

5th / 6th 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 5-15 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 Full and half court press
Offensive	Taking ball out of bounds Positioning In bounds play Team work Pick and roll Break press
Game / Practice	Attempt to play everyone equally Make practices fun Learn rules Focus on primary positions Teach how to win and lose (some emphasize on winning at end of game) Sportsmanship (other team cheer and hand shake) Proper behavior when out of town (take pride representing Gorham) Prepare for travel teams and middle school Prepare for end of year tournament