O has maximum 3 dribbles to score. If O scores, they keep the ball, and next player in line is on D. If O misses OR D steals OR D steals & scores then D moves to O and the next player in line is on D. Maximum 3 turns in a row on O.

K-3 Basketball Drills & Contests

Shooting (*Advanced, Beyond K-3*)

Drills

Wall Drill – Player works on proper form and technique by picking a spot on the wall and shooting many repetitions. Have player focus on single block and consistently hit that target.

Mikan Drill (**Video:** Mikan Drill) –

Player stands under basket and attempts to make as many shots as possible in stated time period. This drill is great for building strength and comfort using the backboard.

Around The World – Coach passes ball to player as he catches and shoots from five different areas on floor. Proper shooting distance is 10-12 feet.

Additional Video Resources on website:

Erdman Shooting

Post-Perimeter Shooting

21 Shooting

7 Make Shooting drill

Louisville Shooting

3 in a row

Mental toughness shooting

K-3 Basketball Drills & Contests

Defense and Rebounding Drills (Basic K-3)

These Drills can be used during Team Defense practice time. You can also include 1 v. 1 v. 1 contest (see Shooting Contest section) to teach Defense.

Shuffle Drill – Players get in good defensive position and shuffle in the direction that the coach points.

Passing Lane Drill – Two coaches are on offense. One coach has ball and his objective is to pass to the other coach. The defensive player defends the coach without the ball. He needs to position himself so that he can see the ball as well as the man that he is guarding. His position must enable him to get a hand in the passing lane if the ball is thrown to his man and recover quickly enough if his man gets the ball.

Barnyard Drill – All players under basket. Coach takes a shot and players scramble for rebound.

Box Out Drill – Players partner up. Player A put his ball on the ground and his objective is to prevent Player B from touching the ball by aggressively shielding the ball with his body. On coach's command, Player B will have 10 seconds to try and touch the ball.

Additional Video Resources for Team Defense on website:

Shell (video)

2 v 2 Closeout (video)

Defense and Rebounding (*Advanced, Beyond K-3*)

Drills

Zig Zag Drill – Players find a partner. One player dribbles in a zigzag formation up court while defensive player moves his feet to force the dribbler to change directions. Define left and right boundaries, usually an 8-10 feet wide corridor, to ensure players stay in designated area.

K-3 Basketball Practice Outline

Practice Week #	1 and 2	3 and 4	4 to 8	9 to 10 (K) 9 to 12 (1-3)
Drills	35 minutes	20 minutes	30 minutes	
Stationary Ball Handling	5 minutes			
Ball Handling(Intensity Drill): Hesitation, Cross-Over, Fake Cross-over	5 minutes			
Dribble Pivot Pass OR Partner Passes OR Two Player Shuffle Pass	5 minutes			
Bison Passing OR Pickle in the Middle	5 minutes			
Passing on the Move	5 minutes			
Left Hand, Right Hand Lay Ups	5 minutes			
Form / Technique Shooting	5 minutes			
Games & Contests	25 minutes	20 minutes		
Relay Races (Passing & Dribbling)	5 minutes			
Ships Across the Ocean OR Sharks and Minnows	5 minutes			
Shooting Contest: Lightning, First team to 5, etc.	5 minutes			
Knock out or Dribble relay	5 minutes			
1 v. 1 v. 1 - Make it, Take it	5 minutes			
Team Offense		10 minutes		
Give and Go				
Spacing				
Ball screen				
Team Defense		10 minutes		
Defensive slides				
Shuffle Drill OR Passing Lane Drill OR Barnyard Drill OR Box Out Drill				
Shell (Video)				
2 v 2 Close-out (Video)				
Controlled Scrimmage			30 minutes	60 minutes
Review violations			x	x
Offense and defense positioning			x	x
Review man to man defense			x	x
Review moving without the ball			x	x

K-3 Basketball Additional Reference

Guidelines for IntraSquad Scrimmage / Games are posted online in “In-House K-5” for Parents:

- Kindergarten
- Grades 1-2
- Grade 3
- Grades 4-5

General Coaching Tips and League Information are posted on-line in “Coaches Information”:

- Drills (videos for Ball Handling, Defense, Passing, Shooting)
- Administrative (How / when to communicate with Parents)
- Practice Information
 - K-3 Coaching Handbook
 - Practice Plan
 - Substitution Chart
- K-5 In-House League Information:
 - Grade 3-5 In-House Rules
 - Game Elements Progression
 - On-Court Objectives

Practice Week #	1 and 2	3 and 4	4 to 8	9 to 10 (K) 9 to 12 (1-3)
Homework (every week)				
Stationary Ball Handling	30	30	30	30
Dribbling up and down the court (left and right hand)	30	30	30	30
Lay ups (right and left hand)	30	30	30	30
Proper Shooting Technique	30	30	30	30