

Rockville Centre Basketball League

Freshman Boys and Girls Curriculum

PARENTS PLEASE READ BEFORE REGISTRATION

- All regular season sessions will be at Watson School gym.
- Super Weekend (mid March) will be held at SSMS
- The Girls program Fall sessions (Nov & Dec) will be 9:00 AM, 10:00AM, & 11:00AM
- The Girls program Winter sessions (Jan., Feb, March) will be 2:00 PM, 3:00PM, & 4:00 PM.
- The Boys program Fall sessions(Nov. & Dec) will be 12:00N, 1:00 PM, 2:00 PM 3:00 PM& 4:00 PM
- The Boys program Winter sessions (Jan, Feb, Mar) will be 9:00AM, 10, 11,12N & 1:00 PM.
- Please consult the schedule posted on this site for your scheduled session.
- Scheduling Conflicts- In the event you cannot make your assigned session, players may attend another session of a similar gender timeslot.
- Each player will be given a uniform shirt which should be worn to each session. Please do not alter or deface your uniform shirt.
- Spectators are requested to be seated on the stage, benches are for players and coaches only.
- All siblings are to be escorted to hallway bathrooms by parents.
- Each child will be on a team with 10-12 players
- All players will be using a 28.5 girls Collegiate basketball on a ten foot rim.
- Upon completion of scheduled curriculum, participants will compete in controlled scrimmages

The Rockville Centre Basketball League Freshman Basketball

Note to Parents:

Each participant will be given a Green and Silver RVCBL 28.5 girl's collegiate basketball. Please put your name on it immediately. DO NOT BRING THIS BALL BACK TO WATSON. This ball is for at home practice. We encourage you to take the RVCBL curriculum and work with your child before and after each session. Dribbling cannot be taught in a one hour session, we expect your child to work on dribbling at home before and after attending our sessions.

COACHES: Please read this eight session agenda in its entirety before your designated session. It would also be in your best interest to read the RVCBL rules before teaching this program. The curriculum has been designed to teach in an orderly fashion. Each session has been assembled to instruct at a pace that the player can absorb while simultaneously maintaining their interest.

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Session One: Sportsmanship/Basic Offense and Defense

Explain that all teammates, opposing players, coaches and officials must be treated respectfully at all times. Tell them to respect the game, play hard and have fun.

Teach the objectives of the game while trying not to over teach the first session. Have each child play each position (guard, forward, and center) in a half court offense without defenders on the court. Assign both numbers and names to each position. Teach proper spacing.

Set up defenders in a man to man defense. Switch each child to guard the center, forward, and guard. Back to basket facing your man, see the ball is at all times. Stay between man and basket.

Rule for the Week:

Walking or Double Dribble - No stop and restart, one hand on ball. Drill: Duke passing drill (start session with this drill)

Skill for Week: Passing -

Chest pass:

Ball is thrown out of the chest with two hands

Hands are on either side of the ball

Extend arms and follow through (thumbs down)

Bounce pass:

Use two hands and extend like chest pass

Pick out spot on floor to hit so that ball comes up between the thigh and waist level of receiver (usually two thirds of the way to target.)

Work the ball to each player in a half court offense. First with the offense only on the court then with defenders. Emphasize spacing, 1 (point guard) up top, 2 and 3 foul line extended, 4 and 5 in the blocks. Five passes before a shot. Find the open man, find the open man.

Teach proper stance for on the ball defense - Feet approximately shoulder width apart, knees flexed head up hands up/out to block passing lanes. Teach basics of off-ball defense – Back to basket facing player you're guarding, stay between man and basket, see he ball. (Ball, you, man)

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Session Two:

Team play on offense / On ball - Off ball on defense Start session with Duke passing drill

Skill for the Week: Dribbling – Keep ball low, control with fingers, head up and eyes forward. Teach them to practice with both hands.

Drill: Dribbling relay race - Form four lines on one side of the gym and have players race from one end to the other and then back, using one hand in one direction and the other hand on the way back. The coach can hold his hand above his head and make the players shout how many fingers he is showing as a way to ensure they are keeping their heads up. Make the players use a nice two handed pass when giving the ball to the next player

Drill: Defensive stance and shuffle drill

Players spread out over the court in sets of four or less and assume and maintain a good defensive stance. The coach points in the direction he wants them to shuffle (right or left). The players should not cross their feet or allow them to touch. Players must keep their heads up and react quickly to the coaches commands.

Rule for the Week: Three Seconds offensive players cannot stay in the three second lane for more than three seconds without leaving the lane.

Finish practice with 5 minutes of half court scrimmaging.

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Session Three:

Basic Offense – Start session with Duke Passing Drill

Teach the basic lay-up - Concentrate on target on backboard (Orange box), extend shooting arm toward target, inside shoulder drives towards basket, do not pull away from basket, jump off foot opposite the shooting hand, drive same leg as shooting hand up toward basket. Remember many of the student athletes at this level will struggle to make the shot, just concentrate on developing good form, especially foot work.

Teach proper setting of a pick - the offensive player setting pick must remain still, feet planted and arms against their body. Set them up at the elbow and let the ball handler bring the defender to them.

Skill for the Week: Pass and Cut as quickly as possible to the basket

Drill: Lay-up drill – two lines, one dribbles in for lay-up and other gets rebound and makes good pass to shooting line.

Drill: Pass and cut drill – Two lines, one on top of the key and one foul line extended. Player at top of key has ball and makes chest pass to player in the wing, he cuts to basket and receives bounce pass back for lay-up.

Rule for the Week: Taking the ball out of bounds both feet must be completely out of bounds, 5 second violation, no movement, three feet from defender

Finish practice with 10 minutes of half court scrimmaging.

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Session Four

Basic Defense and Rebounding - Start session with Duke passing drill

Review proper stance for on the ball defense and basics of off-ball defense (back to basket, facing man, between man and basket, see the ball.) Defenders must learn to slide from side to side and move their head and arms to "get big" on defense. Defend the passing lanes, and get into position to box out and rebound.

Teach the proper box-out technique. Teach the players to locate the offensive player, rotate and assume a good box out stance, and jump for the rebound.

Skill for the Week: Boxing out

Drill: Defensive stance and shuffle drill

Drill: Boxing out drill:

Have four pairs of players spread out around the perimeter about seventeen feet from basket. (The fifth pair waits under the basket to rotate in.) The four defensive players position themselves between the basket and the offensive player, back to the basket, facing the offensive player. The coach puts up a shot; the defensive players box out and go for rebound. Teach the players to Locate the offensive player, Rotate and assume a good box out stance, and Jump for the rebound. (Locate, Rotate, and Jump!) Have the players rotate position once around then switch offense and defense and repeat. Teach them not to let rebound bounce twice.

Rule for the Week: Backcourt: offense gets 10 seconds to advance the ball to forecourt.

Finish practice with 15 minutes of full court scrimmaging.

Teach rule for week, emphasize proper spacing and do not let the players call for the ball.

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Session Five

Offense Review –

Start session with Duke passing drill Review your expectations for and the importance of good sportsmanship.

Review basic offense –

Positions (numbers) and spacing, dribbling, passing, lay-ups, setting picks, give and go.

Drill: Dribbling relay race Drill: Lay-up drill

Drill: Pass and cut drill

Skill for the Week: Proper use of Pivot Foot – teach players to hold pivot foot to create space, make sure they do not slide or change pivot foot.

Drill: Pivot foot drill:

Break players into groups of three, two passers and a defender (like monkey in the middle). Defender must converge on player with the ball who must use his pivot foot to create space to get pass off. Make sure passers are not too far from each other, rotate defender.

Rule for the Week: The Official is always right - Do not question any call from the referee, just play the game the best you can.

Finish practice with 15 minutes of full court scrimmaging. Review the three second rule, emphasize proper spacing and do not let the players call for the ball.

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Session Six: Basic Defense/Rebounding

Review - Start session with Duke passing drill.

Make sure all players understand all the actions (slapping, grabbing, and pushing) that constitute a foul.

Explain the penalty.

Review all aspects of on the ball and off the ball defense. Review rebounding.

Drill: Defensive stance and shuffle drill

Drill: Boxing out drill

Drill: Three on three drill:

Have a coach with a ball just behind foul line. Spread three offensive players out on the floor and assign three defenders to them. Make sure defenders position themselves correctly. Instruct the players on offense to move and cut to basket while defenders guard. Emphasize seeing ball and man. The coach makes pass to open man and then resets. Rotate offense and defense and new players.

Skill for the Week: Get back on defense – Teach players to run back on defense with every change of possession. Have them run back to foul line, turn around and find their man.

Rule for the Week: Back court violation (over and back) – teach players that once ball is in front court it can not go back over half court unless knocked back by defensive player.

Finish practice with 15 minutes of full court scrimmaging. Teach rule for week, skill for the week and do not let the players call for the ball.

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Session Seven: Advanced Offense - Start session with Duke passing drill.

Review basic offense – Positions (numbers) and spacing, dribbling, passing, lay-ups, setting picks, give and go, pivot foot.

Introduce the Pick and Roll play – Review proper setting of a pick (offensive player setting pick must remain still, feet planted and arms against their body.) Have player setting pick roll to the basket and receive pass for lay-up.

Teach an inbounds play – Come prepared with a play to in-bounds the ball when under your own basket and teach it to your players. (New coaches speak to commissioners for suggestions.)

Drill: Pick and Roll drill:

Have players form three lines, player on line one has ball at top of key, player from line two defends and player from line three sets a pick at the elbow. Let the ball handler bring the defender to the pick then have player roll to the basket and receive a pass. Stress fundamentals of setting proper pick. Have players rotate to all three lines.

Drill: Pass and cut drill

Drill: Pivot foot drill

Skill for the Week: Proper setting of a pick

Rule for the Week: Do not commit foul while setting pick – Young players often foul while setting a pick in one of three ways, by running into the defender, leaning into the defender or hitting the defender with their arms. Teach them not to commit a foul.

Finish practice with 20 minutes of full court scrimmaging. Stress skill for the week, use the inbounds plays you worked on and do not let the players call for the ball.

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Session 8: Basics of Shooting- Start session with lay-up drill

Fundamentals of Shooting

Demonstrate the proper handgrip for shooting:

- Spread fingers (not too wide)
- Hand should be in the center of the ball- ball should touch whole hand but not the heel of the hand
- Spread between the thumb and the next finger should form a V
- Bend wrist back (lock and load) to form a shooting pocket- again the your shooting arm should form a V – your elbow should be forward of your wrist
- Shooting foot should be pointed at the basket
- Focus should be on your target- try to use the backboard
- Non shooting hand is a guide hand and should be placed on the side of the ball ... this hand is the balance hand used to steady the ball
- When releasing the shot, snap the wrist... your shooting hand should look as if it is reaching to touch the basket
- Shoot up not out.... Make believe that you have to shoot the ball over a very tall player
- Bend you knees and use your legs when shooting... your legs will provide you with additional strength

Shooting Drill- Place a shooter at the foul and allow that player to take 3 practice shots. The second coach should review the handgrip with the next player to shoot. This a good time to set up the team for the free throw/ foul shot. Choose 5 defensive and 5 offensive players including the shooter. Place each player in the correct spot along the paint. Explain the importance of the spot in which they are place. Stress the importance of boxing out.

- Show the defensive players where they should stand and show the offensive players the same
- Remind the players that they must stay still during the shot.

The Rule of the Week: Lane Violation

Boys- Players can enter into the paint after the ball touches the rim of the basket

Girls- Players can enter the paint after the shooter releases the shot

Should a player the paint before the ball touches the rim or before the release/shot, a lane violation will be called. If the offensive player violates the rule, the offensive team will lose a shot. If the defensive team is called for a lane violation, the offensive team will receive an additional shot.

Point to stress: A shooter can be called for a lane violation.

Finish session with 30 minutes of scrimmaging. Fouls will be called during the scrimmage and fouls shots will be taken

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Session Nine:

Start the session with right, center, and left handed layups.

Review: See the ball defense all the time.

- Defending picks, Call out pick right, pick left
- Switching on picks
- Use the out-of-bounds lines to trap offensive players
- Stop the ball on fast breaks

Review: Shooting Skills

- Open Hand
- Form V with shooting arm
- Loan - Release - Follow through

Rule for the Week:

No Double teaming, strictly man to man, do not chase the ball, stay within 6 feet of man

Finish Session with 30 minute scrimmage

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Session Ten:

Start session with right, center, and left handed layups.

- Two on one defensive drill, one defender stays in paint as two offensive players bring ball into paint for shot.
- Three on two drill, two defenders three offensive players

Skill for the Week:

Taking a Free Throw:

- Position shooter - look for mark on floor
- Position offensive players
- Position defensive players to box out

Rule for the Week: Lane Violation - moving too early, ball must hit rim first

Finish session with 30 minute scrimmage.