



# 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.

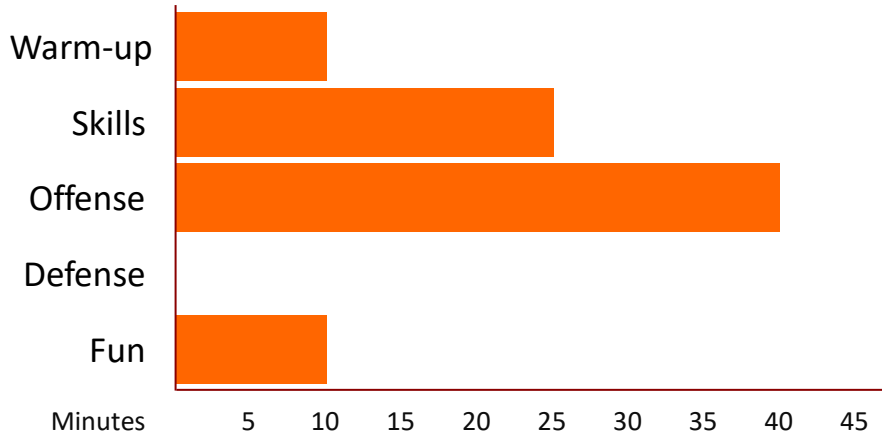
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Click the links below to see the drills.

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

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

0:15 [Shooting Drill – Rapid Fire From Sidelines](#) (Skills)

0:25 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](#)

0:35 [Offensive Drill – 1-2-2 Motion Offense Spacing](#) (Offense)

0:45 DRINK BREAK

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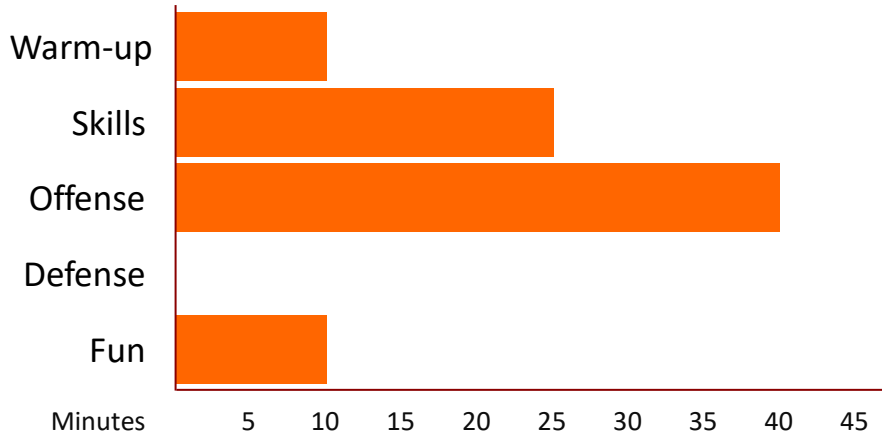
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Click the links below to see the drills

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

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

1:05 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach and use baseline and half-court plays vs man to man ==> use concepts from drill above (0:35) (Offense)

1:20 [Ball Handling Drill – Relay Race](#) (Fun)

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

1:30 Team Huddle – End of Practice

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