



Team Name: Grade 3, 4 & 5
 Practice Number: First Practice Ideas

Emphasis of the Day: Be a great teammate, celebrate each other's success!

Thought or Value of the Day: Practice Good Habits. "Do the right thing even when no one is around."

TIME	DRILL/GAME	EMPHASIS
10 min.	<p>Introductions (name game, etc.) Safety rules (no one leaves w/o parent, etc.)</p> <p>Warm ups: Stretches, dynamic warm ups (get the blood flowing!)</p>	<p>Good time to have 'parent meeting'. Go over ways they can help, etc. *Refer to parent helper sheet.</p> <p>Importance of proper warm up before active play.</p>
10 min.	<p>Defense: Slides, bent knees-stay low. Hands out wide or straight up. Play defense with your feet.</p>	<p>Go over importance of staying in front of their player. Quick feet > reaching. *Important concept for young players to learn.</p>
10 min.	<p>Dribbling: Stationary: 10x then two hands. Moving: half (full) court then back.</p>	<p>Keep ball within 'grabbing' distance. Run drills with both hands (R & L). If advanced: crossover, between legs, behind the back.</p>
5 min.	<p>Water Break/Free shoot</p>	<p>Engage with the kids, rebound for them, play, build relationships and have fun!</p>
5 min.	<p>Passing: Bounce, chest, overhead. Pass with the wall or teammate. Hands and eyes, ready.</p>	<p>Step toward target when passing. Use full arm movement when passing. Hands up, eyes on passer when catching.</p>
5 min.	<p>Shooting (layup lines): Dribble up, pass then run to hoop. Roll out, dribble move, shot.</p>	<p>Balanced stance. Hips toward rim. Full extension follow through. Eyes on rim. "Goose neck" follow through.</p>
15 min.	<p>Play time!</p>	<p>Either a controlled scrimmage to introduce game rules, out of bounds, etc. or just let them play and assess areas to improve.</p>
Wrap-Up	<p>Review skills taught. Energetic/excited about opportunity to get better!</p>	<p>What is one example of a good habit you practiced this week? *Goal: every player has GH to share next practice.</p>

Notes: This could be the first time some of these players have played with official referees so be sure to go over some of the rules in the handbook. Stick to the fundamentals in the beginning (footwork, good passes, playing good defense, etc.). If kids have a good basketball foundation, their improvement will be more evident.