

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 [long term development](#) (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 [Points of Emphasis/Teaching Points](#) 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
- [Energizer or ice breaker](#) (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 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	Move 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 -Balanced stance -Give a target -Hit a target
345pm 8 mins Use left and Right wing 2 mins water break	Layups O on the wings with a ball each *assign a ball handling combination to be 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	-Pound the ball -Eyes up -Attack the hoop at speed -Use correct foot work -Use correct hand
355pm 8 mins 2 mins break	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 how best to get the job done -Coach can adjust time frame and add other parameters
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	Live Play Some of below: 2v1, 3v2 2v2, 3v3, 4v4 ½ court Progress to 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 6 seconds, you get a bonus point
425pm Cool Down and Recap	Cool down walk and talk Recap as a group	Conclude practice Recap learning

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

Time	Activity	Teaching Points
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.	-Make quick decisions -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 *can do previous LU drill 1st 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. -Layup uncontested shots, kick out contested shots to next in line
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	Live Play Some of below: 2v1, 3v2 2v2, 3v3 half court 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. Keys Fun, Development, Technique

Time	Activity	Teaching Points
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 fwd. and bckwds, 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 -Passer must be shot ready -Passer must move where the ball can see them
355pm 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 layup	-Organize yourselves -Communicate -Pass on time and on target -Only 1 person in the paint/key at the offensive end when the shot is taken
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	Live play Advantage offensive first 2v1, 3v2 then 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 bouncer every time *bonus point if.....
425pm	Cool down walk and talk Recap as a group	Conclude practice Recap learning

Practice Plan

Time	Drill	Notes

Notes