

Example 4th Grade Practice Plan - 90 Minutes

Group Dynamic Warmup...High Knees, Butt Kicks, and Jump stops around the gym - 5 min

Split into 3 groups (15 total players, 5 players each group)

3 Ball Handling Stations (3 Coaches) - 5 min each

#1 Stationary ball handling(half speed/full speed) and two ball if time permits - half court - 5 min

#2 W Drill with finishes - both R and L - - Full Court on short court - 5 min - 3 reps each of R hand layup, 2 foot finish, jump shot, get to other side of basket - then go left side

#3 Jump Stop, pivot, and passing lines XXXX 0 XXX Incorporate pass fakes and wrap around passes - half court - 5 min

3 on 2, 4 on 3 – fullcourt – 10 minutes

Stay wide, run to low block if not open for 2 seconds spread out to short corner

Point should drive as deep as possible until ball is stopped

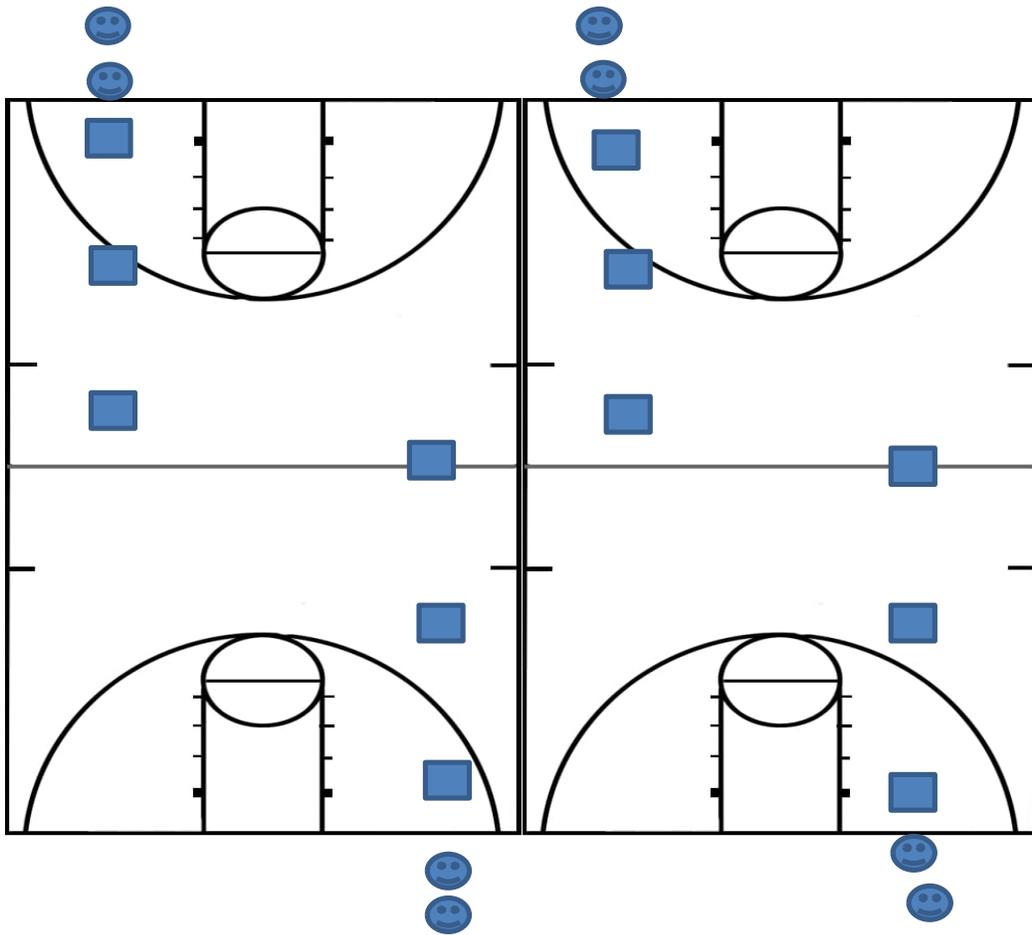
Defense – Stop ball, back defender takes next pass, then drop to protect basket

WATER BREAK - 2 minutes

Rips and Cross over Step Review (Use short court and go full – See below) – 10 minutes

Players will start at chair (with shoes) and perform rip and push dribble to next chair, there will be three chairs, at third chair they continue in for lay up. Repeat rip at each chair from triple threat. Chest parallel to ground.

- Rip step with right foot past shoe on chair with layup
- Rip step with right foot with 2 foot finish
- Rip step with right foot and push with j shot
- Crossover step push with layup
- Crossover step with 2 foot finish
- Crossover step with j shot
- Doe both left and right hands



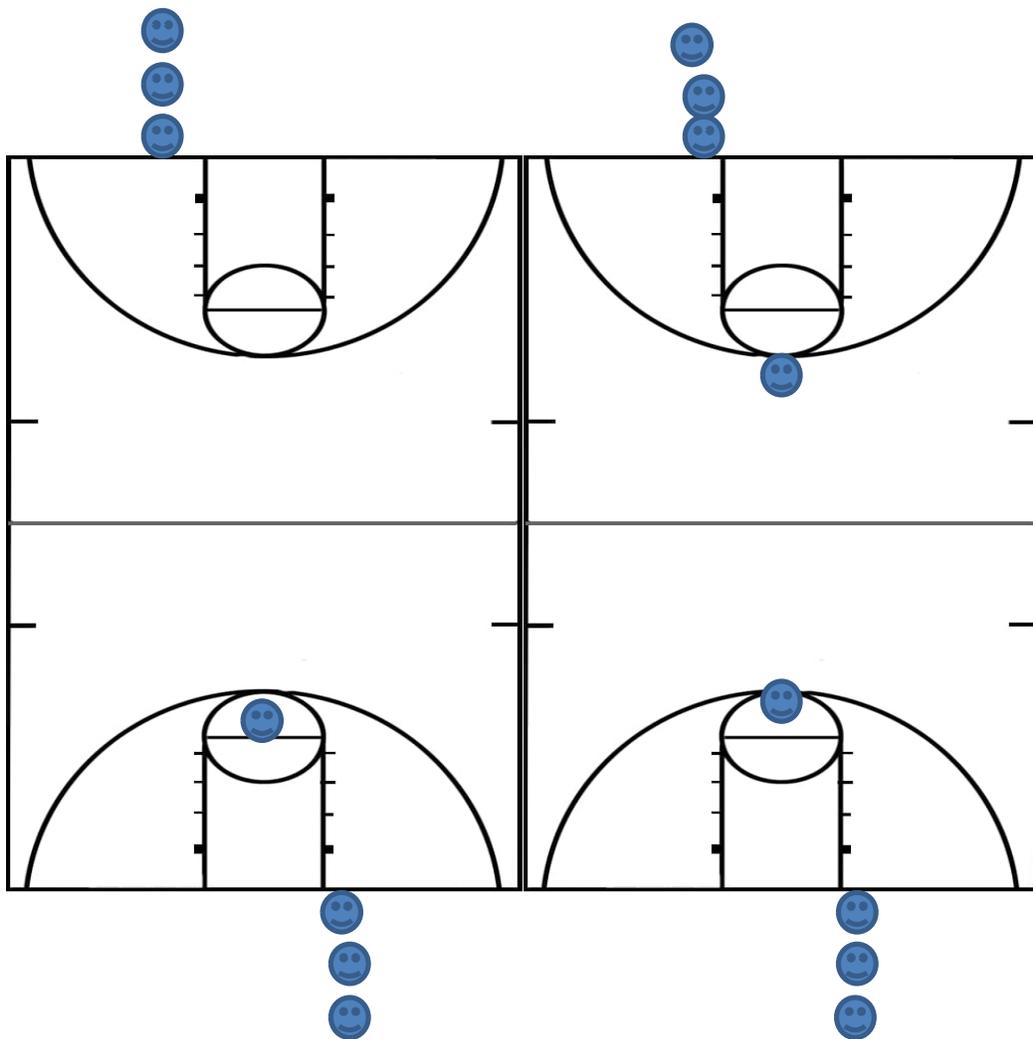
Close Outs and Rips with Cross Over Steps with 1 vs 1 at 4 Baskets – 10 minutes

Player underneath starts with ball and passes it to player at free throw line. Can move offense to different paces in court. Start at top and move to wing to corner. 5 spots in our offense.

Progression

#1 Defense closes out in good stance, low, and hands high. Lets offense rip and go by.

#2 Once close outs are solid and rips are solid, go to live one on one. Defense becomes offense on stops, and offense stays if they score.



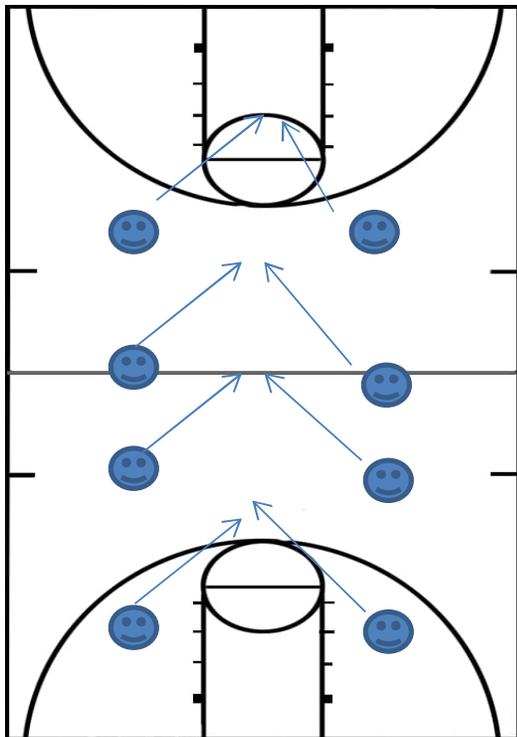
Shooting Fundamentals – 5 to 7 minutes

All together to talk about proper shooting form

Point of Emphasis

- Hand position (T)
- Dip with elbow in
- Turn
- Hop
- High Release
- Rotation
- 1 Hand follow through

Partner Shadow Shooting – Practice proper shooting form to your partner from the hop. Shoot ball back and forth demonstrating proper form and technique



Shooting Stations (2 Stations) 5 minutes and rotate – 10 minutes

Station # 1

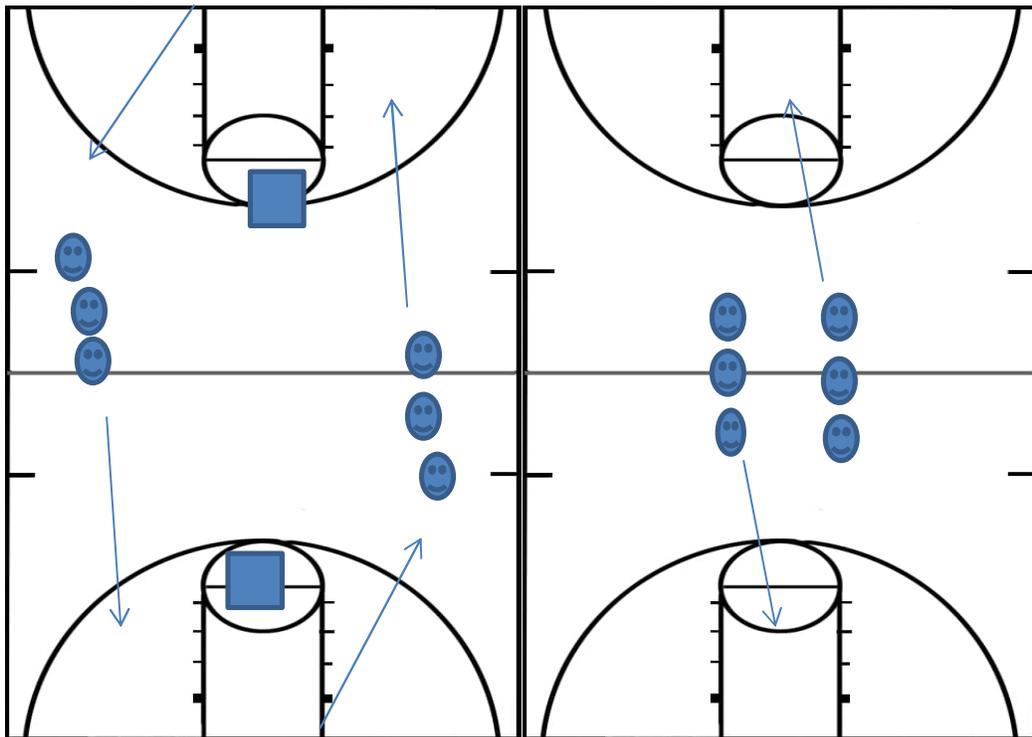
Coach at free throw line. Player start at half court. Pass to coach and continue cut to basket. Receive pass back and shoot jumper from wing from the hop. Players get own rebound. Two coaches on each end. Players shoot and rotate to opposite line. 10 jumpers on right and 10 jumpers on left.

Station #2

Line at half court. Dribble down and take jumper in lane from hop. Rotate to other line going to other basket. 1 coach.

Station #1

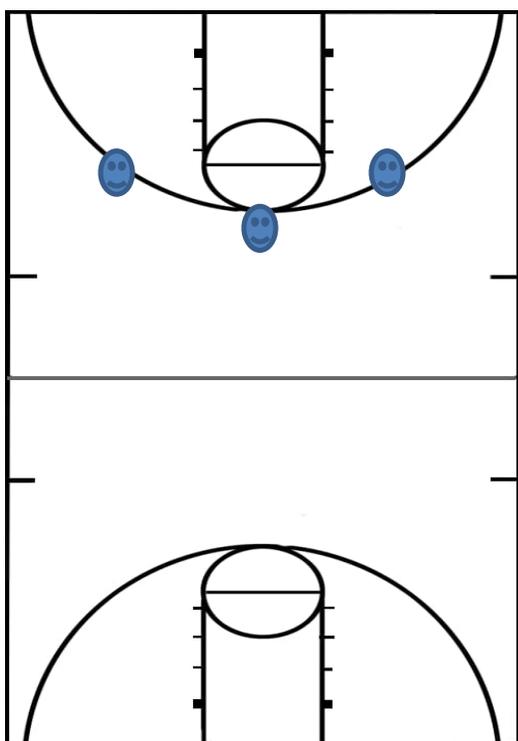
Station #2



WATER BREAK - 2 minutes

3 on 0 Basket Cuts Introduction and Cut Opposite with Fill – 10 minutes

- 3 Stations all the same with 3 on 0
- Top to wing pass. Make basket cut down lane line and exit opposite where you passed. Wing fills top.
- Wing to top pass. Backdoor cut and fill short corner or exit opposite. Wing fills top.
- Do 3 passes and hit cutter for lay up. Rotate groups.



Remainder of time....

Full court Shooting drill

3 on 3 continuous or 4 on 4 continuous....emphasize use of basket cuts after passing

Continuous lightning – emphasize proper form and must follow rule so bball. No traveling.