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4th grade basketball practice plan

PRACTICE PLANS SKILLS CHECKLIST Welcome to the Starter Level practice plans. At the Starter Level, the fundamental skills will be honed and expanded upon while the players develop an understanding of what it means to be a part of a team. Download a full practice plan to review and study Download a one-page practice plan to fit your clipboard Review the interactive plan below complete with videos Positive Coaching Alliance (PCA) shares that teamwork is all about trust, and trust is a key component to any team. Whether it's your family, your friends, your co-workers later in life or your basketball teammates at any level, trust is critical. You want to be able to trust your teammates (especially to call out screens!), and you want your teammates to trust you. As you work to build a team that trusts each other, remember you have to give trust to get trust, and once you have trust, teamwork is second nature. Warming up is an extremely important part of basketball. Players should make sure their bodies are prepared to play by getting their muscles loose and their body temperature up. Warming up can keep players healthy, lengthen playing careers, and help players do their best. Walk around the court with the players and identify spaces on the court (half court, 3-point line, sideline, and more). Have the players repeat the names of each area you identify. Coach calls out a movement and a line or space on the court for the players. Example: "High Knees to the baseline!" Movements: Forward/Backward/Lateral March, Forward/ Backward/Lateral Skip, High Knees, Quick Feet. Incorporate movements from other sports: swimming arms, skating action, long jump, cricket or baseball swing or soccer ball dribble. TECHNICAL LOAD Let players decide their own movements. SOCIAL LOAD Players partner up and move in different ways while forming a chain and holding hands. Teach the players about the court while incorporating fundamental movement skills. Using cones or other objects, create a diamond in the half court with a cone in the center. At least two players must start in the first line with one ball. Create multiple diamonds to minimize standing. The player with the ball dribbles to the cone in the center of the diamond. The player completes a jump stop and forward pivots to face the next line and completes an overhead pass. The passer then follows their pass and joins that line. The player that received the pass then dribbles to the center cone and repeats the drill. After one minute, switch to a new pivot: Forward pivot left, forward pivot right, reverse pivot left, reverse pivot right. SOCIAL LOAD Players must call out the name of the player they are passing to. PHYSICAL LOAD After players complete an overhead pass, they must run to the closest wall or designated line before returning to the next cone. Ensure players come to a complete jump stop before passing. Players must stay low and balanced when pivoting. Ensure the players make eye contact before passing and the receiver shows their hands as a target. ▶ + – All players need a basketball (or share) and should stand on the sideline. Players should bend their knees and begin dribbling back and forth swinging the ball from right to left and quick below the knees. After 20 seconds, the player will dribble at knee level and continue for another 20 seconds. Last, the player will dribble the ball higher swinging it from side to side for 20 more seconds. TECHNICAL LOAD Have the players get into pairs and stand a short distance apart facing each other. One partner will be the leader and crossover dribble low, middle or high. The other partner will try to mirror the leader. The leader will continue to change the level of the dribble in an effort to "lose" the other partner. Switch partners and continue. As players improve, add in 1, 2, or 3 dribbles before each crossover. Partners will have to mirror the stationary and crossover dribbles. Keep the players in a good stance with their chest and eyes up. Remind them to use their fingertips and push the ball back and forth from side to side with quick dribbles to improve coordination and ball control. (1 x 3 minutes with variations) ▶ + – Divide the group into even groups. Place five cones from sideline to sideline in a straight line for each group. The first player in each line will have a ball. The player will dribble through the cones in a zig-zag motion switching hands as they change directions all the way past the last cone and then stop. Once the player is half way through the cones, the next player can begin. After all the players in the group have dribbled through the cones, the first player will repeat the process by going back through the cones in the opposite direction. TECHNICAL LOAD Have one or two players act as defenders and stand in place of the cones in each line. The defender will either jump in the path of the ball-handler or stay in their position. If the defender jumps in the path, the ball-handler switches hands as they change directions. If the defender stays in place, the ball-handler continues on their path to the next cone. COMPETITIVE LOAD Make this a relay race. The first team to finish wins! Make sure the players are staying low and controlling the dribble. The players should also be pushing off their outside foot to change directions. Create teams of four players each. Everyone needs a basketball. Player 1 starts on the baseline. Player 2 starts at the free throw line and is the "chaser". Player 3 starts at mid-court. Player 4 starts on the opposite baseline from Player 1. When coach says go, Player 2 (chaser) tries to tag Player 3 before Player 3 makes it to the baseline where Player 4 is waiting. If Player 3 makes it to the baseline, Player 4 becomes the new chaser and chases Player 2. Player 2 now reverses course and tries to get to baseline where Player 1 is. If any chaser tags the player they are chasing before they cross the baseline, their roles immediately switch (the player being chased becomes the chaser). DELOAD Remove basketballs or shorten the court distance. COMPETITIVE LOAD Each player keeps track of how many times they have caught and tagged another player in a game. The top four "catchers" form a new team for the next game. TECHNICAL LOAD Players must only dribble with their off-hand. This can also be used as an individual load to challenge advanced players. Have the players partner up with a basketball at a basket. The players should stand within a few feet of the basket and put the ball in their dominant hand in front of them. Have the players lift the ball in that one hand so that their elbow is underneath it and their palm is facing the sky. When the player is ready, they should extend their knees and arms at the same time to shoot for the basket. Have the players watch until the shot goes through the basket or misses. Have the players start with their knees bent, elbow in and extend their follow-through with their elbow high and wrist flipped so that the ball has good arc and rotation. Have the players partner up with a ball and setup at various points around the 3-point line. The coach starts in the lane and assigns a number to each pair. One partner, the defender, will stand just inside the 3-point line and face the basket in a stance. The other partner is on offense and will stand behind them with the ball and touch the ball to the back of the player in front. When the coach calls out a partner group's number, the offensive player pulls the ball off of their partner's back and attacks the hoop. Once the offense pulls the ball off the defensive player's back, the defense must touch the court with two hands before defending. As the offensive player attacks the hoop, the coach will either stay out of play or step forward towards the offense. The offensive player must read the coach's position and either continue to the hoop for a layup if the coach stays out of play or pull up for a shot if the coach steps forward. Alternate possessions regardless of make or miss and play to a designated score. The coach must make a clear and committed action for the offensive player to make a quick decision based off the coach's positioning. Provide feedback on the decision. Instruct the defense to contest layups without fouling. Divide the players into groups of 3 with 2 balls per group. Determine the depth and type of shot and allocate each group to a basket. When coach says start, one player shoots quickly followed by the second player. Players follow their shot to get the rebound and pass to the open player. Once the player passes, they relocate to a new spot to receive the next pass. After two minutes, groups change baskets, type of shot, or side of the basket to shoot from. COMPETITIVE LOAD Teams count their makes and the team with the most makes after a designated time wins. Emphasize speed of shot release and quality of passes. Shooters should be ready to shoot. Players spread out across the baseline and start in an athletic stance. Coach stands in front of the team and raises their arm to signal "Go" and players move forward. When coach lowers their arm, players jump stop in a balanced position. If any players are out of position, unbalanced or don't stop in time, they take 3 steps backwards. The first player to cross the baseline on the other side of the court wins the game. Once the group in front of the player moves towards the next jump stop location, the next player begins the same process. The players will wait at the opposite baseline until all the players finish and then do the same process going back. TECHNICAL LOAD Each player has a basketball (or can share between players). Players dribble when moving and pick up the ball on a jump stop. SOCIAL LOAD Wins the first round leads as the "coach" for the next game. Break into smaller groups in designated spaces, nominating a player to lead each game. DELOAD When players have basketballs, the coach can use vocal cues instead of hand cues. To ensure balance have the players land in the jump stop position and wait a few seconds before raising your arm to allow them to move forward again. Have the players spread out on the court in front of the coach. When the coach says "Defense!" have the players slap the floor and get in a defensive stance while saying "I love it!" Have the players stay in the stance and repeat this call and response action 5 times. Next, when the coach points left or right, the players must slide their feet in that direction. If the coach faces a shot, the players must put one hand up and "contest" the shot. SOCIAL LOAD Create small groups of 3-4 players and nominate one leader of each group. The leader of this group acts as the coach and gives the defensive movement cues to the remaining players. Switch leaders after 30-45 seconds. Make sure the players have a lot of energy and enjoy this. Also ensure they have good form in the defensive stance. Have 3 offensive players start anywhere outside the perimeter. Two players will start on defense and stand in the key. One defender starts with the ball. The game starts when the defensive player with the ball passes to any of the three offensive players. The game becomes live and the offense must try to score. In this small-sided game, the offense is not allowed to cut. They must pass the ball around to get a good shot. After a score or a stop on defense, rotate the two defensive players in an offense with one more player and bring in two new defenders. TACTICAL LOADS Allow one offensive player to cut. If they don't receive the ball, they must cut back outside the 3 point line. Offensive players are only allowed one second to hold the ball. They must pass, shoot, or dribble in that one second or the coach calls a turnover. Divide the players into even groups and have them line up on the baseline with the first person in line with a ball. Designate an end line for the relay race depending on your court space. It could be the opposite baseline, the half-court line, or any other line. On the coach's command the first player will dribble to the designated end line, jump stop, pick up their ball and back-pedal back to their line. Once they get back to their line, they give the next player in line a high five and give them the ball. Once everybody has gone 3 times, the team has finished. Next do the same thing with the other hand. TECHNICAL LOAD Instead of backpedaling, have players defensive slide or turn and sprint back to their lines. Make sure the players have a lot of energy and enjoy this. Encourage the players to be good teammates throughout this game. Assign 3 players to each number and have everybody stand on the baseline. The three players with the same number out teammates and will be playing together. Throw the ball on the court and call out 2 numbers. The 3 players with those numbers will go for the ball and whoever gets the ball will be on offense and the other 3 on defense for 1 possession and 1 shot of 3 on 3. Evenly mix up the numbers you call and the game is over when any team gets to 5 points playing by 1's. Encourage the players to hustle to the ball and make good team plays to score. Also encourage the defensive team to move their feet, play active defense and contest all shots. Gather the players together. Players group with 1-2 players next to them and share answers to the prompted questions. Ask players to share something they did well, what enjoyed about today's practice or something positive about another player's actions. Have players switch groups and ask some players to share their groups answers. Coach can build onto the player responses. All compliments should be natural. Not every player has to give or receive a compliment. Home > Coaching > Drills > 79 Youth Basketball Drills and Games for Kids If you are looking for some great drills to use with your youth or middle school teams, you've come to the right place! It doesn't matter if your players are beginners or seasoned vets... These include drills to master the basics and drills that are more advanced. These drills are perfect for youth coaches who work with 7, 8, 9, and 10 year olds and middle school coaches who typically work with 11, 12, 13, and 14 year olds. With these drills, your team will... Shoot a higher percentage from the field Finish more lay ups under pressure Take care of the ball and reduce turnovers Develop highly effective dribble moves Make better passes that are on target and on time Score more points with better team offense Shut down your opponents with great defense on and off the ball And more... When you add up the total years of coaching experience by the experts in the drills below, it will surpass hundreds of years... This is vital for saving you time and making rapid improvement with your team... You don't have to decipher through thousands of ineffective drills. As these are some of the best drills that you can use for kids! We even added some fun basketball drills and games for kids. These fun drills and games can be a great way to start and end practice. That way, many of your players develop a lifelong passion for the game and play it well into the future! Drills Organized By Category If you want to quickly skip to a certain section, you can click on any of the category links below. Shooting and Lay Up Drills for Kids Dribbling and Ball Handling Drills for Kids Passing Drills for Kids Footwork Drills for Kids Defense Drills for Kids Offense Drills for Kids Games and Fun Drills for Kids 15 Best Youth Practice Drills Ages 8-13 And just a heads up, many of these drills are multi-skilled. This means one of the shooting drills might also work on footwork, ball handling, and triple threat moves. A ball handling drill might include shooting, defense, and rebounding. We wanted to make this as easy as possible for a youth coach working with 1st, 2nd, 3rd, 4th, and 5th graders and the middle school coach who works with 6th, 7th, and 8th graders. So we tried to organize the basic drills towards the top of each category. And have it get more advanced as you go down the list. This will help coaches of all ages progress through the season! Even advanced youth teams can start each season with the basic drills as you review and solidify certain skills. The only difference is that you might progress more quickly. On the other end of the spectrum, beginners can utilize almost all of these drills. Of course, you might have to make some modifications and progress a little slower. We'll show you how to do that in the next section... And sometimes, you have 7th and 8th grade teams that need to spend more time on the beginner drills. And that's okay! Basketball is one of the latest developing sports from an age standpoint. If you coach long enough, you will see some kids that weren't very good as middle school athletes develop into very good players at the high school level. Even Beginners Need to Compete Against Defenders in Drills! With younger teams or beginners, you might spend a little more time on drills without defenders. This helps you coach the technical skills of shooting, ball handling, passing, and footwork. As alluded to earlier, advanced teams might spend a little more time on technical skills as you refresh and develop your foundation at the beginning of the season. However, it's very important to complement those drills with drills that include defenders. Even with beginners, a general rule of thumb is to alternate between drills without defenders and drills with defenders... For example... 6 Minutes - Practicing dribble moves with no defense 6 Minutes - Attacking a live defender with 1v1 full court 6 Minutes - Practicing lay ups with no defense 6 Minutes - Shooting lay ups with a trailing defender 8 Minutes - Running your offense with no defense 8 Minutes - Running your offense against live defenders If you have a more advanced team that is in the 7th or 8th grade, you could spend up to 70% to 90% of your practice drills against live defenders. Modifications to Adjust Difficulty of Drills As you go through these drills, you want to adapt the drills to make them the right fit for your players. You can aim for roughly a 60% to 70% success rate. You want them to have some success and you also want them to be pushed. If it's too easy or too difficult, they can lose interest or motivation. Here are some common ways... Change position of defender To give the offense an advantage, you can delay the start of the defender and give the offense a head start. You can also position the defender further away to cover more distance. To add difficulty, you might give the defender a head start or allow them to cover a shorter distance. That way, the defender arrives earlier. Remove or add defenders By reducing the defenders and making a drill 2v1, 3v2, 4v2, or other variations, it gives the advantage to the offense. By adding additional defenders such as 1v2 or 2v3, this provides a greater challenge to the offense. Increase or decrease space You can change the boundaries of any drill. By decreasing space, this makes harder on the offense as the defense has less ground to cover. By increasing space, this makes it easier for the offense as the defense has more ground to cover. It would be the opposite for the defense. If you increase space, the defense has to cover more ground. If you decrease space, it's easier for the defense. Time limits Setting a time limit will force the offense to be more efficient with their moves. They have to attack in straight lines and they have to play with urgency. You can increase the time limit for beginners. You can decrease the time limit to provide a greater challenge. There are other ways to modify drills to change the difficulty level as you will see throughout the drills below. However, this is a great start. Group Kids By Skill Level for Different Variations of Drills You can also organize your drills where certain groups of players practice together for different skills. For example, you might have one group of players participate in ball handling drills. For one group of players, they might just play 1v1 full court. Another group of your players that need a greater challenge, you might have them play 1v2 full court. While this takes more time and organization, it can be a great way to maximize the development of your team! We hope you enjoy the drills and they help you have more success! 1. 6 Form Shooting Drills to Develop a Great Shot - These drills help you build a great foundation for your shot. 2. Form Shooting Drill - Organization for a Team - This shows you how to organize your form shooting drills in a team setting. 3. Elbow Shooting Drill - In addition to making shots from the elbow, you learn a format for rotations within your team shooting drills. 4. Fastbreak Shooting Drill - 12 Players, 1 Hoop - While improving your shooting out of the fast break, this also shows you a great way to organize a shooting drill when you have a bunch of players and only one basket. 5. 3 Pass 1v1 Shooting Drill (With a 3v3 version too!) - Here is a great way to introduce shooting against defenders. It also shows you how to convert all of your 1v1 drills into 3v3 drills, so you can improve decision making and passing against help defenders. 6. 1v1 Shooting Drill with Away Screen - This drill simulates shooting after a screen. It is done in a live environment, so your players learn how to attack the defense. 7. Two Shooting Drills for the Tuck and Set Point - These drills work on basic shooting form and ensure players bring the ball up in a smooth and straight way. 8. No Hoop! No Problem. Become A Better Shooter In Just Minutes A Day! - This series of drills enables players to work on their footwork even if they 9. Master Shooting Footwork With This Game Speed Shooting Drill - This drill work on proper footwork for shooting off the move. It shows players how to get their feet underneath them to shoot on balance. 10. 3v3 Away Screens - Like mentioned previously, this 3v3 drill is a great way to add passing and decision making to your shooting drills. 11. Teaching Lay Ups - 3 Progressions (Lay Ups) - These progressions are great building blocks for teaching lay ups. 12. 1v1 Lay Up Drill - The ♦Forgotten♦ Situation (Lay Ups) - This drill works on a common occurrence in games that involves finishing in the lane. 13. 2 on 1 Fast Break Drill with Trailer (Lay Ups) - This simulates shooting and passing against defensive players. 14. Kyrie Irving Mikan Drill With 12 Variations! (Lay Ups) - This is an advanced drill that shows you different ways to finish around the basket. 15. Basketball Layup Drill Progression - (Layups) This article addresses why young players miss layups and includes drills for beginning players to learn layups. 16. 3 Basketball Finishing Drill To Train Game-Like Situations Video! - (Layups) This video and article teaches players how to make layups in 3 common situations (with a defender trailing them, with a defender on their side, and with a defender in front of them). 1. The Coach K Speed Dribble - This drill teaches players how to dribble at maximum speed with control. Players learn how to use a rolling crossover and come to a quick stop from a speed dribble. 2. 9 ball-handling drills - This is a series of drills that players can use to work on their ball control. They work on various type of dribbles. 3. Speed Dribbling With Only One Basket - This is a drill to work on speed dribbling when you have limited space. It incorporates a change of direction, making it game-like. 4. Kill The Grass Dribbling Drill - This article teaches Kill The Grass, which is a tremendous "random" dribbling drill. It allows players to explore different moves and has a number of progressions that can be added. 5. Use Box Drills To Make Good Habits Part Of Your Court DNA - Box drills are a great fundamental dribbling, touch, and finishing drills. They combine all 3 skills in a way that transfers to games. 6. Maravich Stationary Ball Handling Drills - These are beginner drills to help develop better hand-eye coordination and a feel for the basketball. 7. 2-1-0 Dribbling Drills - These are beginner progressions for teaching basketball moves to your players. 8. Cone Touch Dribbling (12 Variations) - This is a fun game that teaches players how to dribble, change directions, and keep their head up. 9. Warm Up Dribbling Drill - This is a great warm up drill that teaches players how to play in a low stance while shooting lay ups. 10. Pirate Dribbling, Mr. Fox, and Coin Drop (3 Drills) - These are three fun drills to improve your team's ball handling. 11. Cone Chair Dribbling Drill Through Traffic - This is a great way to teach your players to keep their heads up and dribble through traffic. 12. 1v1 Grid Drill - This drill shows you how to organize a drill to max out repetitions for your team. It improves ball handling and defense. 13. 1v1 Speed Dribble - This is a great way to improve your ability to dribble at a high speed with a trailing defender. You also improve your ability to make lay ups with defensive pressure. 14. 1v1 Off Hand Dribbling Drill - Beat 'em Left - This is a great way to improve your ball handling for your off hand. 15. 3-on-2 Full Court Drill - Here is a great way to improve ball handling, decision making, and passing in a full court setting. 16. 1v1 Dribbling Drill with Random Traps - This forces you to handle traps better by utilizing a back up dribble and different dribble moves to avoid double teams. 17. 1v2 Pressure Ball Handling - This is an advanced drill that forces your players to beat two defenders. 18. Full Court Press Breaker Overload Drill - This is a great ball handling and passing drill that teaches your team how to beat full court defensive pressure. 1. 10 Creative Passing & Footwork Drills You Can Do On Your Own - No Partner Needed - Passing can be a challenging skill to work on individually. This is an entire workout to become better at passing off the dribble with both hands. 2. 2 Competitive Drills To Improve Passing For Youth Basketball Teams - Monkey in the Middle & Bull in the Ring are common passing drills. This article gives you some ideas for how to constrain them to focus on specific aspects of passing. 3. Pair Passing - This is a beginner drill to teach your players the technical skills for passing the ball. 4. Pass and Switch - Here is a fun, fast-paced drill to improve passing. 5. Wall Passing Drills - Here is a great way to improve passing and hand-eye coordination while making out repetitions. 6. Diamond Reaction Passing - This is a fun way to warm up and get your player mentally focused. 7. Monkey in the Middle and Bull in the Ring - Here is a great way to introduce defenders to your passing drills. 8. 3 on 2 Continuous Passing - No Dribble - This is a full court drill that emphasizes passing, cutting, and footwork. 9. 5 on 3 + 2 Fast Break Offense Drill - This drill improves transition offense, passing, and decision making. 10. No Dribble Offense Drill - This is one of the best game-like drills to improve passing and cutting. 11. 10 In A Row Passing Drill - This is a great game-based drill that improves passing and footwork. 12. Ball Reversal Offense Drill - This is an advanced drill that emphasizes ball reversals and ball movement. Youth Footwork Drills 1. Jump Stop Drill - This is a great drill for reducing traps, improving balance, and developing better footwork to improve scoring and passing angles. 2. 7 Progressions for Footwork & Passing - Quick Stops and Pivoting - This is a partner drill that builds on the previous drill. 3. Red Light - Green Light (For Footwork & Dribbling) - This is a fun way to improve your footwork and balance. 1. Why FIBA 3x3 Is Gold For Youth Basketball Players - This article explains how FIBA 3x3 is a great drill to teach defensive communication. 2. The Perfect 3v3 Drill for Both Offense AND Defense? - This article and video covers 3v3 closeout. The defensive players must closeout under control and must recognize where they are relative to the ball. 3. Hit 3 On 3 Rebounding - This drill teaches box out technique. Young players are often reluctant to make contact. This drill encourages them to hold box outs before pursuing the ball. 4. Basketball Rebounding Drill: Reaction Rebounding 5. Defensive Slide Drill - This drill is essential for teaching your players how to slide and cut off the defense. 6. Hip Turn Drill - A vital drill that teaches your players how to quickly change directions. 7. Defensive Shell Drill - This creates proper help position and defensive rotations. A foundation for all great defenses. 8. Reaction Rebounding - This improves your rebounding, so you can properly finish every defensive possession. 9. 1v1 Overlap Drill - In addition to ball handling, this shows you how to be efficient with your 1v1 defensive skills. 10. 1v1 Wing Close Outs - This is a great drill to simulate contesting the shot and stopping the dribble drive. 11. Defensive Challenge Drill - This is a fun way to instill a defensive mentality in your team. 12. No Hands Defense - A great drill for teaching proper defensive position and reducing reaching that puts your players in poor defensive positions. 13. No Paint Drill - This develops the mentality of keeping your opponents out of the most effective scoring area on the court. 1. 3 Drills for Cutting and Screening - These are foundational drills for teaching your players how to move without the basketball. 2. String Spacing - Dribble at Wing - This teaches your players how to move to an open spot when dribble penetration occurs. 3. String Spacing - Dribble at Post - This also teaches your players in the post how to move when a dribble drive happens. 4. 5v0 Pass and Move Drill - This is an important drill to teach your players how to move within your half court offense. 5. 3v3 Away Screens - Great offensive drill for teaching your players how to utilize screens. 6. No Dribble Offense Drill - This is one of the best half court offense drills out there. 7. No Dribble Advancement - This is a great variation of the no dribble drill that also removes shooting to get more repetitions. 8. 5 on 3 + 2 Fast Break Offense Drill - A great drill for improving your fast break offense. 9. Ball Reversal Offense Drill - Ball reversals tend to lead to better offense. This teaches your players how to develop the skills of moving without the ball, passing, and decision making. 1. Pivot 21 - This is a fun drill to improve your footwork. 2. Go! Go! Go! - This is a fun way to reward hustle and defensive footwork. 3. Chaser Drill (great for athleticism too) - Fun warm up drill to improve quickness and strengthen your lower body to reduce injuries. 4. Dribble Knockout - A fun way to add ball handling to the classic Knockout game. 5. Dribble Tag - Everyone It - A great game that forces necessary habits to be a very good ball handler. 4th grade fundamentals and usually 2 or 3 other skills will be worked on as well. This first segment is to get the players moving and loosened up for the rest of practice. Full Court Layups or some type of full court dribbling would be best. That would get all the players running up and down with a ball in their hands to start practice. After the warmup, then I would have the players start working on dribbling. Start a half court layup line but make each player make a change of direction dribble halfway towards the layup. So start the line on the wing. Have a player dribble into 10 feet then make player do a crossover before finishing the layup. At this age I would work on crossovers, behind the back and between the leg dribbles. The players may not be able to do the dribbles well but they can start to work on them and should continue to get better as the season goes on. I am going to assume the team has access to the full court. In this start with a simulated rebound and outlet pass. Once the rebounder throws the outlet pass then have them follow the ball handler down to the other end of the court. Once both players get down there then run a 2 man game. This could be pass and shot. A give and go. Pick and Roll. Pick and Pop. Drive and Kick. Basically create a 2 man game to work on playing together. The type of 2 man game should differ with the team personal. One of my favorite cone drills is setting up cones in a diamond formation. One cone at the top of the key, start ahead of the basket at the 3 point line. One cone on each elbow. Finally one cone right in the middle of the lane. The players start halfway between the 3 point line and halfcourt. They dribble to the first cone at the 3 point line and do a change of direction dribble. Once they do for instance a crossover dribble then they move towards a cone at the elbow. The player performs another change of direction dribble. Finally they move to the cone in the middle of the lane and perform a final change of direction dribble followed by a layup. This drill takes up little space and practices 3 change of direction dribbles each time the player goes through the drill as well as a layup. The difference between good defensive teams and bad defensive teams is the ability to guard the basketball 1 on 1. So have the players closeout and play a possession of 1 on 1. Limit the amount of dribbles the offensive player can have. Limit the amount of space the offensive player can use. Handicap the offense to help the defensive player try and get better at guarding their man. Once the players closeout and defend 1 on 1 then increase the drill to 2 on 2 up to 5 on 5. One practice work on 1 on 1 and 3 on 3. Next practice work on 1 on 1 and 4 on 4. Keep switching up the number each practice. But I would always start with 1 on 1 since being able to defend 1 on 1 makes a team really good on defense. I would go from Closeouts to a certain defensive skill. This could be defending the pick and roll. This could be working on getting through an off ball screen. It could be backside help and recover. I would limit the drill to 2, 3 or 4 offensive and defensive players. Usually only 2 or 3. That way you can really limit the drill and put all the focus on whatever defensive skill you as a coach are wanting to work on. Start the drill with whatever skill you want to work on and then let the players finish the drill by playing out the possession. This creates a competition aspect during the practice. One of the best shots a team can get is from a kickout pass off of a dribble drive. I usually never go more than 2 days without working on this kind of shot. For a team that is trying to use any type of dribble drive motion, these shots are going to come often. I will practice both wing drives and top of the key drives to ensure the players are comfortable shooting from passes off of either drive. I like to practice these kickout shots because if the offense is working then these are the shots the players are going to get in games. In a top penetration kickout, the player is going to dribble and attack the elbow. The shooter is going to start on the wing. When the ball gets to the elbow the shooter is going to relocate. Depending on the defense this movement could be towards the corner or up towards the top of the key. In a wing penetration, the dribble will attack either the elbow or the short corner. On the elbow drive, the shooter on the opposite wing will move either up or down the wing depending on the defense. On the short corner drive, the shooter wing will either go to the top of the key or the all the way down in the corner. The driver will attack the elbow or short corner, wait for the shooter to start moving and then make a good pass out to the shooter. The shooter will catch the pass and shoot. Very rarely does a player shot from a stationary position so this relocation helps to simulate good game situations. There are four cuts that can be made off of a non-ball screen. I would have two lines. One line would be passing the ball and the other would be shooting. Again I am working on multiple fundamentals here. I am having the players working on passing and shooting in this drill. You can go to this page for a much in depth description of the four cuts. I put very little value in team concepts with players this young. The offense a team runs should morph depending on the type of players the team has. I have seen too many "centers" in 3rd grade get plopped down on the block in 3rd grade because they are a head taller than everybody else. Then the tall 3rd grader has to be a guard in high school because they are one of the shortest players. If that kid has been a post player and never developed ball handling then they struggle at the high school level. So I limit the team concepts at this age. I would have a simple motion offense that I would work on here in the last ten minutes. I would start installing the offense without any defense. Finally the last 10 minutes would be to run the offense against some defense. I would run a 5 on 5 scrimmage to finish the practice. You could spend this time working on the offense against a defense. You could also spend this 10 minute segment working on situations. Situational awareness is terrible and going through situations in practice can help basketball iq. I watched two different teams this past weekend down 3 with under 15 seconds left and not get a shot off. So create situations and have the players play it out. For instance down 2 with 10 seconds left. Down 2 with 5 seconds left. This will force the players to think about the game rather than just playing the game. If you are following this practice plan then keep substituting different drills every practice to keep the players engaged and trying new things. Please remember that basketball is a game and meant to be played to have fun. As a coach you should have a focus on keeping the game of basketball as a fun activity. I am doing this practice plan to hopefully help all of you coaches out there who may not know what to do. I hope this practice plan can help you as a coach and help your players get better at the game of basketball and learn to love the game as much as I do.