

3 Practice Plans for Kids Aged 5-9 Years Old

Bob Bigelow 60-minute Beginner Passing and Finishing Practice Plan

Drill	Focus	Time	Notes
Warmup			
Ball Around Body Warmup	Ball control, coordination	5 min	The key is to get kids to lift their arms and their heads and not focus on the ball.
Spin, Catch, Jump Stop and Pivot Drill	Footwork	5 min	Young players travel all the time- keep a close eye on their foot movement after catching the ball.
Finishing			
Layup Drill with No Ball	Finishing, footwork	5 min	This drill teaches basic motor skills and should not be overlooked, especially if kids have never played basketball before.
Layup Drill Off Wall	Finishing, footwork	7 min	Kids will focus on their footwork, rather than makes or misses with this drill.
Layup Drill at Basket	Finishing	8 min	Make sure that your kids aren't travelling or shooting with the wrong hand.
Break		5 min	
Passing			
One Hand Wall Pass	Passing	7 min	Get your kids to find a spot on the wall and hit it consistently.
Square Passing	Passing, off ball movement	8 min	Once players master this drill mix it up with bounce passes and different movement.
3 on 3 Scrimmage	Passing, finishing, off ball movement	10 min	If you don't have many courts get the waiting players involved by allowing them to receive and throw passes from the sideline, which will encourage more passing.

Brian McCormick 75 min Intermediate Dribbling and Team Offense Practice Plan

Drill	Focus	Time	Notes
Warmup			
Rock, Paper, Scissors Tag	Warmup, conditioning	6 min	A game is a great way to start the session and get kids to burn off some energy.
Two Ball Together	Dribbling	2min	Kids need to pound each ball hard and below knee height.
Two Ball High Low	Dribbling	2 min	The low hand should dribble fast, the high hand dribbling hard
Two Ball Side to Side	Dribbling	2 min	The Practice Planner has more two ball drills available- mix and match these drills each week.
Protect the Dribble	Dribbling	3 min	This last drill is the most important and must be done every practice, teach your players to use their body to shield the ball.
Dribbling			
Box Tag	Dribbling	5 min	Make it competitive by counting score between partners.
Tag Team Dribbling	Dribbling, on ball movement	10 min	Give players that are tagged a task before rejoining the game, like doing 20 crossovers.
Break		5 min	
Team Offense			
Long Island Passing Drill	Passing, awareness, off ball movement	7 min	Add a ball for every 5 players in the game. This drill actually works better with more people.
Tag Ball Passing Drill with 3 Player Advantage	Passing, off ball movement	8 min	Tag is great! Kids already know how to play it and it gets them active and moving without the ball.
2 on 2 Rugby Drill	Passing, off ball movement	10 min	If you find that players are still over dribbling, add a rule to limit players to 3 dribbles.
3 on 3 Scrimmage	Passing, off ball movement, dribbling	15 min	Add rules, such as a minimum of 3 passes and a maximum of 3 dribbles to encourage players to use off ball movement effectively.

