



PRACTICE PLAN# ME003

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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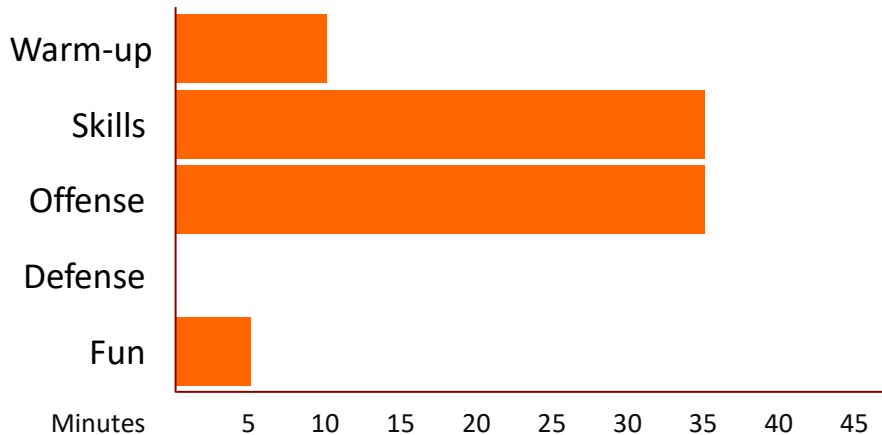


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Click the links below to see the drills

- 0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)
- 0:10 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)
- 0:17 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)
- 0:25 [Fast Break Drill - Full Court 5 on 3](#) (Skills)
- 0:35 [Finishing Drill - Timed Layups](#) (Skills)
- 0:45 DRINK BREAK

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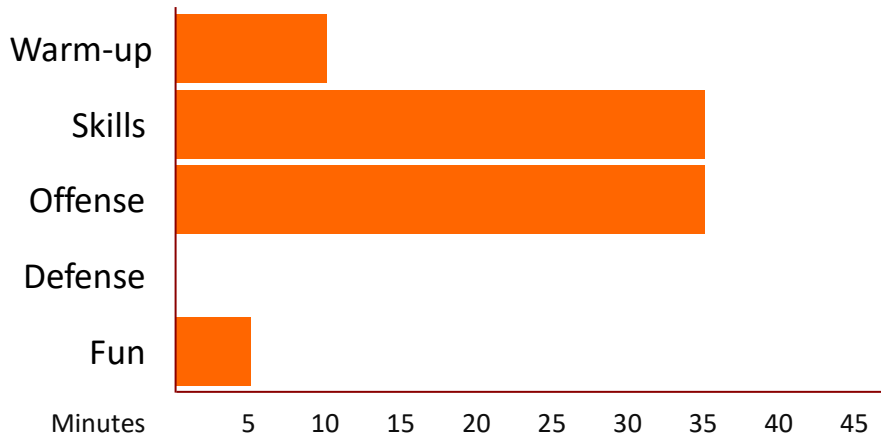


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Click the links below to see the drills

0:50 [Run Through Half-Court Offense or Three Set Plays](#)
(vs man to man, but no defense) (Offense)

1:00 [Run Through Half-Court Offense or Three Set Plays](#)
(vs zone, but no defense) (Offense)

1:10 Play Full Court 5-on-5 - controlled, with fast break concepts (0:10, 0:17, 0:25) and set plays practiced above (0:50, 1:00) (Offense)

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

1:30 Team Huddle - End of Practice

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