



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.

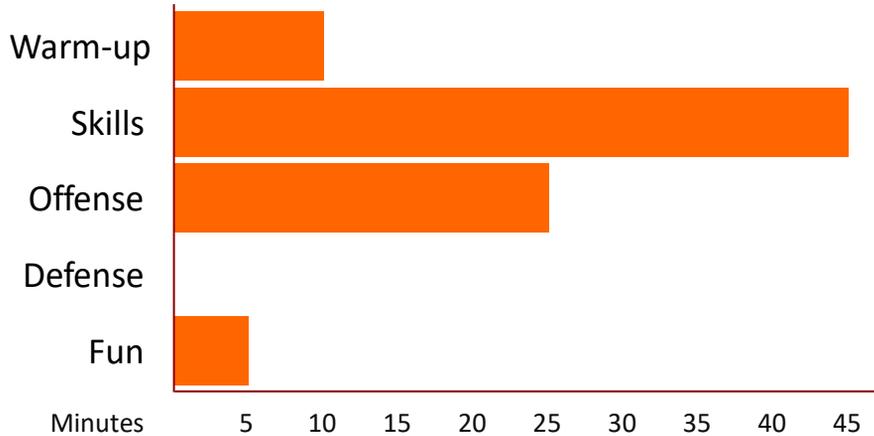
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Click the links below to view the drill.

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

0:10 Split players into two groups. (Skills)

Post players: [Post Play Drill - 'George Mikan'](#)

Wing players and guards: [Shooting Drill - Full Speed Pull-Ups](#)

0:20 Split players into two groups. (Skills)

Post players: [Post Play Drill - Low Post Moves With No Defender](#)

Wing players and guards: [Shooting Drill - Side to Side With Rebounder](#)

0:30 [Shooting Drill - Two Lines With Rebounder](#) (Skills)

0:40 [Defensive Drill - Timed Side Shuffles](#) (Skills)

0:45 DRINK BREAK

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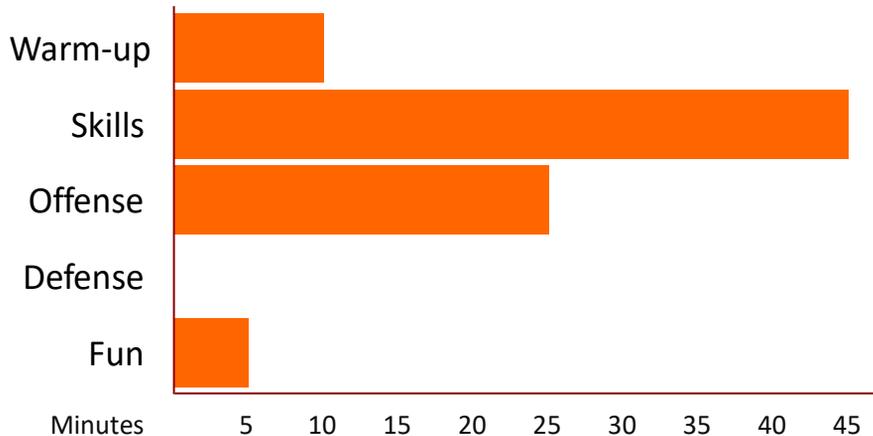
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Click the links below to view the drill.

- 0:50 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man but no defense) (Offense)
- 0:58 [Run Through Three Sideline Out of Bounds Plays](#)
(vs man to man but no defense) (Offense)
- 1:05 [Run Through Half-Court Motion Offense or Three Set Plays](#)
(vs man to man but no defense) (Offense)
- 1:15 [Finishing Drill - Timed Layups](#) (Skills)
- 1:25 [Ball Handling Drill - Relay Race](#) (Fun)
- 1:30 Team Huddle - End of Practice

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