

# Brewster Recreation

## Basketball coaches guide for 5-6 year olds

### Dribbling:

- Kids should practice dribbling in place, using their fingertips, NOT the palm of their hand.
- Once they can dribble in place, have them dribble forwards and backwards.
- If they master going forward and backwards, have them dribble with others in a confined space, without running into one and other.

### Passing:

- Have the kids' partner up with another team mate. Practice bounce passing first.
- If they are able to do well with the bounce pass, you can move on to chest passes.
- If they are able to pass to a still target, have them try to pass to a moving player.

### Shooting:

- Proper technique will be the most important thing to emphasize at this age!
- *Feet shoulder width apart. Bend your knees. Bend your shooting elbow. Extend the arm and flick the wrist. "Hand in the cookie jar"*
- Practice shooting while standing still, and from different angles.
- Once they have done well shooting from a standing position, have them shoot off the dribble or from a pass.

### Defense:

- Show the kids how to get in a proper defensive stance. Feet wide, knees bent, hands out to the side. They should never be touching the offensive player!
- Have them shuffle from side to side, and front and back in the "stance".
- Have them play one on one defense against another player or coach.

### **Fun games/drills to play with them:**

1. Red light, green light with a ball
2. HORSE
3. Zig zag dribbling from cone to cone
4. Dribble tag
5. Passing to a target (hula hoop)
6. Sharks and Minnows with a ball
7. Have them practice lay ups by dribbling to the hoop, and lay it off the back board
8. Monkey(s) in the middle