

PRACTICE PLAN EXAMPLES FOR MINI BALL, YEAR'S 5-8, AND U13 TEAMS



Practice Planning Considerations for Junior Teams

Why do athletes 13 years of age and under play sport?

- Fun
- Learn about the sport
- Social Interaction with peers
- Develop new skills and refine existing skills
- **To play the sport**

What factors should I consider as a coach?

- **Safety of the players**
- Age and Stage of the players
- Expectations of the club/school/association I am coaching for
- How long and how many practices do we have?
- What equipment do we have?
- What is my behaviour management plan?
- What are the 2-3 key area's we will work on today?
- Long Term Athlete Development- remember the big picture

What should a basketball practice include for athletes 13 years old and under?

- Introduction of what will be covered in the session
- Energizer or ice breaker (can help ease fears, start session off positively)
- Warm up
- Skills/Decision making drills
- **3v3, 4v4, 5v5 with focus points to reinforce concepts or skills**
- Cool Down and recap
- Reflect on the practice (coaches)

How should I interact with athletes 13 years old and under?

- Be clear with your expectations
- **Use positive and encouraging language**
- Be aware of your volume and tone
- Be intentional with your delivery
- Use age appropriate language



1 hr Mini Ball practice example: Focus on Fun, Multiple Ball Touches, and Involvement

Time	Activity	Focus
330pm 5min	Chat about focus for training Mistakes are part of learning	Prime the brain Recap last week's learning
335pm 5 mins	Ice breaker- Amoeba Tag! Or moving fun game	movement fun
340pm 5 mins	Warm up In partners or in 3s. Jog while dribbling. On the whistle jump stop and pass to your partner. Try hopping, jumping, run backwards	-Pound the ball -Eyes up -Give a target -Hit a target -Balance
345pm 8 mins Use left and Right wing 2 mins water break 	Partner layups with D. D starts 3 steps behind O on the wing. Person waiting, or coach says go! Its live! *start in different positions *start defence in different positions	-Push the dribble out -Keep the D behind you -Pass the ball out to coach/next person if you can't take an uncontested layup
355pm 8 mins 2 mins break *how many layups can you make in two minutes? 	5v0 Get it Down in 10 seconds! Start 5 (or 4) players on the free throw line. Coach throws the ball up off the back board. Players have 10 sec to inbound the ball and get it down the other end for a layup	-Pass is quicker than dribble -Inbound the ball quickly -Talk to each other/communicate
405pm 8 mins 2 mins water break	Add "defence" to the above drill *give O an advantage Start with 2 defenders, then add a 3 rd etc...	-Inbound quickly -Move away from defenders -Be where your teammate can see you
415pm 5 mins of game 5 mins of fun competitions Shooting, relay, Something fun where everyone is touching the ball or involved	4v4 or 5v5 Full court Followed by mini team competitions	*Adjust your scoring system to reinforce the skills you want to focus on. *If your team makes 3 passes before scoring you get a bonus point *if your team gets the ball over half in 6 seconds, you get a bonus point
425pm Cool Down and Recap	Cool down walk and talk Recap as a group Next training or game time	Conclude practice Recap learning



1 hr minute Year 5/6 Practice Plan Example: Focus-Fun, Development, Involvement

Time	Activity	Focus
330pm 5min	Chat about focus for training Ask players why that might be the focus?	-Prime the brain -Connect training to games
335pm 5 mins	Ice breaker- Paper, rock scissors in partners. Winner turns and runs to free throw line. Loser tries to tag them.	-Reaction time -Change partners multiple times -Fun
340pm 5 mins	Warm up Partner up, or in 3s. Jog while dribbling. On the whistle jump stop and pass to your partner. Add other movements	-Pound the ball -Eyes up -Give a target -Hit a target -Balance and control
345pm 8 mins, Use left and right wing 2 mins water break	Decision Making Layups O and D on the wing. D behind with hands on shoulders Person waiting, or coach says go! Its live! *start in different positions *start defence in different positions	-Get to the hoop in limited dribbles. -Keeping the D behind you-put them in jail. -Kick out to coach if D recovers and the layup shouldn't be attempted
355pm 8 mins 2 mins break	5v0 Get it Down in 8 seconds! Start 5 (or 4) players on the free throw line. Coach throws the ball up off the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup	-Pass is quicker than dribble -Inbound the ball quickly -Talk to each other/communicate -Add POEs- e.g. only one person allowed in the paint
405pm 8mins 2 mins water break	Add “defence” to the above drill lined up behind O *give O an advantage Start with 3 defenders or D run back to opposite baseline	-Inbound quickly -Move away from defenders -Be where your teammate can see you
415pm 10mins	4v4 or 5v5 Full court	*Adjust your scoring system to reinforce the skills you want to focus on: *If your team makes 3 passes before scoring you get a bonus point *if your team gets the ball over half in 5 seconds, you get a bonus point
425pm	Cool down walk and talk Recap as a group Next training or game time	Conclude practice Recap learning



1 hr 13 and under practice plan example: Focus: Fun, Development, Technique

Time	Activity	Focus
330pm 5min	Ask for feedback on last training or game-tie into focus	Prime the brain Link Training to Game
335pm 5 mins	Ice breaker- Paper, scissors, rock with a ball. Winner must dribble past loser to opposite free throw without losing the ball	-Reaction time -Change partners multiple times -Fun
340pm 5 mins	Warm up Jogging fwds and bckwd, butt kicks, high knees, bounding, jumping, sprinting Pass to partner on whistle	-Pound the ball -Eyes up -Give a target -Hit a target -Change speed and directions
345pm 8 mins Use left and right wings 2 mins water break 	2v1 layups Drift and Drag O on slot and wing (with a ball) D on high side of wing-touching Wing O goes live after 3 dribbles and attacks hoop O in slot must move to create space, once ball is live O wing must take an uncontested layup or kick out for shot/or cutter for layup	-Keep the D at a disadvantage (put D in jail) -O must take an uncontested shot (stride stop, jump stop, speed finish) -1 can't guard 2
355pm 8 mins 2 mins break and throw in a quick hitter: 	5v0 Get it Down in 6 seconds! Start 5 (or 4) players on the free throw line. Coach throws the ball up off the back board. Players have 6 sec to inbound the ball and get it down the other end for a layup	-Organize yourselves -Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end Quick Hitter *how many reverse layups can you make in two minutes
405pm 8mins 2 mins water break	Add "defence" to the above drill *give O an advantage The D must sprint to opposite baseline and touch it before they can play live D	Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score
415pm 10mins	4v4 or 5v5 Full court	Adjust your scoring system according to focus points e.g. *Bonus point for crossing half in 3 secs *change in bounder every time *bonus point if.....
425pm	Cool down walk and talk Recap as a group Next training or game time	Conclude practice Recap learning

