Middle School Athletics 2014

Sixth 1 Girls Basketball

Program Goals and Plan

This program is designed to introduce the student knowledge in the areas of Basketball. It includes skills, team dynamics, and strategies related to the sport. Students will play in competitive situations using the acquired skills from practice. They will practice on days they do not have games and use proper sportsmanship and teamwork necessary to build a team. Students will learn to interact, make suggestions, work with others and address dynamic situations, which occur during competitive situations.

Program Objectives

Upon completion of this season, the student will be able to:

- Gain confidence in ball handling
- Increased physical fitness level
- Improvement in personal habits of exercise, as well as improvement of sportsmanship

Skills To Be Addressed

- All aspects of ball handling including dribbling, passing, and shooting (we emphasize ball handling at this age)
- Moving without the ball and defensive positioning
- Rules and strategies of the game of basketball

Sample Daily Lesson Plan

- 5 minutes – warm-up and stretching, layups, run laps, stretch, footwork drills
- 10 minutes – shooting drill
- 15 minutes – skill work, dribbling, passing
- 15 minutes – team concept, offense or defense
- 15 minutes – team scrimmage
- 5 minutes – conditioning