







	<b>Lay-ups-Step:</b> jump with left leg, shoot with right hand. Vice versa for left hand. Focus on top corner of back-board square. Start on block, no dribble then one dribble, then 2 dribble lay-ups.
	<b>Footwork:</b> Triple Threat (dribble, pass, shoot). Catch, Pivot to the basket, both feet without traveling, balance, Jump Stops <b>Red Light Green Light</b> , Squaring to the basket by pivoting, then pivot 360 degrees properly as a drill.
	<b>Shooting:</b> It is hard for most U8's to be able to shoot to a 10' Rim. Teach them proper form but allow them to dip elbows for a stronger shot.
	<b>Ball Handling:</b> Practice dribbling with both left and right hands. Work stationary drills. Start with ball wrapping drills, around the head, waist, and legs, one leg wraps, figure 8's. Focus on fingertips and proper execution. After stationary, have them dribble and move, eyes up, allow mistakes and always encourage.
	<b>Athletic &amp; Movement Skills:</b> Teach them how to run, jump and land, skip, stop, move laterally, squat, lunge and any other basic movements. PE Teacher
	<b>Basic Passes:</b> Focus on chest, bounce and overhead passes. Elbows out, step and push the ball, finishing thumbs down. Receivers with hands out.
	<b>Play plenty of 2 on 2 and 3 on 3 games</b> to teach concepts (Dribble Keep-Away) gets the players more experience and allows them enough space to operate and use the new skills they have learned. Make sure to use plenty of age-appropriate drills and games. Scrimmage every practice if possible. Use your previous skills and drills to transfer into scrimmage. Reward when you see players practice drills into scrimmage.
	<b>Offense: DO NOT</b> use any structured or patterned offenses. First, get them comfortable on the court. They will start to figure things out on their own. Your main concern should be to have them move & not stand still. Spacing. Once players feel comfortable on the court, show them proper spacing. As they progress, you can start to introduce them to motion Offense situations. Defence, after a made shot, after a free-throw. Thinking ahead of the play. Teach spacing, how close/far do they need to be to receive a pass.
	<b>Defence:</b> Teach the basic stance defensive slide, and basic off-ball principles. Don't worry about spending as much time on defence. As they get older, you'll gradually spend more time on defence. Focusing on it 5 to 10 minutes per practice would be more than sufficient. <b>Basic Off Ball Principles:-</b> Stay between man and the ball- Always stop the ball if it is in front of you!

\*Let your players know the boundaries and consequences of actions. Follow through so they know what is expected. You will be pushed. That's normal. Communicate clearly.

## DRILL LINKS



### PIGGY IN THE MIDDLE

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

### PASSING

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

### DRIBBLING

<https://www.raidersbasketball.club/7-9-year-old-drill-videos>

# under 8's

FUNDAMENTALS	U8's
Running - Change of pace / direction	I
Stopping – jump stops & stride stops	I
Pivoting – forward & reverse	I
Court terminology	I

PASSING / RECEIVING	U8's
Catching/receiving (10 fingers)	I
Move to ball	I
Chest pass	I
Bounce pass	I
Overhead pass	
Baseball pass	
Pass fakes	

SHOOTING	U8's
Lay-up - strong hand	I
Lay-up - weak hand	I
Reverse lay-up	
Set shot	
Jump shot	
Foul shots	I
Power Lay-up	
Catch & Shoot	
Dribble & Shoot	

INDIVIDUAL DEFENCE	U8's
Defensive stance	I
Maintaining position	I
Footwork - shuffle/drop-step	I
Use of hands	I
Turning the dribbler	
Channelling the dribbler	
Man-to-Man - guarding ball handler	I
Man-to-Man - 1 pass away, 2 or more	
Defensive Triangle (pointing pistols)	
Jumping to the ball	
Close out	
Defending cutters	
Defending screens	
Defending post players	

TEAM OFFENSE	U8's
Court spacing	I
Ball movement, ball reversal	
Pass, cut and replace	
Give and go	
Dribble entries	
Screen the ball and roll	
Screen away	
Skip passes	
Back screens	
Down screens	
Cross screens	
Offensive alignments	
Fast break	
Motion offensive principles	
Zone offensive principles	

OUT-OF-BOUNDS PLAYS	U8's
Offensive baseline	
Defensive baseline	
Offensive sideline	
Defensive sideline	

REBOUNDING	U8's
Stance, positioning	
Protection of ball	
Positioning	
Offensive - power layup	
Defensive - outlet pass/power dribble	

DRIBBLING (STRONG & WEAK HANDS)	U8's
Speed dribble	I
Control dribble	I
Power dribble	
Retreat dribble	I
Change of pace/hesitation dribble	
Crossover dribble	I
Reverse (spin) dribble	
Behind back dribble	
Between legs dribble	

RULES	U8's
Scoring	I
Double (illegal) dribble	I
Travel	I
Backcourt violation	I
Jump ball - start of each half	I
Jump ball - held ball	I
Fouls - hands	I
Fouls - blocking	I
Fouls - on shooter	I
Five fouls on a player	I
Eight team fouls	I
3 seconds in key	
5 seconds guarded	
8 seconds in backcourt	
Jump balls - held ball	I
Out of bounds	I
Free throws - positions and rules	I

JUMP BALL	U8's
Positioning (offensive & defensive)	I
Technique	I
Plays	

TEAM DEFENCE	U8's
Half court - man-to-man	I
Full court - man-to-man	
Rotation principles	
Zone press	
Run and jump	
Zone defence (2-1-2, 1-2-2, 1-3-1)	
Fastbreak defence	
Trapping	



**I = Introduced**  
**R = Reinforced**  
**M = Mastered**