



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.

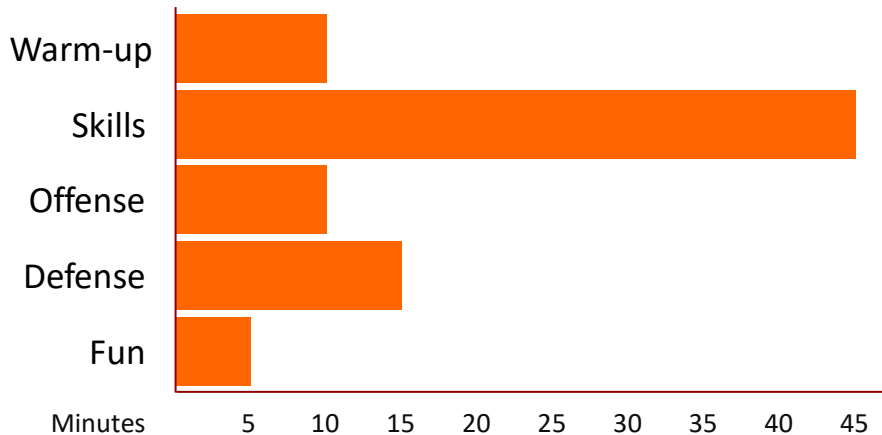
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Click the links below to see the drills

0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)

0:10 Split players into two groups. (Skills)

Post players: [Post Play Drill - Low Post Moves With No Defender](#)

Wing players and guards: [Shooting Drill - Full Speed Pull-Ups](#)

0:20 [Defensive Drill - Closing Out](#) (Defense)

0:35 [Fast Break Drill - Secondary Break](#) (Skills)

0:45 DRINK BREAK

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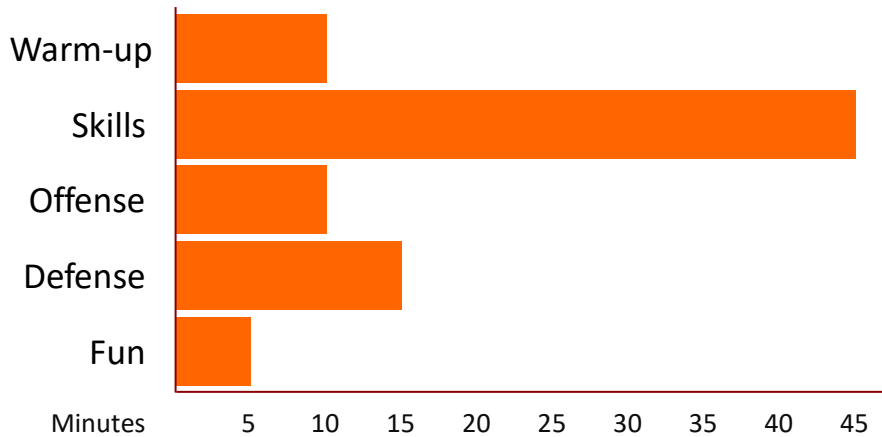
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Click the links below to see the drills

0:50 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)

0:57 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)

1:05 [Rebounding Drill - Full Court Challenge](#) (Skills)

1:15 Play Full Court 5-on-5 - controlled, with fast break ==> use concepts from drills above (0:20, 0:30, 0:40, 0:55) (Offense)

1:25 [Shooting Drill - The Game of 'Bump'](#) (Fun)

1:30 Team Huddle - End of Practice

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