

## 3rd / 4th Grade Basketball Coaching Guidelines

Dribbling	Both hands Side to side Reverse dribble Protect ball Head up Move around obstacles Penetration
Passing	Chest pass Bounce pass Proper technique Step to target No look (not telegraphing pass)
Shooting	Lay ups!!! Proper technique 5-10 feet (shots general shouldn't be taken any further) Foul shots
Rebounding	Positioning Reaching ball at highest point Reading of shot Defensively protect ball (box out) Offensively put ball back up (shot) Outlet pass
Defense	Man to man Hands up (don't reach in) Deny pass and penetration Pick up man (not before top of key) Allow to cross half court line Move feet (shuffle) Zone
Offensive	Taking ball out of bounds Positioning In bounds play Team work Pick and roll
Game / Practice	Attempt to play everyone equally Players should learn all positions (but can focus on some primary positions) Make practices fun Learn rules Teach how to win and lose Sportsmanship (other team cheer and hand shake) Proper behavior when out of town (take pride representing Gorham) Prepare for end of year tournament