

2nd Grade Basketball Coaching Guidelines

Dribbling	Both hands Side to side Reverse dribble Protect ball Head up Move around obstacles
Passing	Chest pass Bounce pass Proper technique Step to target
Shooting	Lay ups!!! Proper technique 5-6 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)
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)
Offensive	Taking ball out of bounds Positioning In bounds play Team work
Game / Practice	Attempt to play everyone equally Players should learn all positions Make practices fun Learn rules Teach how to win and lose Down play winning and losing Sportsmanship (other team cheer and hand shake)