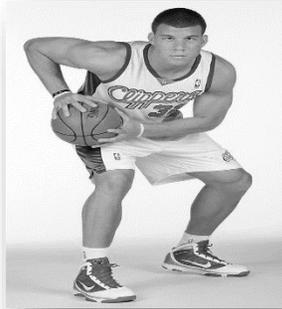


Brewster Recreation

Basketball coaches guide for 7-8 year olds

*One of the first things a young player needs to learn is what a “triple threat position” is. When they receive the ball, they can now do one of three things...SHOOT, PASS, or DRIBBLE.



Dribbling:

- Kids should practice dribbling in place, using their fingertips, NOT the palm of their hand.
- Have them dribble forwards, backwards, side to side, and changing pace.
- Children at this age also need to be using BOTH hands. Have them do these drills with both hands.

Passing:

- Have the kids' partner up with another team mate and practice bounce passes and then chest passes.
- If they are able to pass to a still target, have them try to pass to a moving player who is cutting to or away from the basket.
- Introduce other types of passes, such as outlet passes, lob passes, etc.

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.
- Put them in layup lines (one line laying up, other rebounding) and emphasize using the backboard.

Rebounding:

- Put them in a line, and one by one have the coach put a ball off the backboard so they can practice grabbing a rebound with two hands.
- If it is an offensive rebound, go up with it or look for an open teammate.
- If it is a defensive rebound they will need to hold it and look for a team mate.

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. Knockout
6. Fast break drills with an outlet pass
7. Sharks and Minnows with a ball
8. Rotating layup lines
9. Simon says
 - “Simon says dribble with left hand”
 - “Simon says switch to right hand”
 - “Simon says shoot using the back board”
 - “Simon says pass to an open team mate”
 - Etc.
10. Give and go drill