



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.

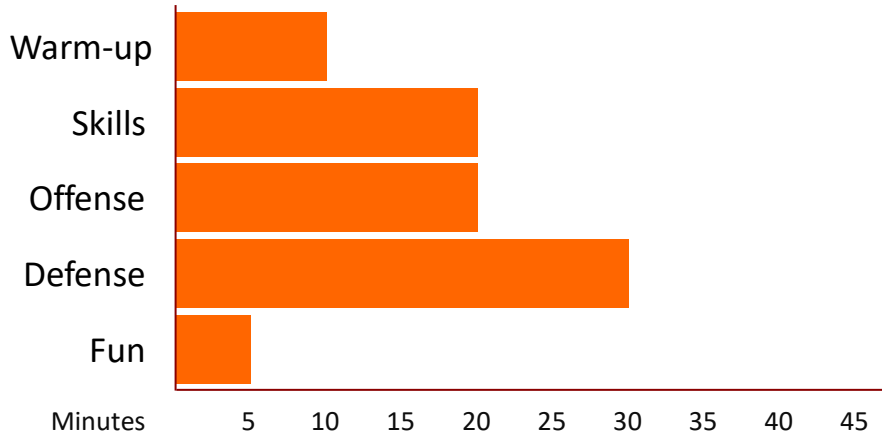
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Click the links below to see the drills.

0:00 [Passing Drill – Four Balls, Six Locations](#) (Warm-up)

0:10 [Passing Drill – Two Line Sprints](#) (Skills)

0:15 [Defensive Drill – Timed Side Shuffles](#) (Skills)

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

0:30 [Defensive Drill – Shell Drill](#) (Defense)

0:40 DRINK BREAK

...continued on page 3

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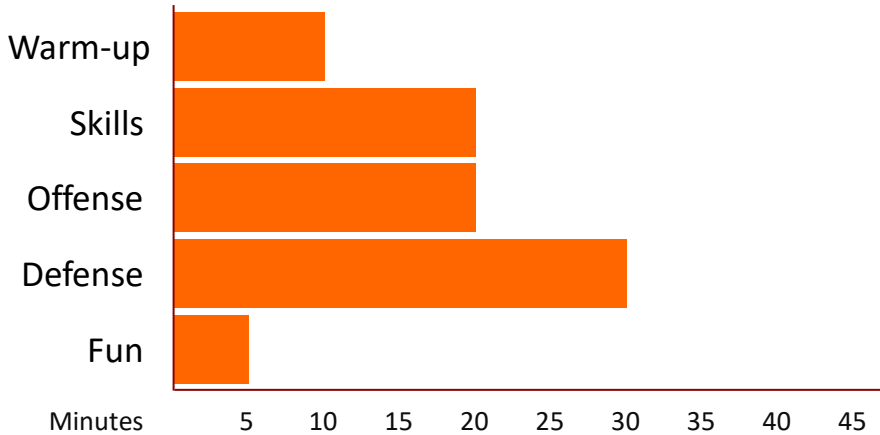
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...continued from page 2

Click the links below to see the drills

0:45 [Reading Defense Drill – Screen Down, One Defender](#) (Skills)

0:55 [Run Through Half-Court Offense or Three Set Plays](#)
(vs man to man but no defense) (Offense)

1:05 [Run Through Half-Court Offense or Three Set Plays](#)
(vs zone but no defense) (Offense)

1:15 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach defensive principles ==> use concepts from drills above (0:15, 0:20, 0:30) (Defense)

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

1:30 Team Huddle – End of Practice

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