

Coach David Akin's "Basketball Skills/ Objectives/Tips - by Age Group"

Coaching 5-6 Year Olds

Offense:

- Shooting (Ball above the rim, balance, eyes on the basket, extend your arms up)
- Dribbling
- Passing
- Ready position

Defense:

- Defensive stance
- Zone defense (2-1-2/2-3)
- Getting back after turnover or made/missed basket

Team Development:

- Teaching players to thank their parents for opportunity
- Eye contact on coach while he is talking
- Don't talk while coach is talking (Listen with our ears, not our mouths)

Terminology:

- baseline
- sideline
- free throw line
- block
- top of the key
- wing
- elbow

Rules: (Weather enforced or not in games)

- traveling
- double dribble
- taking ball out of goal after made basket
- out of bounds
- stop play when referee's whistle blows
- where to go on a time-out
- opening tip formation
- free throw line violation
- foul-can't place your hands on the opponents

Player Characteristics:

- Hustle

Drills:

- Dribbling (standing on one knee, lay-ups)
- Defensive slide/chop your feet
- partner passing

Set Plays:

- Box on sideline or baseline in-bounds

Footwork:

- Defensive slides-don't cross feet

Shooting:

- Ball above the rim
- Eyes on the basket early