

3rd - 6th Grade Girls

Basketball

Policy # XXX

Program Type: Recreational & Instructional
Program Administrator: Williston Parks and Recreation – Full Time Recreation Staff

Responsible for:

Hiring and training Program Supervisor
Hiring and Training Basketball Officials
Inventorying and ordering equipment and shirts
Recruiting Volunteers
Creating Roster and Schedules
Creating Practice Plans for All Teams
Assist with the Supervision of Day to Day operations.
Coordinating with Parks Maintenance Staff

Program Supervisor: Williston Parks and Recreation Seasonal Staff

Responsible for:

Pre-session meeting
Post practice meeting
Supervise Day to Day Operations

Coaches: Volunteers

Responsible for:

Coaching drills during practice days
Coaching teams on game days

Location: Raymond Family Community Center

Starts: Mid October

Duration: Seven Weeks

Days: 3rd and 4th Grades – Mondays & Wednesdays

5th and 6th Grades – Tuesdays & Thursdays

Times: 5:30PM – 6:30PM

Beginning of Each Session: Supervisor, coaches, and players will meet in courtside
Supervisor previews plan for the day.

Large Group Practices: 1st Four Sessions - Stations



Team Practices: Teams will practice on their own. Coaches will schedule practices.

Games: Each Team will Play Eight Games

General Program Goals: Have Fun

Teach Positive Sportsmanship

Basic Rule Goals: Understand and be able to execute the following:

1. Free Throw Alignment
2. Screens
3. Give and Go
4. Box Out

Dribbling Goals: Dribble with both the right and left hand.

Shooting Goals: Understand and execute the proper shooting Technique. Open your legs slightly wider than shoulder width apart and feel in balance with your knees bent. Square your shoulders to the basket. To test this, make sure the center of your chest is pointed at the center of the basket. Cock back the wrist on your shooting hand -- it should look like a waiter carrying a tray. Rest the ball on the top pad of your shooting hand with your middle finger in the center of the ball. The top pad of your shooting hand is the part of your hand just below your fingers and above your palm. Tuck in your shooting elbow. In other words, if you drew a line from your shoulder through the elbow, it will go toward the basket. Align your guide hand (non-shooting hand) on the side of the ball. The thumb on your guide hand should make an "L" with the thumb on your shooting hand. These thumbs should not be touching, though. Focus your eyes on the back of the rim until you see the ball go into the rim. You should not follow the flight of the ball. Bend your legs, then rise up to shoot. The strength of the shot comes from your legs. Extend your arms so that your hands are at or above your forehead as you are rising up to shoot. Release your guide hand from the ball. Propel your shooting hand forward by releasing your wrist from the cocked position. The ball is shot with this wrist release -- it is not shot with your arms. Follow through after releasing. Your follow-through should look like this:

1. Shooting hand is at or above your forehead (finish as high as



is comfortable for you).

2. Shooting hand is pointed right at target with hand pointed slightly downward (looks like a fish hook).

3. Guide hand is out to the side with palm facing you.

4. Eyes are focused on the back or front of the rim.

5. Ball should have backspin (spinning back toward you).

