



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.

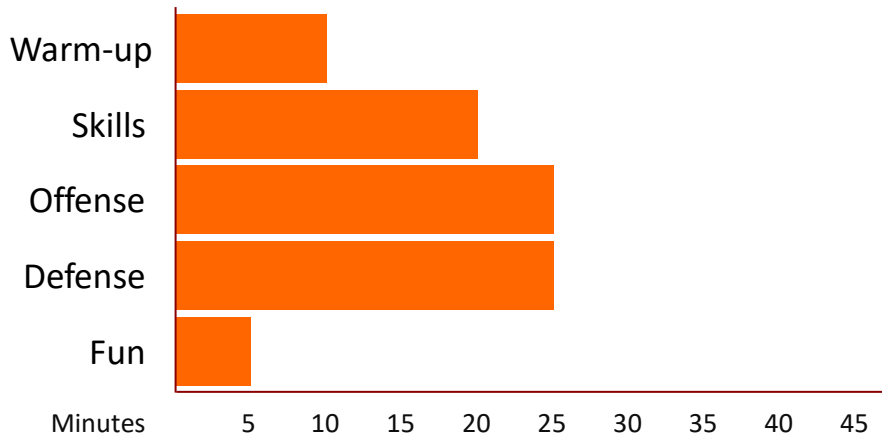
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Click the links below to view the drill.

- 0:00 [Passing Drill – Four Balls, Six Locations](#) (Warm-up)
- 0:05 [Passing Drill – Two Line Defensive Closeouts](#) (Warm-Up)
- 0:10 [Defensive Drill – Timed Side Shuffles](#) (Skills)
- 0:15 [Defensive Drill – Closing Out](#) (Defense)
- 0:20 [Defensive Drill – Shell Drill](#) (Defense)
- 0:30 [Reading Defense Drill – Screen Down, One Defender](#) (Skills)
- 0:40 [Finishing Drill – Timed Layups](#) (Skills)
- 0:45 DRINK BREAK

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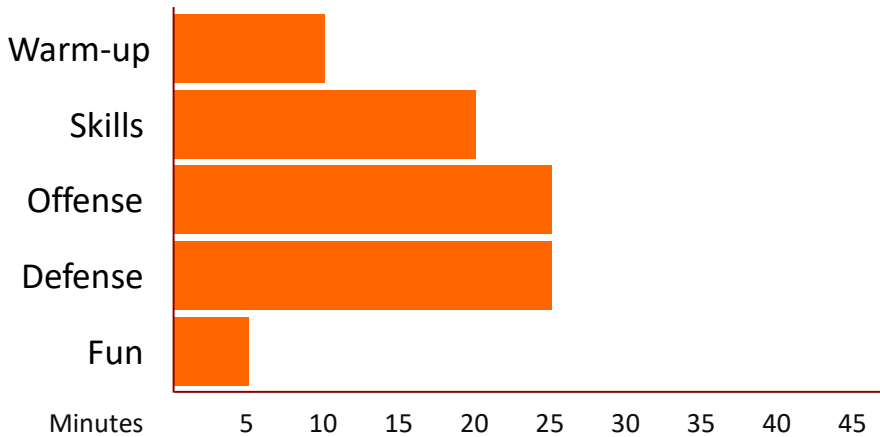
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Click the links below to view the drill.

0:50 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man but no defense) (Offense)

0:58 [Run Through Three Sideline Out of Bounds Plays](#)
(vs zone but no defense) (Offense)

1:05 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach and use baseline plays vs man to man and zone (Offense)

1:15 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach defensive principles ==> use concepts from drills above (0:10, 0:15, 0:20) (Defense)

1:25 [Ball Handling Drill – Relay Race](#) (Fun)

1:30 Team Huddle – End of Practice

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