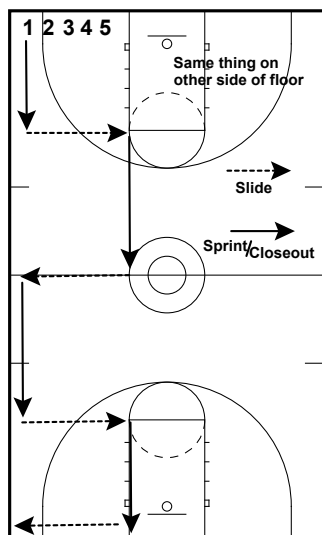


5th/6th Grade Footwork & Body Control

5th Grade Footwork & Body Control

Fullcourt Closeouts



Players begin in corners at same end

1. Players follow the pattern shown performing slides, closeouts, and sprints as indicated
2. Repeat

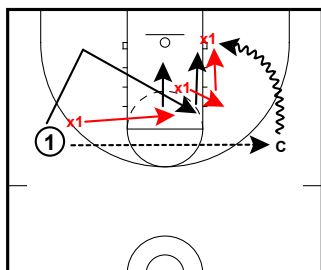
Coaching Points

- *Quick changes of direction - slides to sprints
- *2 high hands - low hips
- *Short, choppy steps on closeouts
- *No rounded corners - finish through the line

Terminology

Closeouts
2 high hands
Short, choppy steps

Flash-Front-Charge



Offensive player begins on wing with defensive player under the basket, coach begins with ball

1. Coach passes to 1, X1 closesout on 1
2. 1 skip passes to Coach, then walks down to baseline and flashes into the high post
3. X1 must deny the high flash
4. 1 then dives to the post as 1 defends
5. Coach drives ball baseline
6. X1 fights over the top of 1 to front the post, then cuts off the baseline drive by taking a charge
7. Players in line cheer and pick up the player taking the charge

Coaching Points

- *Communicate
- *Sprint to new position on pass
- *Deny the flash - hit him
- *Get to the front of the post
- *Take the charge - fall in the direction of the drive *JUICE from teammates

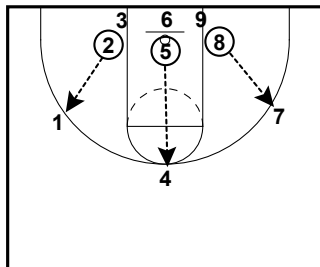
Terminology

Deny flash
Front post Sprint to the ball

5th/6th Grade Footwork & Body Control

5th Grade Footwork & Body Control

12 Second Drill



3 lines with a ball in each line

1. Offense holds ball for 4 count
2. Offense dribbles for 4 count
3. Offense holds ball for 4 count
4. Offense passes to teammate in line and follows pass to end of line

Coaching Points - Defense

1. High Hands
2. Gap Awareness
3. Hands Ball Level

Coaching Points - Offense

1. Power Position
2. Limit Ball Movement
3. Change Heights
4. Pivot Together

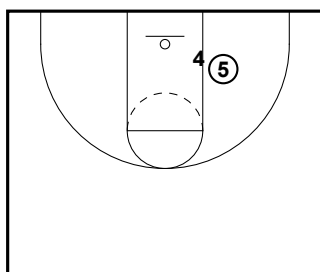
Terminology

Closeout Gap - 0,1,2,3 arms lengths

Hands ball level on catch

Power position

Partner Post Moves



Each player begins with a ball

1. Players perform post moves by air tossing to themselves while partner plays dummy defense with ball behind them
2. Post moves - Drop Step, Dribble Drop, Jump Hook, Up & Under

Coaching Points

- *Catch & Settle
- *Check Inside Shoulder
- *Aggressive & Strong
- *Finish with both hands

Terminology

Catch & settle, check inside shoulder

Drop step

Dribble drop

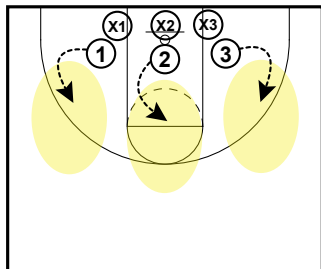
Jump hook

Up & under

5th/6th Grade Footwork & Body Control

5th Grade Footwork & Body Control

Face Up Series



Player begins under basket by air passing to self

1. Catch with back to basket, then reverse/front pivots to face-up and performs the following series of moves

2. X1 has a ball and acts as dummy defender, then becomes next offensive player.

3. 2 drives to rim each way, 2 pullups each way- Rip & Go, Shot Fake & Go, Jab & Go, Jab, Shot Fake & Go

Coaching Points

*Game Speed

*Footwork - pivot, shot fake, jab, pullup

*Change Finishes

Terminology

Game speed

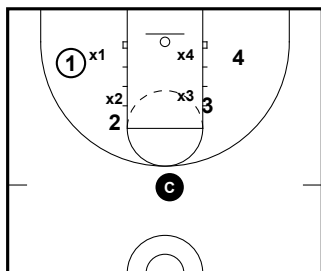
Front/Reverse pivot

Low rip

Shot fake

Jab step

Small Area Passing



4 v 4 inside 3 pt line, 1 ball

1. No shots, goal is to complete 10 passes

2. Call only obvious, intentional fouls

3. Defense can switch or stay

Coaching Points

*Take Your Space

*Power Position

*Ball Fakes

*Run through the ball

Terminology

Take your space

Power position

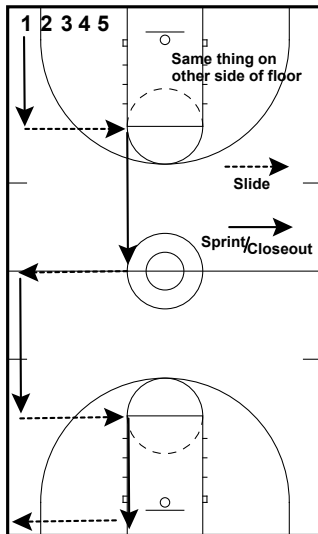
Ball fakes

Run through the ball

5th/6th Grade Footwork & Body Control

6th Grade Footwork & Body Control

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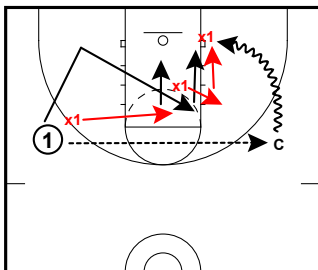
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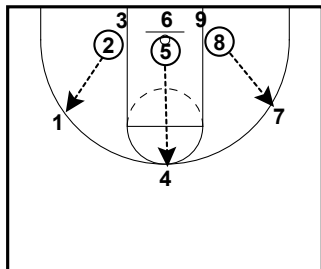
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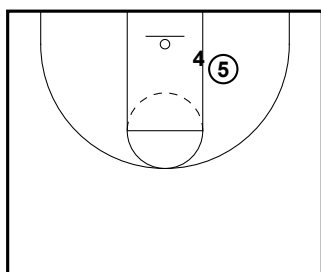
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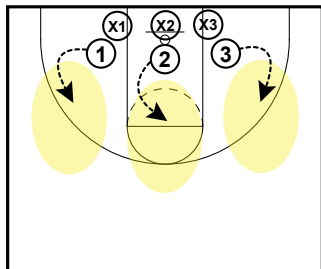
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Game speed

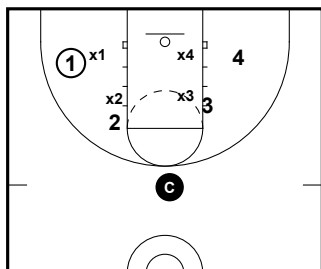
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Take your space

Power position

Ball fakes

Run through the ball