



# PRACTICE PLAN

## ELEMENTARY (ages 8-13)

### EARLY SEASON TEACHING AND CONCEPTS

#### 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.

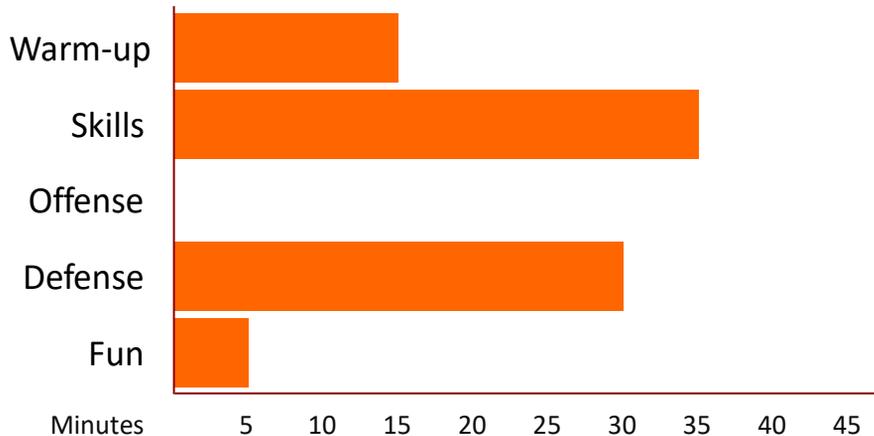
PLAYS • DRILLS • FORUM • COURSES • PODCAST • ARTICLES



# PRACTICE PLAN

## ELEMENTARY (ages 8-13)

### EARLY SEASON TEACHING AND CONCEPTS



Click the links below to see the drills

- 0:00 [Ball Handling Drill - Two Ball Zig Zags](#) (Warm-up)
- 0:08 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)
- 0:15 [Finishing Drill - Timed Layups](#) (Skills)
- 0:25 [Rebounding Drill - Full Court Challenge](#) (Skills)
- 0:32 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)
- 0:40 DRINK BREAK
- 0:45 [Shooting Drill - Side to Side With Rebounder](#) (Skills)
- 0:55 [Defensive Drill - Shell Drill](#) (Defense)
- 1:25 [Shooting Drill - The Game of 'Bump'](#) (Fun)
- 1:30 Team Huddle - End of Practice

PLAYS • DRILLS • FORUM • COURSES • PODCAST • ARTICLES

