

Spearfish Junior League Basketball Curriculum & Goals



Summary

Spearfish Junior League Basketball strives to provide opportunities to introduce and practice fundamental basketball skills. Along with fundamental motor skills, and basic team building practices in an encouraging and noncompetitive environment. The goal of Spearfish Junior League Basketball at the 1st - 3rd grade level is to engage in activities that form a foundation and encourage continued development.

Always Fun

Encourage high-fives and smiles. Positive encouragement and interactive games. Coaches should use body language and positive reinforcement to create an enjoyable environment.

Building Skills

Creating opportunities to explore and experiment with skills in a variety of practice environments. As they advance through practice opportunities, basic fundamentals of the game will be acquired. These basic fundamentals are outlined below.

Fundamentals of Movement

Emphasis on the fundamentals of movement skills such as jogging, running, jumping, catching, and throwing will be emphasized at all grade levels. These movements need to be progressed and combined to develop agility, balance, coordination, and speed. Making sure each child gains proficiency in these basic athletic skills will enable them to develop their physical potential in later years.

Fundamentals of Basketball

Beginning to introduce the fundamental skills of basketball including: stance, footwork, dribbling, passing & shooting. Developing an enjoyment of the game is the most important ingredient in developing and motivating young players.

Technical Skill

In addition to basketball skills, young players need to be introduced to technical basketball skills. These skills involve decision making and problem solving.

Core Values

These include sportsmanship, fairness, confidence and respect. Players at this grade level may be very aware of their feelings and the feelings of others. Therefore, it is important to emphasize sportsmanship and fairness, instill confidence, and teach them to respect each other and the sport.

Developing Wellness

Spearfish Junior League Basketball encourages players to develop an active lifestyle. Participating in sports helps create healthy habits for the rest of their lives. Being active also translates to better productivity at school and overall health.

Goals

Goal 1: Skilled in a variety of motor skills & movement patterns

Hopping, Galloping, Running, Sliding, Skipping

- Perform locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
- Hop, gallop, jog, skip & slide using a developed pattern.

Jumping & Landing, Horizontal

- Perform jumping and landing actions with balance.
- Demonstrate two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings.
- Demonstrates four of the five critical elements for jumping and landing in a horizontal plane using a variety of one and two-foot take-offs and landings.

Balance

- Maintains momentary stillness on a different bases of support

Catching

- Drop a ball and catch it before it bounces twice.
- Catch a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

Dribbling/Ball Control with Hands

- Dribble a ball with one hand, attempting the second contact.
- Dribble continuously in self-space using a preferred hand.
- Dribble in self-space with preferred hand demonstrating a mature pattern.
- Dribble using the preferred hand while walking in general space.

Goal 2: Applying the knowledge of concepts, principles, strategies and tactics related to movement and performance.

Space

- Differentiate between movement in self-space and general space.

Pathways, Shapes, Levels

- Travels in three different pathways.
- Travels demonstrating low, middle and high levels.
- Travels demonstrating a variety of relationships with objects.

Speed, Direction, Force

- Travels in general space with different speeds.
- Differentiate between fast and slow speeds.
- Differentiate between strong and light force.
- Vary time and force with gradual increases and decreases.

Goal 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Engages in Physical Activity

- Actively engages and participates in physical education class, and responds to instruction and practice.

Goal 4: Exhibit responsible personal and social behavior that respects self and others.

Personal Responsibility

- Follow direction in group settings.
- Accept personal responsibility by using equipment and space appropriately.
- Practice skills with minimal teacher prompting.
- Acknowledge responsibility for behavior when prompted.
- Follow the rules and parameters of the learning environment.
- Accepts responsibility for practice protocols with behavior and performance actions.

Accepting Feedback

- Follow instructions/directions when prompted.

- Respond appropriately to general feedback from coaches.
- Accepts specific corrective feedback from coaches.

Working with Others

- Share equipment and space with teammates and coaches.
- Work independently with others in a variety of environments (small and large group, partner, team).

Rules & Etiquette

- Recognize and exhibit the established protocols for practices and games.
- Recognize the role of the rules and etiquette in coach designed practices and activities.

Safety

- Follow coach directions for safe participation and proper use of equipment with minimal to no reminders.
- Work independently and safely with equipment.

Goal 5: Recognize the value of physical activity

Health

- Recognize that physical activity is important for overall well-being.

Challenge

- Acknowledge that some physical activities are challenging/difficult.
- Recognize that challenges in physical activities can lead to success and confidence.

Self-Expression & Enjoyment

- Identify physical activities that are enjoyable, and provide self-expression.

Skill Development & Considerations

Developmental Considerations

- Cognitive
 - First exposure to sport for most participants.
 - Most important thing is to feel secure in practices and games.
 - Typically have short-attention spans and can only perform one task at a time.
 - Social development is limited, therefore the influence of peers and coaches is strong.

- Physical/Motor
 - No sense of pace...will often run until they drop.
 - Need multiple breaks during practices and games.
 - Basic motor skills of running, jumping, hopping, skipping and maintaining balance are not fully developed at this age. Making fundamentals of movement especially important for this age group.

Basketball Development Grades 1-3

Developmental Considerations

- Physical/Cognitive
 - Typically, first exposure to a team sport
 - Need to feel secure in practices and games
 - Short attention span
 - Perform tasks one at a time
 - Social development is limited
 - Influence of peers is strong
 - Limited tactical abilities
- Physical/Motor
 - No sense of pace...will run until they drop
 - Running, jumping, skipping, hopping and maintaining balance are not fully developed in this age group. Making the fundamentals of movement important at this age.
 - Need multiple breaks during practice and games.

Basketball Fundamentals

Ball Handling

- Holding a ball, balancing a ball, rolling a ball
- Bounce and catch, toss and catch
- Stationary dribble (low, medium, high)
- Walking control dribble
- Change of direction dribble
- Jogging dribble

Footwork & Passing

- Triple threat
- Pivoting basics
- Hitting the target
- Catching and receiving
- Stationary chest/bounce/overhead pass

- Pivot and pass
- Pass to a moving teammate

Shooting

- Introduce proper footwork and shooting form
 - Beep
 - Balance
 - Eyes
 - Elbow
 - Follow-through

Offense & Defense

- Offense
 - Recognize open teammates
 - Cut to the basket
 - Recognize when to dribble, pass or shoot
- Defense
 - Recognize the person you are guarding
 - Introduce staying between their man, the ball and the basket
 - Basics of rebounding

Basketball Development Grades 4-6

Developmental Considerations

- Physical/Cognitive
 - Attention span lengthens and they start to show the ability to sequence thoughts and actions.
 - They start to think ahead.
 - More inclined to want to be active than being forced to try it.
 - Demonstrate increased level of self-responsibility,
 - Start to recognize fundamental tactical concepts.
 - Crucial age for fundamental and technical skill development.
- Physical/Motor
 - Start to understand pace more (difference between jogging and running).
 - Running, jumping, skipping, hopping and maintaining balance are much more developed and can be added into combination drills at practice.

Basketball Fundamentals

- Continue to work on the basic fundamentals, while working toward advancing skills to a higher level.

- Layups
 - Jumping off one foot, and jump stop layups
- Cuts
 - Emphasize basket and straight cuts while introducing back cuts, curl cuts, and L cuts
- Shooting Form
 - Continue to focus on BEEF shooting form, with additional emphasis placed on proper footwork.
- Ball-Handling
 - Build on dribbling skills: teaching more advanced moves as applicable.
- Passing
 - Continue to work on basic passes, both passing and receiving. Introducing passing under pressure, both catching and receiving, as well as when to use different passes.
- Screens
 - Teach basic screens, how to set them and how to use them.
- Footwork
 - Continue to work on triple threat, jabs, jump stops, pivots, etc.
- Rebounding
 - Spend more time on rebounding technique and learning how and when to start boxing out and try to read the basketball after the shot.
- Spacing
 - Players at this level should have a basic understanding of the game, making spacing a little easier to work on. Incorporate spacing with cuts and screens to emphasize movement throughout the offense.
- Defense
 - Continue to emphasize basic defensive stance, slides and positioning while introducing rotations and simulating defensive situations.

Coaching Considerations

- Give short and clear directions with a “follow me” approach
- Structure practices and games to ensure success for all players
- Provide positive reinforcement and encouragement often
- Use several short activities during practice
- Emphasize confidence and familiarity with the ball
- Give plenty of encouragement and little criticism
- Primary focus is making basketball enjoyable
- Practices
 - Make practices fast paced.
 - Plan. Planning is the key to a successful and fun practice
 - Move from drills and games quickly
 - Limit time standing in lines
 - Set rules and expectations

- Practice is more fun and productive if everyone knows what is expected of them in terms of their behavior and effort.
- Rules keep practices organized and running smooth. They also keep players safe.
- Get your players attention
 - Establish a quick signal to get players attention when needed.
 - Keep talking instructions short and direct, most kids learning by participating.
- Make sure your players are successful
 - Run a mix of drills of varying difficulty so every player has a chance to succeed.
 - Verbally praise and reward success and progress.

Basketball Development Grades 7-8

Developmental Considerations

- Physical/Cognitive
 -