



PRACTICE PLAN

ELEMENTARY (ages 8-13)

MID-SEASON, REINFORCING GOOD HABITS

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.

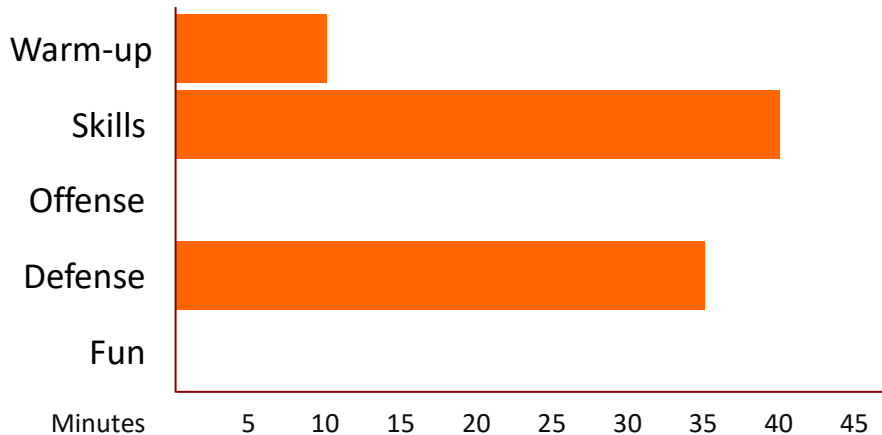
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Click the links below to see the drills

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

0:10 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)

0:20 [Fast Break Drill - Full Court 5 on 3](#) (Skills)

0:30 [Finishing Drill - Timed Layups](#) (Skills)

0:40 DRINK BREAK

...continued on page 3

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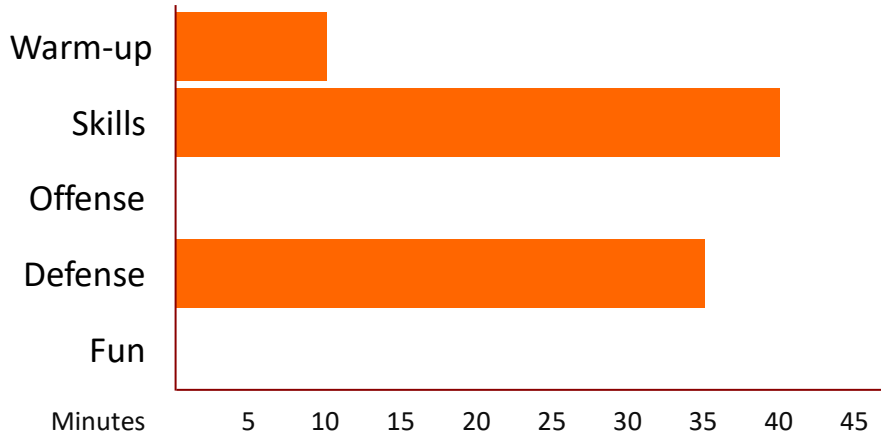
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...continued from page 2

Click the links below to see the drills

0:45 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](#)

0:55 [Defensive Drill - Closing Out](#) (Defense)

1:05 [Defensive Drill - Shell Drill](#) (Defense)

1:15 Play Full Court 5-on-5 - controlled, with fast break ==> focus on defensive transition, offense must push to challenge defense (Defense)

1:30 Team Huddle - End of Practice

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