

MIDDLETON

PLAYER DEVELOPMENT

5th – 8th Grade Tri-County



This information has been developed as a guide for Middleton Basketball Club coaches.

The program provides a structure for team practices, with drills and activities focused on individual skills development.



Middleton Basketball Club

Practice Outline Grades 5-8

Coaches & Parents Creed

1. *Generate good feelings*
2. *Be a good role model*
3. *Have a positive attitude*
4. *Be creative, flexible and make practices challenging - Challenging is fun*
5. *Emphasis participation not win/loss record*
6. *Have fun*

We have consulted with MHS coaches John Boyle and Jeff Kind, Jerry Petitgoue from Cuba City, Five-Star Basketball, and others to put together this practice outline. Hopefully, it will help you determine what, when and how long to practice. Use the example drills provided in the Drill Library, substituting your own favorites through out the year. Start with the easier drills at the lower grade levels and at the beginning of the season; working your way up to the harder drills. The same goes for the Play Library. Use a continuous motion offense, as this will keep players moving on the floor and prevent them from standing still. Be flexible and allow your players to think. Encourage players to "read" the defense and take advantage of opportunities; don't turn them into robots walking through their plays.

Keep drills short and competitive, and have players move quickly between drills to maintain intensity and productivity on the practice floor. Working on each drill section for a short amount of time every practice will maximize "muscle memory" and produce fundamentally sound players. Remember, intensity and repetition are the keys to improvement.

Time	Drill	Emphasis
10 Minutes	<ol style="list-style-type: none"> 1. 2. 3. 	Warm Up, Speed, Conditioning Increase endurance, flexibility, strength and speed.
30 Minutes	Defensive Footwork <ol style="list-style-type: none"> 1. 2. One-on-one Drills <ol style="list-style-type: none"> 1. 2. Ball Pressure Defense <ol style="list-style-type: none"> 1. Shell Drill 2. Scrimmage Team Defense Rebounding Drills <ol style="list-style-type: none"> 1. 2. 	Defensive Exercises Teach proper man-to-man defensive form and concepts. Start with footwork. Move to one-on-one, then to the rules of ball pressure defense in the Shell Drill. Finally put it all together in a scrimmage emphasizing the 10 defensive teaching points listed. Use Conversion Drill if slow getting back on D. Press and zones should be taught only after firm grasp of ball pressure D. See Pressure D article in Drill Library. See explanation on next page. Make contact before going for the ball. Outlet the ball after the rebound.
10 Minutes	<ol style="list-style-type: none"> 1. 2. 3. 	Ball Handling & Dribbling Develop control at higher speeds. Keep head up, ball low, push speed and proper footwork.
5 Minutes	<ol style="list-style-type: none"> 1. 2. 3. 	Passing Teach proper position, faking and strength. Fake high, pass low. Look before pass and use bounce passes especially for entry pass to post..
10 Minutes	Shooting <ol style="list-style-type: none"> 1. 2. 3. 	Shooting Form & Footwork Teach proper shooting form (beef), good balance, fluid motion, use legs, follow through. Catch ball ready to shoot. Correct bad form immediately. Proper footwork before the shot is crucial.
20 Minutes	Team Offense	See explanation on next page
5 Minutes	Free Throws	Teach proper shooting form (beef), good balance, fluid motion, use legs, follow through. Correct bad form immediately

Team Defense

A. Man-to man: Ball Pressure Defense

Emphasize following ten teaching points in scrimmage:

1. All five sprint back on defense
2. Stop ball on 3-point line, high hands, no lay-ups
3. When ball is on top, everyone in help position
4. High hands, then down and trace the ball
5. When ball is on wing, shade the baseline
6. Guard low post on the high side, dead front only when ball is on the baseline, expect weakside help on lob
7. Play behind high post, guard turns and digs on pass
8. Collapse and dig on pass to post
9. Switch on screens only on cross pick in lane, double team ball on picks outside of lane
10. Box out and go when shot is taken

- B. Zone** Every zone defense ends up to be a 2-3 in the end. Teach this one first. A 1-3-1 is good.
- C. Full court press** Teach at least one full court press. Either a 3-1-1 or a 1-3-1.
- D. Out of Bounds** Teach man and zone.

Team Offense

- A. Man** Start with plays that are continuous movement.
- B. Zone** Start with plays that are continuous movement. Look for the gaps.
- C. Press Break** Teach at least one full court press-break.
- D. Out of Bounds** Teach one or two basic plays that have many options

Emphasize following ten teaching points:

1. Setting proper screens, body still, set the screen on the side not the back.
2. Use v-cuts to create movement without the ball.
3. V-cut into a defender to shake them.
4. Roll after screen.
5. Always cut between defender and the ball.
6. Wait for screens.
7. Never stand still unless involved in a screen.
8. Always crash the boards. Box out and go when shot is taken.
9. Create balance on the floor and attack the gaps in the defense.
10. Teach your players to think. Never let them be robots.

Warm Up, Speed Skills, Conditioning - 10 minutes

Stretching

This stretching program is designed to develop flexibility throughout the body. This program will 1) eliminate soreness, 2) reduce injuries, and 3) increase performance.

1. Waist Stretch

1. Player stands with feet shoulder width apart.
2. Place one hand on hip and raise the opposite arm.
3. Bend to a 45 degree angle feeling the stretch on the opposite side.
4. Repeat. Repeat other side.

2. Back, Hamstring, and Calf Stretch

1. Player stands with both hands on hips.
2. Slowly bend over at the waist without bending knees and touch toes.
3. Hold for 10 seconds and repeat.

3. Back and Achilles Tendon Stretch

1. Player stands with legs spread wide apart.
2. Bend over at the waist and place the backs of the wrist on the ground.
3. Hold for ten seconds and repeat.

4. Knee, Thigh, and Ligament Stretch

1. Stand with legs slightly more than shoulder width apart.
2. Squat so that elbows rest on thighs for balance.
3. Hold this position for about 30 seconds and then begin to shift weight from left to right.

5. Groin, Achilles Tendon, and Hamstring Stretch

1. Squat on one leg. The opposite leg should be fully extended to the side with the toes pointing toward the ceiling and the heel of the foot placed on the ground.
2. Slowly put pressure on the extended leg and buttocks by pushing downward.
3. Hold for 15 seconds and repeat with other leg.

6. Groin, Hamstring, and Calf Stretch

1. Stand with legs apart as far as is comfortable,
2. Leaning to the right, stretch the left leg out with the heel and toe pointing up.
3. Hold for 15 seconds and repeat other side.

7. Groin Stretch

1. Sit on the floor bringing feet together until the soles touch.
2. Hold ankles and push down legs with elbows to feel the stretch.
3. Hold for 10 seconds and repeat.

Speed Skills

The game of basketball demands explosive and lightning quick movements, as well as deliberate movement of the ball and player. But the most important thing is footwork. If the feet and hands are not working effectively, you cannot play! Shooting, playing defense, driving, pivoting, moving without the balls, and rebounding are movements in which correct footwork can be mastered in a minimum amount of time, as long as they are done with maximum effort on an everyday basis. The more time you spend practicing these drills, the better players you will be.

1. Line Jumps

1. Player places his feet together and jumps on the balls of his feet, moving from right to left over a line on the floor,
2. Continue for 30 seconds.

2. Heel and Toe Touch

1. Player jumps upward and alternates touching his heels and toes as he jumps.
2. Continue for 30 seconds.

3. Butt-Kicks

1. Player jumps, kick heels to buttocks with hands above head.
2. Continue for 30 seconds.

4. Chest Kicks

1. Player jumps, bringing knees to chest with hands above head.
2. Continue for 30 seconds.

5. 4 Square

1. With feet together, player jumps in a small square, with hands above head.
2. Continue for 30 seconds.

6. Hop-Scotch (5 die)

1. With feet together, player jumps in the pattern of a 5 die, with hands above head.
2. Continue for 30 seconds.

Jumping

You can jump a few inches higher and increase your stamina by judicious use of jumping drills. The players who can get up on the third and fourth consecutive jumps make tips on the offensive boards. Rules for the program are: 1) jump as high as you can every jump; 2) do not bend at the knees; and 3) rest no longer than fifteen seconds between a series.

1. One-Leg Jump

1. Player jumps 10 times on his right leg and rests.
2. Player jumps 10 times on his left leg and rests.
3. Player jumps 30 times on his right leg and rests.
4. Player jumps 30 times on his left leg and rests.
5. Player should repeat the drill ten times and should then complete three sets of ten repetitions.

2. Kangaroo Jump - contains the same motions used in shooting lay-ups.

1. Player takes one step with his right leg, jumps, and comes down using only his right leg.
2. While his right leg is on the floor, player steps with his left leg, jumps, and comes down using only his left leg.
3. Player should repeat the drill ten times and should then complete three sets of ten repetitions.
4. The player should take no extra steps while performing this drill.

3. Step-Over Jump - contains the same motions used in shooting the jump shot off the move.

1. Player moves toward his right, stepping over with his left leg.
2. Player brings his feet together and jumps.
3. Player moves toward his left, stepping over with his right leg.
4. Player brings his feet together and jumps.
5. Player zigzags the court as he continues the drill, making sure he squares up each time he jumps.
6. Player should repeat the drill ten times and should then complete three sets of ten repetitions.

4. Power Move Jump

1. Player faces the backboard and stands one foot away from it.
2. Player jumps with both feet and touches the backboard (as high as they can) with both hands.
3. Player brings his legs together and jumps from the other side of the rim.
4. Player should repeat the drill ten times and should then complete three sets of ten repetitions.

Conditioning

1. Combination Run, High Knees, Butt-kicks, Slides, Crazy Legs

1. Players line up along the baseline.
2. Players run to the other baseline and back executing the following actions 1) run, 2) bring knees high up to chest, 3) kick heels up to buttocks, 4) Slides, 5) cross left leg over right and right over left (crazy legs or karaoke).

2. Beat the Clock

1. Players line up along the sideline.
2. Players run to the other sideline and back. They must touch the line where they started 5 times in under 1 minute.