

Week 1 Practice Plan – Grades 5 & 6

Start

0:00 Ball Handling – Stationary Dribbling

Everyone has a ball and stands in an athletic stance.

Dribble with right hand using fingertips and flick wrist, keep ball between knee and hip height.

After 30 seconds switch to left hand

Repeat right hand and left hand again, encourage players to pound the dribble hard while keeping it low.

Add crossover dribble, behind the back, between the legs

0:05 Ball Handling – Dribbling on the Move - Have 3 or 4 lines of 2

Dribble left hand across the space you have – have the 2nd person in line go when 1st person gets halfway.

Dribble right hand across the space you have

Do this until they show improvement, then add crossover when they get halfway across the space

If you want to challenge them show them between the legs, behind the back, or spin.

(When doing a spin move, the player shouldn't switch hands until they've completed the spin)

0:10 Stationary Passing - Players partner up, 1 ball and face each other 10-15 feet apart

Teach players to step and throw a bounce pass. Pass should come from waist height, hands on the side of the ball, push the ball with a motion that makes your fingers go out and thumbs down. Players will want to throw bounce pass from forehead.

After throwing bounce pass, teach chest pass. Encourage them to throw it "to them, not through them".

During games kids always want to throw overhead passes, but their teammates typically can't catch those passes. If you can teach players to throw bounce passes around defenders they will experience much more success.

Lastly teach a push pass. 1 hand on side of the ball and other hand behind the ball.

Better for passing around a defender.

For all passes, players should do a tiny hop as they catch ball and step as they pass.

0:15 Pivot Passing – Have your partners make lines of 2, first person in line needs a ball

Person in line dribbles out 10 ft and jump stops and faces the direction they were running.

Next the player picks up 1 foot and pivots (forward or reverse) to turn and look at their partner, then pass (bounce/chest/push) to partner.

Partner repeats dribble out and jump stop pivot while first person returns to start to get the pass.

Add defense to pass around

- 0:20 Practice Layups – Everyone gets a ball
Layup Progression
Have the players shoot layups on both sides of hoop jumping off inside foot and shooting with outside hand. If players refuse to use the correct hand give them 2 basketballs to hold on to and force them to use 1 hand.
Advanced players can do reverse layups, inside hand layups, etc
Stress to players to always use the backboard.
- 0:30 Shooting
Have half of the team get a ball and start in 1 corner. The other players without a ball scatter around the hoop 10 ft away. 1st person in line passes the ball to a player without the ball and that player passes to the next player without the ball until the ball makes it all the way around the hoop and the last player shoots.
Each player moves to where their pass went to rotate.
- 0:35 Follow Your Pass
1 ball and 2 single file lines facing each other 10 ft apart. Pass to the line your facing, see how long you can go without a mistake. After you pass you run across to the line you threw to.
- 0:40 Pass and Basket Cut
1 line at the top of the 3 point line and 1 line on the wing. Pass to the wing and cut to the basket and get the ball back for a layup.
- 0:45 Shooting
2 lines (1 each FT lane line) facing the hoop at a distance players can shoot from. First player shoots then rebounds and passes back to line they shot from.
- 0:50 Play 3 on 3 or 4 on 4 half court
Explain basic rules (travel, double dribble, out of bounds) Talk about what happens in a real game after a team scores. Talk about what it would mean to play half court defense. Talk about what it means to guard your man, but always see the ball while guarding your man.
- 0:58 End of Practice
Remind Families of Game Time and Location
Pass out game shirts - pay attention to names and sizes

Week 2 Practice Plan – Grades 5 & 6

Start

0:00 Ball Handling – Stationary Dribbling

Everyone has a ball and stands in an athletic stance.

Dribble with right hand using fingertips and flick wrist, keep ball between knee and hip height.

After 30 seconds switch to left hand

Repeat right hand and left hand again, encourage players to pound the dribble hard while keeping it low.

Add crossover dribble, behind the back, between the legs

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Dribble right hand across the space you have

Do this until they show improvement, then add crossover when they get halfway across the space

If you want to challenge them, show them between the legs, behind the back, or spin.

(When doing a spin move, the player shouldn't switch hands until they've completed the spin)

0:10 Partner Passing to live 1 on 1 - Partner up, 1 ball

Have players 15 ft away from each other at the opposite end of the court from the hoop.

Players run to the hoop passing back and forth 3 times. After the 3rd pass the partners play each other 1 on 1.

0:15 Pivot Passing – Have your partners make lines of 2, first person in line needs a ball

Person in line dribbles out 10 ft and jump stops and faces the direction they were running.

Next the player picks up 1 foot and pivots (forward or reverse) to turn and look at their partner, then pass (bounce/chest/push) to partner.

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Add defense to pass around

0:20 Practice Layups – Everyone gets a ball

Layup Progression

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Advanced players can do reverse layups, inside hand layups, etc

Stress to players to always use the backboard.

0:30 Shooting

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Each player moves to where their pass went to rotate.

0:35 3 on 3 or 4 on 4 Shell Defense

Have offense stand outside 3 point line and defense inside guarding their player.
Teach players that when the ball is on the opposite side of the floor they should stand in the FT lane area seeing both the ball and their man. Offense passes the ball around the perimeter when coach says so and defense moves. No dribble or shooting.
Defense should move as the ball moves, talk ("Ball!", "Gap!", "Help!") and ALWAYS see ball and man

0:40 Pass and Basket Cut

1 line at the top of the 3 point line and 1 line on the wing. Pass to the wing and cut to the basket and get the ball back for a layup.

0:45 Shooting

2 lines (1 each FT lane line) facing the hoop at a distance players can shoot from. First player shoots then rebounds and passes back to line they shot from.

0:50 Play 3 on 3 or 4 on 4 half court

Explain basic rules (travel, double dribble, out of bounds) Talk about what happens in a real game after a team scores. Talk about what it would mean to play half court defense. Talk about what it means to guard your man, but always see the ball while guarding your man.

0:58 End of Practice

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Week 3 Practice Plan - Grades 5 & 6

0:00 Dribbling

Using the length of your space have players dribble full speed left and right hand repeatedly. Next in a zigzag manner have players dribble twice in 1 direction before doing a crossover and going in a different direction. Every 2 dribbles do a crossover. Repeat drill with spin, between the legs, and behind the back as their ability allows. On the spin move the player should take their dribbling shoulder backwards to initial the spin and switch hands after spinning.

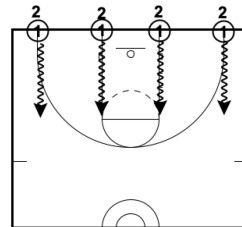
0:05 Dribble Knockout

Everyone has a ball and dribble around keeping your ball safe while trying to knock away your opponent's ball. Last player left wins.

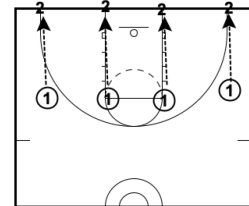
0:10 Pivot Passing – start without d and add d (just have lines of 4 and 2nd person in line follows player 1 out and plays defense on the pass after the player pivots.)

Teach “Fake a pass to make a pass” after footwork is correct.

In single file lines (of 2-3 players) the first person has a ball and dribbles out, jump stops (land quietly), pivot (move 1 foot only) so you're facing your line and pass to the next person in line.



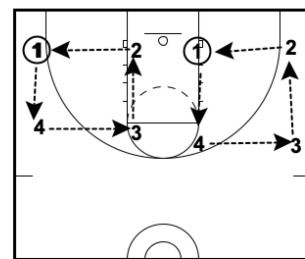
Dribble out, jump stop facing the way you dribbled, then pivot



Work on chest, bounce, push passes. After pass player 1 goes back to the line to get a pass from 2.

0:14 Passing

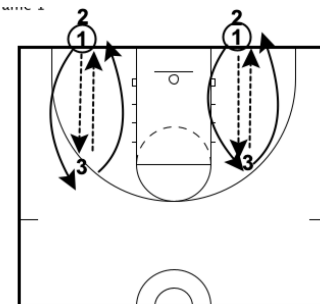
Make 2 squares or triangles with players 15 ft apart. Have the players throw bounce passes around their shape as quickly and accurately as possible. The idea is to get the players to move the ball quickly just like they need to in a game.



Have the 2 groups compete to move the quickly. Catch with 2 hands, pivot, pass.

0:18 Continuous Passing

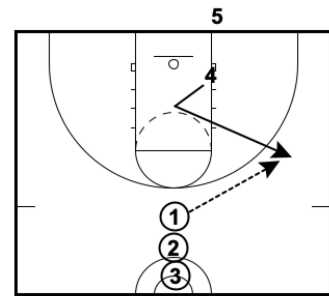
Have players get in groups of 3 or more. 1 person in group needs to be 15 ft in front of the other two with the players facing each other. The ball is in front of the line with 2. Throw a chest pass to the player across from you and run to their line. The goal is to make as many passes as possible without the ball hitting the ground. Next, add a dribble when you catch before throwing. We want to train to become efficient/quick at going from the dribble to the pass.



Pass and follow your ball to the line across from you.

0:22 Wing Entry (initiating the first pass)

Have half the players with a ball at half court, have the other half without a ball with a player on the free throw lane block (or under the basket). As the player with the ball dribbles up by half court the player by the basket "V" cuts into the ft lane and then pops out by where the ft line extended would meet the 3 point line. Dribbler passes to the cutter as he gets open and the cutter catches and rips the ball through to dribble in for a layup. Younger teams may start with the coach making the pass. Encourage bounce passes in this scenario. Demand players catch the ball with 2 hands and look at the rim before dribbling.



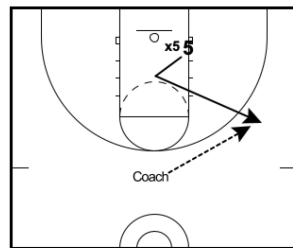
Player 4 v cuts and catches the ball on the wing. 4 then squares up and drives to the basket for a layup. Switch lines.

0:30 Play 2 on 1 (or 3 on 2 for older groups) from half court.

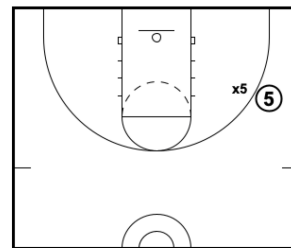
Defense starts inside the 3 point line and offense up by half court. Teach the ball handler to drive until defense stops him/her and then pass to the open player. Avoid shooting jump shots, encourage layups.

0:36 Wing entry drill to 1 on 1. Have a coach pass in younger groups.

Have O/D start under the hoop and work on popping out to get open. Once coach passes to offense it's like 1 on 1. Offense needs to score in 4 dribbles or less. Emphasize catching the ball with 2 hands and looking at the rim BEFORE dribbling. Then the player could shot fake, jab fake, etc before trying to score.



Player V cuts to get open. Coach or player passes as O gets open.



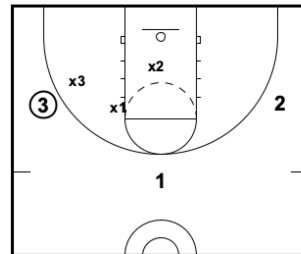
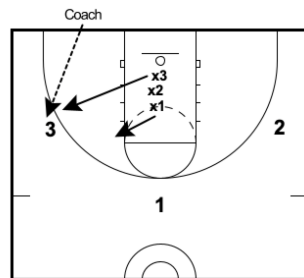
Catch 2 hands, pivot to hoop and then live 1 on 1. 4 dribbles or less.

0:44 Play 3 on 3 or 4 on 4 with no dribbles.

Players can't dribble so defense should play aggressive deny defense. Defense should only guard their player. This drill is to help the offense learn to move and pass. Encourage them to throw primarily bounce passes. Offense gets a point for every pass, defense gets to play offense if they get a steal. On a steal throw the ball to coach and everyone resets to know who is on offense vs defense. Play to a score like 20 or 30 points. If the offense scores a layup they earn 10 points and keeps the ball. Players will need to learn that if they are not open they need to move to create passing angles or space for someone else to cut to the ball. Help players see that the drill is easier for offense when the ball moves quickly and players aren't holding onto it. This only happens if players are continuously cutting in space as their teammates catch a pass.

0:50 Play live 3 on 3 off of a structured start

3 offense outside the 3 point line and 3 defenders in a single file line inside the ft lane. Coach passes to offense and players on d must talk about who they are guarding and immediately match up. If the ball is on the left side of the floor the defenders on the right side should slide to the middle of the floor to be in position to help. Never let 2 players guard 1.



Defenders are in their help side positions
notice x2 didn't need to move.

0:55 Finish practice playing 3 on 2 or 4 on 3 half court. Teach players to pass to the open player on offense. On defense teach players to always:

- #1. Protect the basket.
- #2. Guard the most dangerous player (the one with the ball – even if it's not your player)

Week 4 Practice Plan - Grades 5 & 6

0:00 Ball Handling Drills

- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover, between legs, behind back when changing direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary or on the move. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

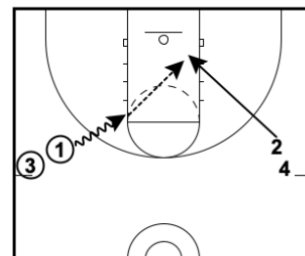
0:12 Pull Up Jumpers Skill Work

Using all the hoops you have and everyone has a ball.

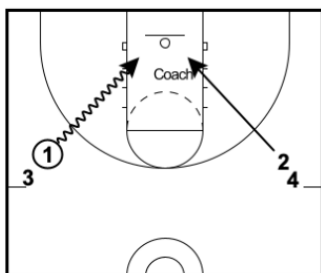
Teach players the 1 dribble 3 step pull up jumper. Going right, step right foot forward and ball dribbles outside right leg, then long step with left foot and short step with right foot to get to balanced shooting position. Kids will want to take extra steps and dribbles so make them go slow and learn the proper footwork. After a few minutes switch the left, footwork is opposite from going right (Left, right, left steps). Start by the 3 point line so pull up is near FT line.

0:18 Partner Layups

Have players work on passing the ball with the correct timing so a teammate can catch and shoot a layup without dribbling while both players are on the move



0:23 Decision Making Layups (Let a player be defense, if capable)

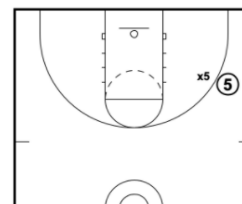


1 dribbles in and if coach stops 1 with his chest then 1 passes to 2 for a layup. If coach doesn't stop 1 then 1 shoots a layup.

0:28 Wing Entry



Player V cuts to get open. Coach or player passes as O gets open.

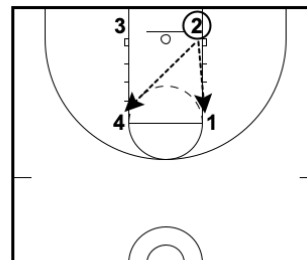


1. Catch 2 hands, pivot to square up to hoop
2. After mastering timing and ability to get open do the same drill but finish with live 1 on 1.

0:33 Play 1 on 1 or 2 on 2 with a coach always being available to pass to on offense. The purpose here is to encourage players to pass to the open person. Do not allow double dribbles or travels in this drill because they should always have an open coach to pass to. After a pass players need to basket cut to create space for another person to cut to their vacant spot or get themselves open.

0:40 2 on 2 Rebounding Practice

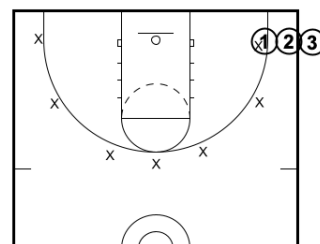
Players on baseline pass the ball out to an offensive player on the elbow and box out until they know where the rebound goes and then go get the ball. Players often run under the hoop before they know where the rebound is going. Defender must let shooter land before boxing out.



2 passes to 1 or 4 and then 2 and 3 run out and box out 1 and 4.

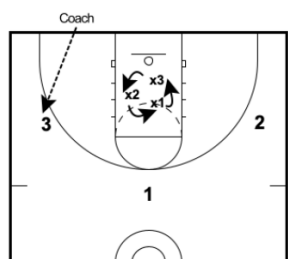
0:45 Inside hand layup practice

Players dribble in and shoot layups from all 7 spots marked in the diagram. We are practicing inside hand layup. Dribble with outside hand and jump off outside foot and finish with inside hand using the backboard each time. Most frequently used on baseline drives or in transition when defender is trailing.



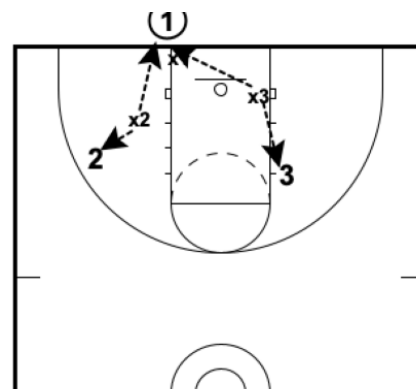
Dribble outside hand
Jump off outside foot
Reach with inside hand and score off

0:50 Play 3 on 3 or 4 on 4 from a chaotic start. Have the defenders circling around so they don't know who they are guarding before the play starts. The coach passes to anyone on offense.



Defenders walk in a circle before coach passes the ball. Players must learn to talk about who they have based on where they are on the court. Sometimes we must scramble to make sure the ball gets guarded by the closest player to the ball since the player with the ball is the most dangerous player.

0:57 Teach everyone how to guard the ball when offense takes it out under their own basket. Always stay between your player and the basket, while seeing both ball and man. Let each team play offense for a few inbounds plays.

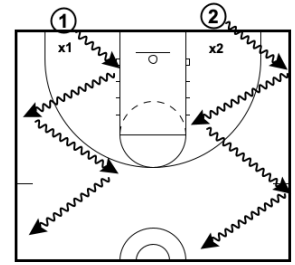


Defenders should be slid to the ball and dotted lines show vision of ball and man in peripheral vision. Hands in passing lanes

Week 5 Practice Plan - Grades 5 & 6

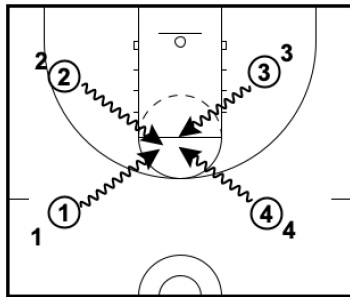
0:00 Ball Handling Drills

- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover each time you change direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.



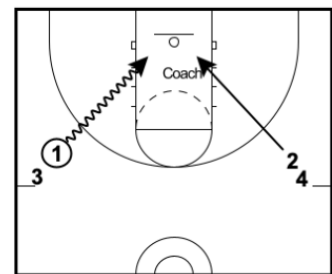
Defense shuffles and tries to keep chest in front of dribbler and force them to turn. No steals. Dribbler working on ball handling. Switch who had the ball when they come back.

0:15 4 to center pivot passing



Requires 8 players, but can use triangle with 6. All of the people in the front of the line have a ball. All 4 with ball dribble to center, jump stop, pivot (forward or reverse) and pass to the left. You can also have them pass right, you pick the type of pass (chest/bounce).

0:23 Decision Making Layups - have players play d in place of coach



1 dribbles in and if coach stops 1 with his chest then 1 passes to 2 for a layup. If coach doesn't stop 1 then 1 shoots a layup.

0:28 Wing Entry to 1 on 1 (add defender on passer)

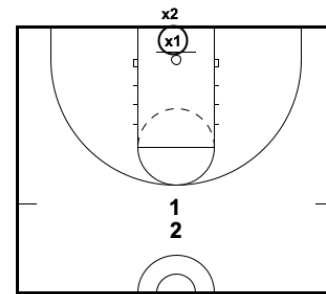


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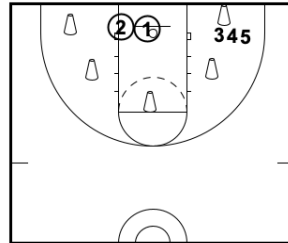
1. Catch 2 hands, pivot to square up to hoop
2. After mastering timing and ability to get open do the same drill but finish with live 1 on 1.

0:33 1 on 1 closeouts



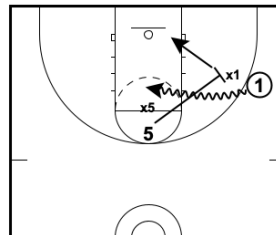
x1 rolls ball to 1 and x1 closes out to 1. Closeout out = sprint halfway then chop your steps (get low) and yell "ball" as you keep your hands out wide. Deter the shot, but expect the drive.

0:40 Shooting Practice

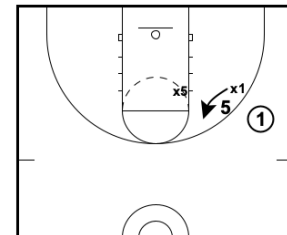


2 people under the hoop, pass out to the single file line and the catcher shoots. Make a certain number from each cone and work your way around. Can also add 1 dribble pull ups or rip through and go layups off of this drill. Rebound your own shot and become a passer underneath after shooting.

0:45 2 on 2 Ball Screen Practice



Ball Screen Teaching Tips. Person with the ball MUST wait for the screener to become set. Screener set the screen low enough the D goes over the top. Dribbler go off the shoulder of screener. Screener roll as soon as dribbler attacks your shoulder.



Defensive teaching point: Make sure x5 sags off enough for x1 to fight under the screen. Often x5 is tight to 5 and it turned into a double screen. You can switch screens, but typically you want your best defender on their best player.

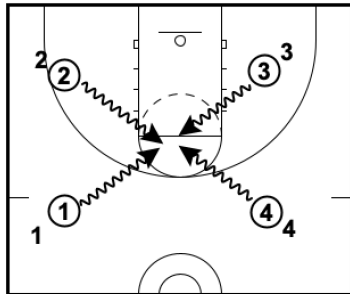
0:52 Play 3 on 3 or 4 on 4

Week 6 Practice Plan - Grades 5 & 6

0:00 Ball Handling Drills

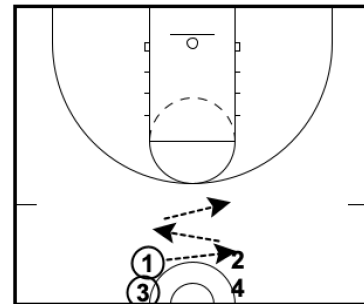
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- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

0:15 4 to center pivot passing (partner dribble out and pivot passing if you don't have enough)



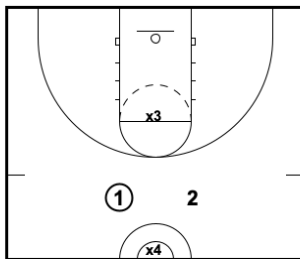
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0:20 Partner Passing to 1 on 1



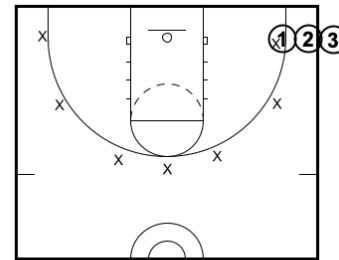
1 and 2 pass back and forth while moving toward the hoop. On the 3rd catch 2 will go to the basket and 1 will play defense.

0:25 2 on 1 with a chaser



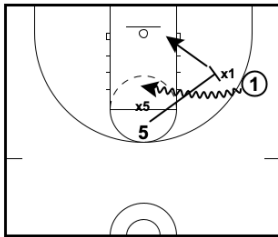
Player 1 and Player 2 go 2 on 1 vs x3. x4 is chasing so offense needs to attack quickly. Player with the ball should attack for layup until D stops dribbler with their chest and then pass for a layup.

0:30 Inside Hand Layups:

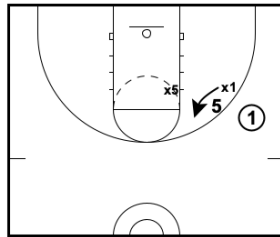


Dribble outside hand
Jump off outside foot
Reach with inside hand and score off backboard

0:38 2 on 2 Ball Screen Practice

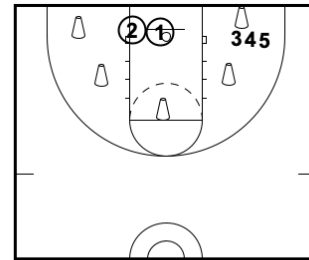


Ball Screen Teaching Tips. Person with the ball MUST wait for the screener to become set. Screener set the screen low enough the D goes over the top. Dribbler go off the shoulder of screener. Screener roll as soon as dribbler attacks your shoulder.



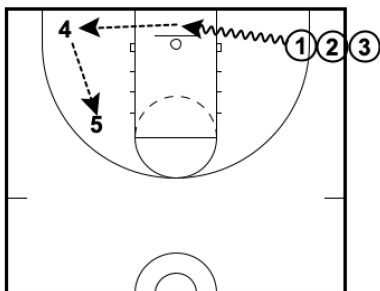
Defensive teaching point: Make sure x5 sags off enough for x1 to fight under the screen. Often x5 is tight to 5 and it turned into a double screen. You can switch screens, but typically you want your best defender on their best player.

0:44 5 spot Shooting - Make a competition (2 hoops)



2 people under the hoop, pass out to the single file line and the catcher shoots. Make a certain number from each cone and work your way around. Can also add 1 dribble pull ups or rip through and go layups off of this drill. Rebound your own shot and become a passer underneath after shooting.

0:48 Extra Pass Shooting



Ball starts in corner and dribble drives to the lane. Jump stop and throw a pass to opposite corner who then immediately touch passes to the elbow area for a shot. This ball movement will help you beat teams that chase the ball. Rotation is everyone follows their pass and shooter take ball to the end of the line.

0:52 Play 3 on 3 or 4 on 4

Start where they have to pass or where you pass to them getting open

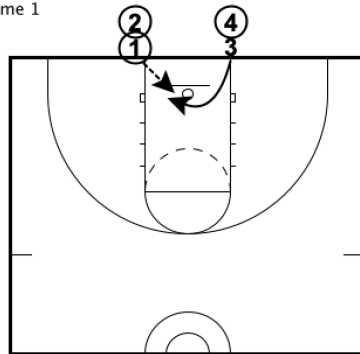
Week 7 Practice Plan - Grades 5 & 6

0:00 Ball Handling Drills

- Dribble the length of the practice space multiple times.
- Zig-zag dribble using a crossover each time you change direction
- Stationary dribbling - controlling the ball over a line each dribble.
- Partner up and do 2 ball dribble - stationary. Have the balls bounce at the same time then have the balls bounce at alternating times.
- Dribble knock out games in a small space
- Sharks & Minnows - dribble across the space and have a shark without a ball trying to steal the ball. If the ball gets away or double dribble the player becomes another shark.

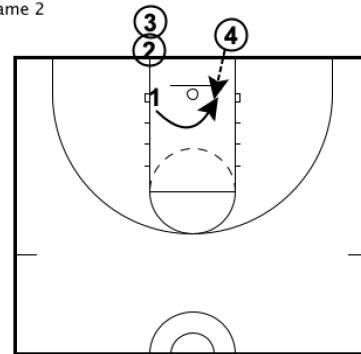
0:15 Cut Behind Layup Shooting Progression - Everyone has a ball except the first person. Use more than 1 hoop.

Frame 1



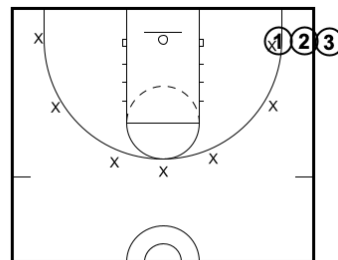
Cut behind the person you pass to and loop around for a layup and work your way out to FT line after multiple repetitions.

Frame 2



Double-click here to edit
Frame Description

0:20 Inside Hand Layups

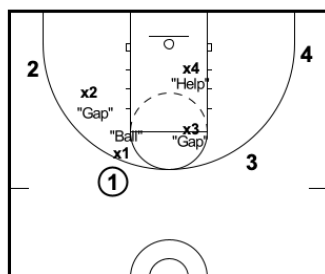


Dribble outside hand
Jump off outside foot
Reach with inside hand and score off
backboard

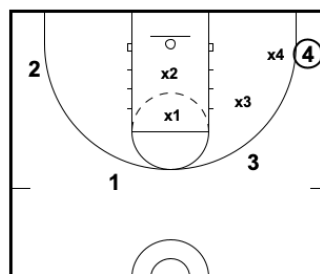
0:25 3 on 2

Have 3 offense at half court attack against 2 defenders. Last two offensive players to touch the ball stay for defense after they are down and all others return to half court to fill a spot.

- 0:30 Shell defense - Have 4 offense and 4 defense (or 3 on 3) Teach all the defensive locations depending on where the ball is. Have offensive players be stationary, no steals, and pass only when you tell them to so you can teach proper positioning.

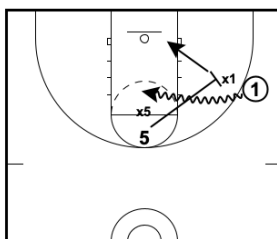


Players should ALWAYS see ball and their player. Players 1 pass away are in "Gap" and players 2 passes away should be on the mid line of the court in "Help". Players should be talking while on D.

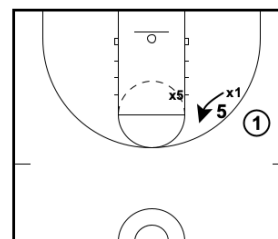


Defense rotates as the ball moves, not after the catch

- 0:35 2 on 2 Ball Screen Practice - Add 1 Off and 1 D off opposite side of the floor if you want to teach about helpside defense.



Ball Screen Teaching Tips. Person with the ball MUST wait for the screener to become set. Screener set the screen low enough the D goes over the top. Dribbler go off the shoulder of screener. Screener roll as soon as dribbler attacks your shoulder.

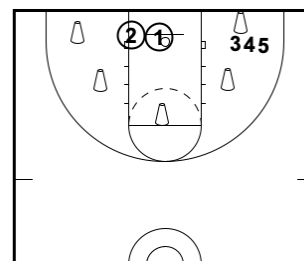


Defensive teaching point: Make sure x5 sags off enough for x1 to fight under the screen. Often x5 is tight to 5 and it turned into a double screen. You can switch screens, but typically you want your best defender on their best player.

- 0:40 5 Spot Shooting Competition - 5 makes each spot/2 hoop competition

- 0:45 Play 3 on 3 or 4 on 4 with no dribbles.
Pass is +1, basket +10, play to 50 points.

- 0:52 Play regular 3 on 3 or 4 on 4
Call all double dribbles and travels



2 people under the hoop, pass out to the single file line and the catcher shoots. Make a certain number from each cone and work your way around. Can also add 1 dribble pull ups or rip through and go layups off of this drill. Rebound your own shot and become a passer underneath after shooting.

- 0:58 Thunder & Lightning