

# 5th Grade Boys Basketball



**ROSTER: Bottom Left to Right - J.D., Jake Harrington, Alex Berry, Tayten Lizama, Rock Foristiere  
Second Row: Nick Crisler, Joe Reilly, Chris- Allan Desert, Dominick McTeer, Andoni Odencrantz, Isaac Alsop**

Dear 5<sup>th</sup> Grade Boys Basketball Parents,

Welcome to St.Marks 5th Grade Boys Basketball 2011. I am excited to be coaching your boys this year in basketball. Our goal is to have every boy experience success while having fun and learning more about basketball.

My focus is to develop basic fundamentals through teaching the major skills needed to play basketball. The major skills I will be working on are as follows: Shooting, passing, dribbling, footwork (offensive and defensive), rebounding, knowledge of offensive system, knowledge of defensive systems (man to man), conditioning and stretching (sport specific).

Thank You,  
Ally Gorney

#### The content of the program includes

- Dribbling drills utilizing both hands
- Jump shooting and lay-up drills
- Offensive and Defensive footwork drills/ combined with conditioning
- Breakdown of offense into drills utilizing the movements in our system and building upon them until the whole offensive system is achieved
- Man to man defensive drills pertaining to our defensive system
- Rebounding and outlet drills leading to transition offense
- Passing drills utilizing the three common passes, first with no pressure and then under duress
- Sport specific conditioning drills

**TEAM PARENT: LISA LIZAMA - Lisa will be coordinating team snacks and drinks for games as well as transportation to the games.**

**INFORMATION on website: [www.agorneyfitness.yolasite.com](http://www.agorneyfitness.yolasite.com)**