

K-2 Little Shot

FUNdamentals

BASKETBALL FUNDAMENTALS

FOR AGE 4 TO 2ND GRADE

- **Beginnings**
- **Coaching Keys**
- **K-2 Fundamentals**
 - **Ball Handling**
 - **Dribbling**
 - **Passing**
 - **Shooting**
 - **Triple Threat**
 - **Jump Stop**
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- **K-2 Terminology**
- **Summery**



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HOOPZONE Basketball

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When coaching youth at a very young age in the basketball many people do not know where to start, or what to teach. Young kids all have different attention spans and abilities. Within this book we'll tell you our advice on just what to do and how to do it for this age group. The ideas here are used within our HOOPZONE Basketball K-2 Little Shot and Lil' Dribbler camps and have proven to work real well.



As with any sport there are lots of tips that go into solid fundamentals. What I've done in this book to condense down to only what these very beginners should be taught. Let's not overwhelm them but rather give them a few simple tips they can remember in starting their basketball careers off. Once the ground work is laid for beginners then more can be added in time.

Good luck,

Coach 

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BEGINNINGS (CONTINUED)

Make it Fun:

A mistake free environment. At this young age let the kids know that it is OK to make mistakes, that you expect them to make mistakes during the learning process. Basketball is not a perfect game and everyone make mistakes. You just have to keep playing hard and learn from those errors. Make mistakes yourself when instructing and tell them even you have trouble from time to time.

Proper K-2 Fundamentals:

When starting kids at this age it is important to only begin with very basic stuff. Kids need to get the feel of what they are doing and satisfaction they can do it. To introduce to much to quickly will only frustrate and discourage the youngsters. Our K-2 camps focus on the following basic fundamentals

- > Ball Handling (few simple drills)
- > Dribbling (both hands)
- > Passing (bounce, chest & overhead)
- > Shooting (set shot)
- > Triple Threat Positioning
- > Pivoting (front (pivot left and right)
- > The Jump Stop

Playing basketball games at this young age?

For kids in kindergarten and 1st grade I do not recommend any basketball games. Once again focus on the fundamentals and use fun drills to get a sense of game action. When kids reach 2nd grade I believe many are ready to experience some monitored structured game action but keep the teams at 4 on 4 to have fewer kids on floor. Coaches must realize that allowing kids to play games, at a very young age, with bad fundamentals just develops poor skills.

All kids are different

We all know kids are different in every aspect. Understand the physical and mental limitations of young group and how best to instruct.

Your left hand and right hand

Before beginning your first session or even before each session have all kids lift their left hands, their right hands. Make sure your young players know which hand is which. You will be surprised how many do not. Next ask then which hand is their strong hand. The one they write with, throw with, etc. You may need to get parents involved on this as many kids are unsure and still developing. Explain what is meant by strong hand and weak hand.

BALL HANDLING FOR K-2:

All players, no matter what position they play, must be able to handle the ball well. Whether they are rebounding, dribbling up the court to improve a passing angle, catching the ball in the post or on the break, hands must be familiar with the ball to be successful in this game. So to get these young hands comfortable handling the ball below are drills we use for age group.

BALLHANDLING DRILLS:

Do each one about 30 to 40 seconds and then move to the next one. You can ask young players who are fairly good at these drills to work on keeping their eyes up and not looking at the ball.

- 1) Slaps: Pound or slap the ball hard from hand to hand
- 2) Tap Drill: Extend your hands out front and over the head and tap the ball quickly between your fingertips.
- 3) Circle Waist: Move the ball around the waist.
- 4) Circle 2 Legs: Stand with legs together and while bent down circle the ball around your ankles.
- 5) Candy Cane: Combine the 2 previous ball handling drills with one more. Stand with your legs together. Start at your ankles and work the ball around your ankles, then circle your waist, then circle your neck and then back down to your ankles again. Work on gaining a quick, fluid motion up and down, reverse.

The youngest kids may struggle with these circling the body drills so allow them to roll the ball around themselves. This way they are getting the idea.

COACHING BALLHANDLING TIPS:

- Players should hold and control the basketball with the padded part of their fingers, known as their finger pads.
- Players should avoid using their palms to control the ball.

- Players should keep their fingers spread apart to help control the basketball.
- Players should practice ballhandling drills that will improve their control of the basketball.
- Players should be comfortable handling the ball as an extension of their hand.

PASSING FOR K-2: (CONTINUED)

BEGIN BY CATCHING

Before teaching any pass start by teaching them how catch a pass as most will be afraid to catch it. This is important because some chest passes find their way to a nose and then you'll have tears and possibly crying going on. Overcome the fear of the basketball hitting them is by coaching them how to catch the ball.

Coach them to put their hands in front of their chest, not down by the waist. This is a good starting point at this age as the hands are closer to the face so the basketball doesn't hit their noses. This seems to do the trick.

BOUNCE PASS

Start everyone out with the bounce pass as they are easier to catch at this age level. Most young kids are scared of a chest pass coming at them. Put them in pairs with about 8-10' between them. Spacing may need to change based on abilities. Monitor the passing between players and keep talking about how to do it.

Learning the bounce location will take a while for kids, remind them we want the bounce to be able to land right in the recipient's chest. Not too low, too high or too wide left or right.

Begin by grabbing the ball by its ears, bring to the chest and get the chicken wings on. Next step forward and project ball out unto floor and allow it to bounce up to partner. Timing of the step and push of the ball is tough for some.

CHEST PASS

Next while still in pairs repeat the same process as bounce pass but do not bounce off floor but rather from chest to chest. Many kids will step back as ball comes but remind them about proper catching technique. Stand firm and grab it!

OVERHEAD PASS

The overhead pass may not be workable with the youngest in the group. You may want to only allow the older kids to do this pass.

Begin with feet side by side should width apart. Grab ball by the ears and begin to chest with chicken wings on. When throwing the overhead pass bring ball over top of head and step and throw ball over head to partner. These passes may become faster so this is where younger kids may become more nervous.

SHOOTING FOR K-2: (CONTINUED)



EYES ON TARGET

- Knowing where you intend to place the ball begins with your eyes focused on the basket
- To improve accuracy, locate the target (rim) as early as possible.
- Before shooting, see the whole floor, but when shooting, narrow your focus to the front of rim.
- Keep your eyes on the target and do not follow the flight of the ball.
- Keeping your target focus is very important!



ELBOW UNDER BALL

- The elbow is directly under the ball in line with the basket. Not too close or too far from the body. Do not allow your shooting arm to stick out to the side or be on an angle.
- When the elbow is straight, the ball will rest in one hand easily and can still be released straight to the target.
- Your balance hand should not add force or spin to the shot.
- The ball should start motion directly upwards from the shot pocket.
- Your elbow should be positioned comfortably under the ball.



FOLLOW-THROUGH

- Your shooting hand should be fully extended in a straight line to the rim.
- Allowed the ball to roll off your finger tips and your wrist snaps so that your fingers are pointed down and straight toward the basket.
- The ball should come off the hand with perfect symmetrical backspin.
- As shown in the picture to the left, your guide hand stays to the side and does not influence the flight of the ball.
- Hold your follow through position until the ball hits the rim.



Additional Keys

- Your wrists should be floppy (relaxed).
- Fingers should be pointed at the target (rim).

*The basics of all jump shots are the same: **Balance, Eyes on the Target, Elbow In and Under, Follow Through.** It is relatively simple; the key is doing it over and over again until it becomes second nature.*

GREAT SHOOTERS LEARN THE "RIGHT WAY" AND THEN PRACTICE IT OVER AND OVER AGAIN!

PIVOTING:

Pivoting is just spinning back and forth leaving one of your feet stationary while moving the other one.

The pivot is a fundamental skill that can get a player relief from pressure defense, and can be a great skill to have to begin an offensive move. To pivot, raise your pivot foot heel and turn on the ball of your foot. Once you choose your pivot foot, it must maintain contact with the ground until you dribble, shoot or pass. (You can go airborne to shoot or pass) If your pivot foot moves or slides and you do not dribble, shoot or pass, it is a violation called traveling, and the ball is awarded to the other team. A reverse or back pivot is when you turn backwards and when you turn forwards it is called a forward or front pivot. All players should know how to pivot 90 degrees and 180 degrees. Pivoting can be done with, or without, the ball.

Examples of when to pivot:

- > A player who receives the ball while standing still may pivot.
- > A player who ends their dribble may pivot to get a better passing lane.
- > A player without the ball may use a pivot move to fake their opponent in the direction they plan on moving. Jab step or "V" cut.

COACHING TIPS FOR PIVOTING:

- You must keep your head up and alert.
- Begin in a triple threat position, knees bent a little.
- Establish a pivot foot, your pivot point must not change.
- Your pivot foot must not slide.
- Pivots should be made on the ball of your foot; therefore, lift up the heel of the pivot foot.
- Hang on firmly to ball while pivoting.
- If your defender is in your face you must "rip" (hang on firmly) the ball when pivoting.

