



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.

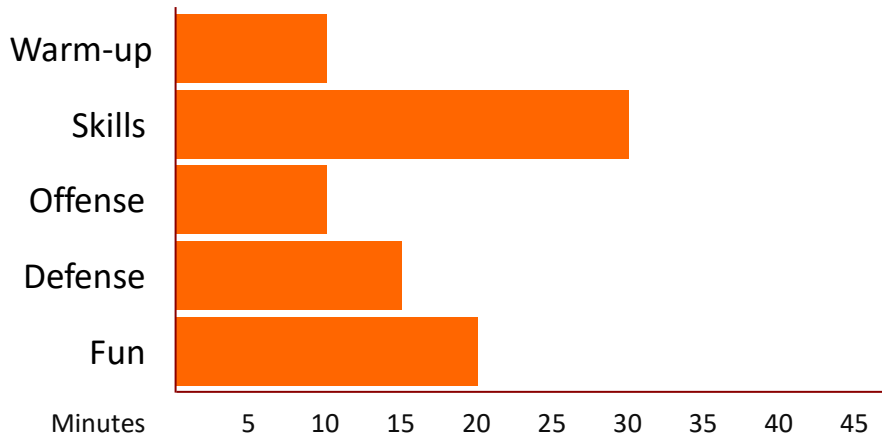
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Click the links below to see the drills

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

0:10 [Fast Break Drill - Secondary Break](#) (Skills)

0:20 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)

0:30 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)

0:40 DRINK BREAK

0:45 Play Full Court 5-on-5 - controlled, with fast break ==> use concepts from drills above (0:20, 0:30, 0:40) (Offense)

0:55 Play Full Court 5-on-5 - controlled, with fast break ==> focus on defensive transition, offense must push to challenge defense (Defense)

1:10 [Ball Handling Drill - Relay Race](#) (Fun)

1:20 [Shooting Drill - The Game of 'Bump'](#) (Fun)

1:25 [Ball Handling Drill - Knock Out Game](#) (Fun)

1:30 Team Huddle - End of Practice

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