

**Framingham Travel Youth Basketball**  
**Evaluation Session**  
**Grades 3-5**

**1) 5 Minutes Stationary Dribbling**

Stand in athletic stance, on balls of feet, knees slightly bent. Dribble 10 dribbles at ankle, then 10 at knee, then 10 waist, then 10 shoulder, then back down. Then, switch hands. Do this several times.

\*With all ball-handling drills, stress:

A) Butt Low (A way to say this is “seat down”)

B) “Eyes Up”

C) “Pound It” (In other words, dribble the ball with strength, try to push it as if trying to make a dent in the floor.)

\*Emphasize dribbling ball on *finger pads* (Not on the palm, not on the fingertip)

**2) 5 Minutes Full Court Dribbling**

In the five minutes of full court dribbling, go up and back with right hand, up and back with left hand, up and back alternating hands, emphasizing the principles described above.

**3) 5 Minutes “Four Corner Passing”.**

Four lines, one in right corner, one on right wing, one on left wing, one in left corner. Ball is passed around the horn. Player passes, then goes to back of a different line.

Emphasize: Step and throw a chest pass. Catch and Square to the hoop before passing to next player.

**4) 5 Minutes Full Court Two Line Passing:**

One player on sideline, other player on lane line. Move down court passing back and forth, using a lateral sliding motion. Go down and back. Use chest pass and bounce pass. Emphasize leading the pass receiver, and not travelling.

**5) 5 Minutes Three Man Weave Full Court (Go Behind Your Pass).**

No shot.

**6) 5 Minutes Defensive Stance, Foot Fire, and Slides:**

STANCE: Bend knees, hands wide, palms up, don't bend at waist, fingers flexed, on toes, feet shoulder width apart.

SLIDES: Do not cross feet, do not bring feet together, do not hop, move with short, choppy, sliding steps, TALK. (Have fun with this, make noise, get them fired up).

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**7) 5 Minutes Zig-Zag Drill (See Drill Packet)**

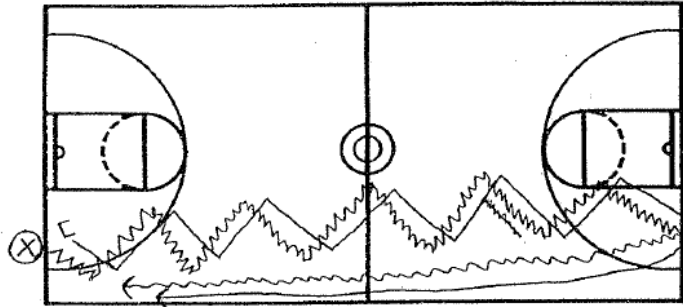
Do not use hands (hands behind back)

~~SECRET/COACH DRILL FORM~~

NAME OF DRILL: Zig-Zag

OBJECTIVES OF DRILL: 1. on ball D 4. \_\_\_\_\_  
 2. ball pressure 5. \_\_\_\_\_  
 3. pursuit D 6. \_\_\_\_\_

PROCEDURE: Off. 2-3 dribbles - change direction  
D - nose on ball - get outside shoulder - force change  
- return full speed - off. can't change hands  
~~\_\_\_\_\_~~  
 \_\_\_\_\_  
 \_\_\_\_\_



TEACHING POINTS: 1. slide - don't cross feet 5. \_\_\_\_\_  
 2. dictate - don't follow 6. \_\_\_\_\_  
 3. ~~\_\_\_\_\_~~ 7. \_\_\_\_\_  
 4. keep cross hand low - don't reach 8. \_\_\_\_\_

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**8) 5 Minutes Free Throws**

**9) 5 Minutes Lay-Ups:**

Teach Righty Lay-up off left foot, lefty lay-up off right foot.

**10) 5 Minutes Form Shooting:**

Close to Basket, one handed, ball on fingertips (not palm), elbow in (but not touching waist), wrist fully flexed, bend knees, follow through (elbow above eyebrow), flick wrist. One smooth motion.

\*The key for this to work with 3,4,5 graders is use a 28.5 basketball.

Form Shooting can be replaced with 5 minutes of a catch and shoot drill.

**11) 10 Minutes Scrimmage**