



Middle School Athletics

VA Girls Basketball

Program Goals and Objectives

The team is designed to be our top-level team at the Middle School. One of the goals of this team is to teach the girls advanced level skills so that they will have the necessary tools to move up to the next level. The league is an A-level league. The A team will play in a tournament and also play some practice games against other top teams from our area.

This program is designed to provide the student with a fun and competitive environment. Students will increase their knowledge of basketball. This includes skills, team dynamics, and strategies related to the sport. Students will learn to interact, make suggestions, work with others and address dynamic situations, which occur during competitive situations.

Upon completion of the 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

Basketball Team Function

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.

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