



PRACTICE PLAN# EEO01

PRACTICE PLAN

ELEMENTARY (ages 8-13)

EARLY SEASON TEACHING AND CONCEPTS

Before practice huddle

Today's emphasis.

What are we focusing on today?

Reminders.

Team culture and full effort.
Point out positive examples.

First drill is...

Team cheer!

After practice huddle

Revisit emphasis.

Give positive examples.

How can we get better?

Be positive about it.

What's next? (What, where, when)

Team cheer!

Notes

Note to self: Set the tone, bring the energy and stay positive.

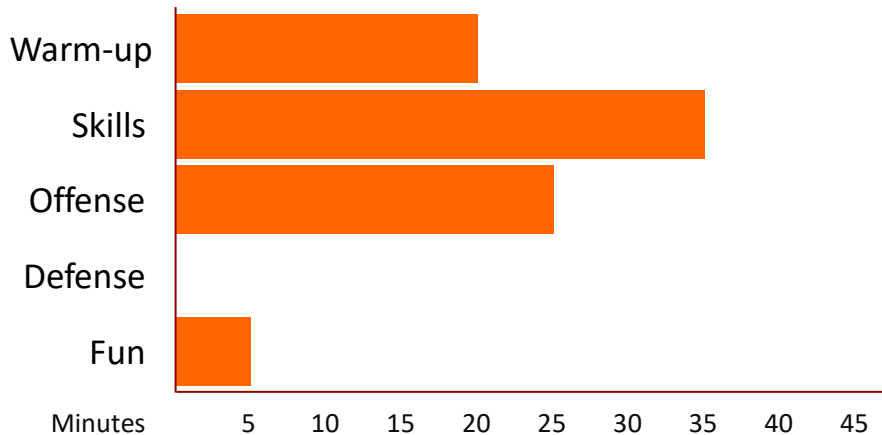
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Click the links below to see the drills

- 0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)
- 0:10 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)
- 0:20 [Shooting Drill - Side to Side With Rebounder](#) (Skills)
- 0:30 [Ball Handling Drill - Knock Out Game](#) (Skills)
- 0:37 [Finishing Drill - Timed Layups](#) (Skills)
- 0:45 DRINK BREAK
- 0:50 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)
- 1:00 [Offensive Drill - 1-2-2 Motion Offense Spacing](#) (Offense)
- 1:25 [Shooting Drill - The Game of 'Bump'](#) (Fun)
- 1:30 Team Huddle - End of Practice

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