

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

Coaching 7-8 year Olds

Offense:

- dribbling the ball with dominate hand
- chest pass
- bounce pass
- correct lay-up form
- jump stops
- triple threat

Defense:

- Man-Man (stay between him and the basket)
- Zone coverage

Shooting:

- BEEF (Balance, Eyes, Elbow, Follow through)

Rules:

- traveling
- double dribble
- can't reach across out of bounds line on the throw in

Drills:

- ET's
- defensive slide passing drill

Set Plays:

- Pass and interchange

Footwork:

- Line jumps (two feet, one foot)

Player Characteristics

Game-time Situations

Life Lessons

Terminology