



# 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.

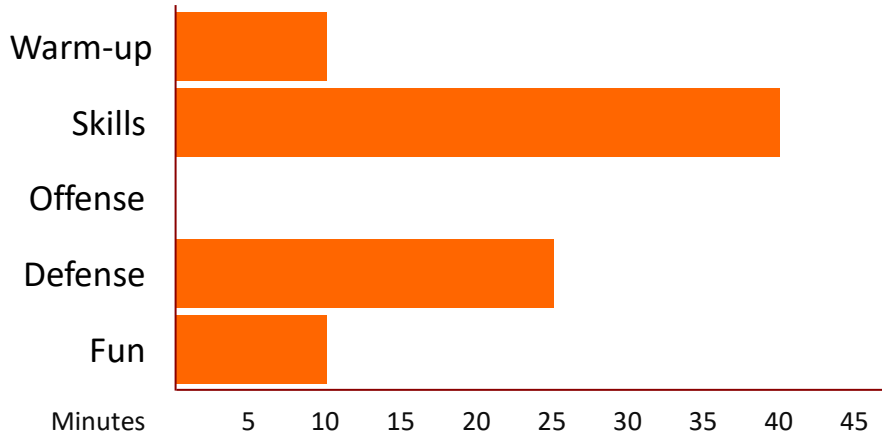
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### MID-SEASON, REINFORCING GOOD HABITS



Click the links below to see the drills.

0:00 [Ball Handling Drill – Straight Lines With Two Balls](#) (Warm-up)

0:05 [Passing Drill – Two Line Defensive Closeouts](#) (Warm-Up)

0:10 [Shooting Drill – Five Ball Full Court Shooting](#) (Skills)

0:20 [Fast Break Drill – Secondary Break](#) (Skills)

0:30 [Fast Break Drill – Full Court 5 on 3](#) (Skills)

0:40 DRINK BREAK

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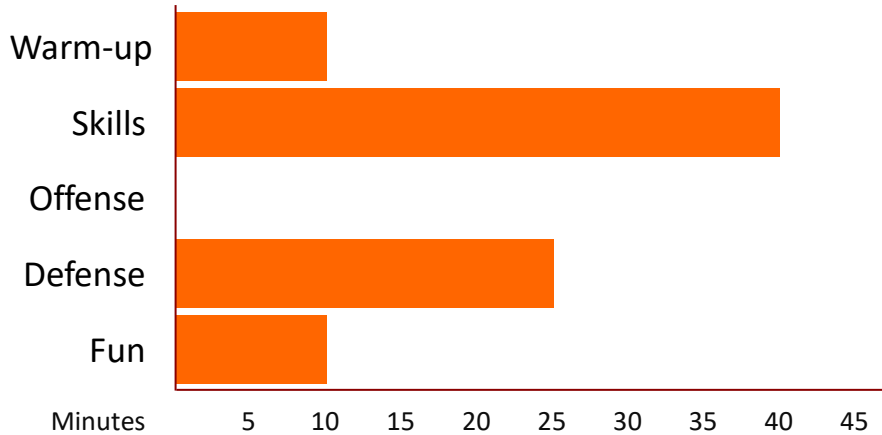
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Click the links below to see the drills

0:45 [Defensive Drill – Closing Out](#) (Defense)

0:50 [Defensive Drill – Shell Drill](#) (Defense)

1:00 [Rebounding Drill – Full Court Challenge](#) (Skills)

1:10 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach defensive principles ==> use concepts from drills above (0:25, 0:35, 0:50, 0:55) (Defense)

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

1:25 [Shooting Drill – The Game of ‘Bump’](#) (Fun)

1:30 Team Huddle – End of Practice

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