## 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