PRACTICE PLAN CONSIDERATIONS FOR JUNIOR TEAMS (13 AND UNDER)



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 remember the big picture. Kids need to play to improve and practice skills.

What factors should I consider as a coach?

- Safety and needs of the players
- Age and Stage of the players and how can I help their <u>long term</u> <u>development</u> (what skills and concepts are appropriate)
- What equipment do we have?
- What is my behaviour management plan?
- What are the 2-3 key area's we will work on today?
- What are my <u>Points of Emphasis/Teaching Points</u> for each drill?

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

- Introduction of what will be covered in the session and why
- <u>Energizer or ice breaker</u> (can help ease fears, start session off positively)
- Warm up- of body and brain
- Skills and drills
- 1v1, 2v2, 3v3, 4v4, 5v5 with focus points to reinforce concepts or skills
- Cool Down and recap
- Reflect on the practice (coaches)

*It is vital that junior players get to experience game like scenarios during team trainings

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

- Be clear with your expectations (to players and parents)
- 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. Keys: Fun, Multiple Ball Touches, Involvement

Focus	Move the ball/pass		
Time	Activity	Teaching Points	
330pm	Chat about focus for	Prime the brain	
5min	training	Recap last week's learning	
	Mistakes are part of		
	learning	7.6	
335pm	Ice breaker Amoeba Tag!	Move	
5 mins	Or moving fun game	Fun	
340pm 5 mins	Warm up In partners or in 3s.	-Pound the ball	
5 mms	Jog while dribbling. On the	-Eyes up -Balanced stance	
	whistle jump stop and pass	-Give a target	
	to your partner.	-Hit a target	
	Try hopping, jumping, run	The a cargot	
	backwards		
345pm	Layups	-Pound the ball	
8 mins Use left and Right	O on the wings with a ball	-Eyes up	
wing	each	-Attack the hoop at speed	
2 mins water break	*assign a ball handling	-Use correct foot work	
	combination to be	-Use correct hand	
	completed e.g 2x pound		
	*Assign a layup finish to be		
	done. E.g. Stride stops		
	*3 attempts per side then		
	change finish Progress to "first to 3 wins"		
	Progress to add a defender		
	behind/to the side of O		
355pm	5v0 Get it Down in 10	-Pass is quicker than	
8 mins	seconds!	dribble	
2 mins break	Start 5 (or 4) players on the	-Inbound the ball quickly	
	free throw line.	-Talk to each	
coach w/ball	Coach throws the ball up	other/communicate how	
coach w/ball	off the back board.	best to get the job done	
1 00 4 5	Players have 10 sec to inbound the ball and get it	-Coach can adjust time frame and add other	
	down the other end for a		
	layup	parameters	
405pm	Add "defence" to the above	-Inbound quickly	
8 mins	drill	-Move away from defenders	
2 mins water break	*give O an advantage	-Be where your teammate	
	Start with 2 defenders, then	can see you	
	add a 3 rd etc		
415pm	Live Play	*Adjust your scoring system	
5 mins of game	Some of below:	to reinforce the skills you	
5 mins of fun competitions	2v1, 3v2	want to focus on.	
Shooting, relay,	2v2, 3v3, 4v4 ½ court	*If your team makes 3	
Something fun where	Progress to 5v5 full court	passes before scoring you	
everyone is touching the ball or involved		get a bonus point *if your team gets the ball	
San or involved		over half in 6 seconds, you	
		get a bonus point	
425pm	Cool down walk and talk	Conclude practice	
Cool Down and Recap	Recap as a group	Recap learning	



1 hr Year 5/6 Practice Plan Example: Keys: Fun, Development, Involvement

Time	Activity	Teaching Points	
330pm	Chat about focus for	-Prime the brain	
5min	training Ask players why	-Connect training to games	
	that might be the focus?		
335pm	Ice breaker- Paper, rock	-Make quick decisions	
5 mins	scissors in partners. Winner	-Change partners multiple times	
	turns and runs to free		
	throw line. Loser tries to tag	-Fun	
	them.		
340pm	Warm up	-Pound the ball	
5 mins	Partner up, or in 3s.	-Eyes up	
	Jog while dribbling. On the	-Give a target	
	whistle jump stop and pass	-Hit a target	
	to your partner.	-Balance and control	
	Add other movements		
345pm	Decision Making Layups	-Get to the hoop in limited	
8 mins, Use left and right	*can do previous LU drill	dribbles.	
wing	1st	-Keeping the D behind you-	
2 mins water break	O and D on the wing. D	put them in jail.	
Drift and drog	behind with hands on	-Layup uncontested shots,	
	shoulders	kick out contested shots to	
Q,	Person waiting, or coach	next in line	
	says go! Its live!		
	*start in different positions		
	*start defence in different		
	positions		
355pm	5v0 Get it Down in 8	-Pass is quicker than	
8 mins	seconds!	dribble	
2 mins break	Start 5 (or 4) players on the	-Inbound the ball quickly	
	free throw line.	-Talk to each	
	Coach throws the ball up off	other/communicate	
extends without	=	4 1 1 DOE 1	
coach w/ball	the back board.	-Add POEs- e.g. only one	
	the back board. Players have 8 sec to	-Add POEs- e.g. only one person allowed in the paint	
① ② ③ ④ ⑤	the back board. Players have 8 sec to inbound the ball and get it		
	the back board. Players have 8 sec to inbound the ball and get it down the other end for a		
1 234 5	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup	person allowed in the paint	
1 2 3 4 5 405pm	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the	person allowed in the paint -Inbound quickly	
1 2 3 4 5 405pm 8mins	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the above drill lined up behind	person allowed in the paint -Inbound quickly -Move away from defenders	
1 2 3 4 5 405pm	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the above drill lined up behind O	-Inbound quickly -Move away from defenders -Be where your teammate	
1 2 3 4 5 405pm 8mins	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the above drill lined up behind O *give O an advantage	person allowed in the paint -Inbound quickly -Move away from defenders	
1 2 3 4 5 405pm 8mins	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the above drill lined up behind O *give O an advantage Start with 3 defenders or D	-Inbound quickly -Move away from defenders -Be where your teammate	
1 2 3 4 5 405pm 8mins	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup Add "defence" to the above drill lined up behind O *give O an advantage Start with 3 defenders or D run back to opposite	-Inbound quickly -Move away from defenders -Be where your teammate	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play	-Inbound quickly -Move away from defenders -Be where your teammate can see you *Adjust your scoring system	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below:	-Inbound quickly -Move away from defenders -Be where your teammate can see you *Adjust your scoring system to reinforce the skills you	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2	-Inbound quickly -Move away from defenders -Be where your teammate can see you *Adjust your scoring system to reinforce the skills you want to focus on:	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *Adjust your scoring system to reinforce the skills you want to focus on: *If your team makes 3	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2	-Inbound quickly -Move away from defenders -Be where your teammate can see you *Adjust your scoring system to reinforce the skills you want to focus on: *If your team makes 3 passes before scoring you	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *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	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *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	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *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	
405pm 8mins 2 mins water break 415pm 10mins	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court 4v4 or 5v5 full court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *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	
1 2 3 4 5 405pm 8mins 2 mins water break	the back board. Players have 8 sec to inbound the ball and get it down the other end for a layup 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 Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court	-Inbound quickly -Move away from defenders -Be where your teammate can see you *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	



1 hr 13 and under practice plan example. Keys Fun, Development, Technique

Time	Activity	Teaching Points
330pm	Ask for feedback on last	Prime the brain
5min	training or game-tie into	Link Training to Game
	focus	
335pm	Ice breaker- Paper,	-Reaction time
5 mins	scissors, rock with a ball.	-Change partners multiple
	Winner must dribble past	times
	loser to opposite free throw	-Fun
	without losing the ball	
340pm	Warm up	-Pound the ball
5 mins	Jogging fwd. and bckwds,	-Eyes up
	butt kicks, high knees,	-Give a target
	bounding, jumping,	-Hit a target
	sprinting	-Change speed and
	Pass to partner on whistle	directions
345pm	2v1 layups Drift and Drag	-Keep the D at a
8 mins	O on slot and wing (with a	disadvantage
Use left and right wings	ball)	(put D in jail)
2 mins water break	D on high side of wing-	-O must take an
	touching	uncontested shot (stride
	Wing O goes live after 3	stop, jump stop, speed
	dribbles and attacks hoop	finish)
	O in slot must move to	-1 can't guard 2
2	create space, once ball is	-Passer must be shot ready
	live	-Passer must move where
	O wing must take an	the ball can see them
	uncontested layup or kick	
	out for shot/or cutter for	
	10	
255	layup	Omeoniae verme elves
355pm 8 mins	5v0 Get it Down in 6	-Organize yourselves
355pm 8 mins	5v0 Get it Down in 6 seconds!	-Communicate
8 mins	5v0 Get it Down in 6 seconds! Start 5 (or 4) players on the	-Communicate -Pass on time and on target
8 mins	5v0 Get it Down in 6 seconds! Start 5 (or 4) players on the free throw line.	-Communicate -Pass on time and on target -Only 1 person in the
8 mins	5v0 Get it Down in 6 seconds! Start 5 (or 4) players on the free throw line. Coach throws the ball up off	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive
8 mins	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.	-Communicate -Pass on time and on target -Only 1 person in the
8 mins	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	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive
8 mins	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.	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive
8 mins	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	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive
8 mins	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	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive
8 mins Obach w/ball 1 2 3 4 5	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	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken
8 mins 1 2 3 4 5 405pm	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 Add "defence" to the	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly
8 mins 1 2 3 4 5 405pm 8mins	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 Add "defence" to the above drill *give O an advantage The D must sprint to	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you
8 mins 1 2 3 4 5 405pm 8mins	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 Add "defence" to the above drill *give O an advantage The D must sprint to opposite baseline and touch	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g.
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2 then	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g. *Bonus point for crossing
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g. *Bonus point for crossing half in 3 secs
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2 then	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g. *Bonus point for crossing half in 3 secs *change in bounder every
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2 then	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g. *Bonus point for crossing half in 3 secs *change in bounder every time
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break 415pm 10mins	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 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 Live play Advantage offensive first 2v1, 3v2 then 4v4 or 5v5 Full court	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score 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
8 mins 1 2 3 4 5 405pm 8mins 2 mins water break	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 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 Live play Advantage offensive first 2v1, 3v2 then	-Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken Inbound quickly Move away from defenders Be where your teammate can see you Only 6 seconds to score Adjust your scoring system according to focus points e.g. *Bonus point for crossing half in 3 secs *change in bounder every time



Practice Plan

Time	Drill	Notes

Notes

