



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.

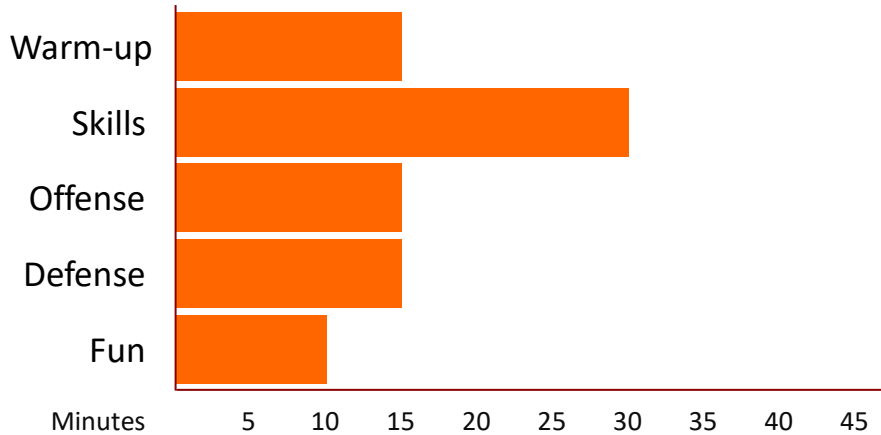
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Click the links below to see the drills.

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

0:05 [Ball Handling Drill – Two Ball Zig Zags](#) (Warm-up)

0:10 [Passing Drill – Two Line Defensive Closeouts](#) (Warm-Up)

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

0:25 [Finishing Drill – Timed Layups](#) (Skills)

0:35 [Rebounding Drill – Full Court Challenge](#) (Offense)

0:45 DRINK BREAK

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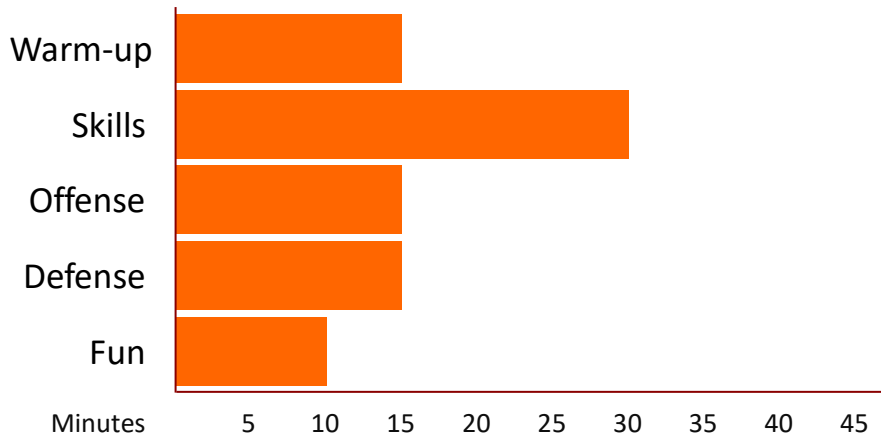
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Click the links below to see the drills

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

0:55 [Defensive Drill – Shell Drill](#) (Defense)

1:05 [Run Through Baseline Out of Bounds Plays](#)
(vs zone with defense) (Offense)

1:10 [Run Through Half-Court Offense or Three Set Plays](#)
(vs zone with defense) (Offense)

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

1:30 Team Huddle – End of Practice

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