

## **2013-14 CGAA 3<sup>rd</sup>-4<sup>th</sup> Grade Girls Basketball Outline**

**Objective:** The girls will learn the basic terms of basketball. They will all have the opportunity to play point guard and run the offense during game play. They will all learn the basics of man to man defense including how to play "help" defense. They will all be encouraged to shoot using the BEEF format with one hand.

### **BASIC FUNDAMENTALS THAT EACH GIRL SHOULD KNOW AFTER THIS YEAR:**

1. They will be able to dribble competently with their strong hand and be able to crossover dribble to their weak hand as needed.
2. They will learn to set a pick.
3. They will learn how to "switch" on defense when necessary and know how to help on defense when needed.
4. They will be encouraged to shoot with one hand.
5. They will be able to throw and catch a chest pass.
6. They will know how to correctly position themselves on defense between their girl and the basket.

### **Terms to Teach:**

Dribble- Crossover and Reverse

Double Dribble

Chest Pass

Bounce Pass

Traveling

Shot

B.E.E.F. (acronym)

- **B**alance- athletic balancing and positioning of the body to set up for a shot.
- **E**lbow- elbow bent and in a straight line under the ball.
- **E**ye- eyes looking above the target or basket that you are shooting at.
- **F**ollow Through- hand in a follow through position after the shot is made (backspin created).

Triple Threat Position

V-cut

Man to Man Defense

Halfcourt Line

Help Defense

Halfcourt Circle

Defensive Shuffle

Basket

Rebound

Backboard

Foul

Guarding Someone

Violation

Staying between the basket and your player

Pick (setting one)

Blocking Out

Pick and Roll

Free Throw

Give and Go

Free Throw Lane

Pivot

3-Point Line

Out of Bounds