

Middle School Practice Plan

Pods of 15-20, 4 Coaches, 75-minute Practices

Incorporate water breaks as needed and plenty of mask breaks.

Practice Section	Drill/Game	Coaching Points/Comments
Dynamic Warm-Up : 10 min	Foot Fire, Coach Says, Run and Jump, Form Running, Mirror Shuffle, Whistle Drill, Coach Pat's Drill, Relay Races, Dribble Pivot,	*These should cover fundamental skills and get the body moving - jog, skip, lunge, hop, side slides, high kicks, pivots, athletic stance, triple threat position, defensive position, drop-steps, jump stops, stride stop, stutter stop etc.
Technical Skills: 20-30 min Dribbling/Ball Handling	Dribble Pivot, Stop and Pivot Drill, Stationary Dribbling Drill, Dribble Tag, Knock Out, Dribble Relays, Push Pull, Half Cross Over, Partner Control Dribble, Speed Control, Speed Dribble Relay Race, Pivot 21	*Ball handling should cover – finger tipping, hand slaps, body circles, leg circles, keeping the ball at knee height when dribbling, knees are bent, encourage head up and eyes forward, speed dribbling.
Passing	Coach – Player Passing, Partner Passing, Give and Go Passing, Full Court Passing Game, Monkey in the Middle, Shotgun Passing, Coach Pat's Drill, Three Man Weave	*Passing should cover – chest pass, bounce pass, overhead pass, one-handed push pass. *Explain purpose of passing and how effective it can be to break down defenses. Incorporate fakes, be in triple threat position.
Shooting	Wall Shooting, Form Shooting, Circuit Drill, Tom's Drill, Competitive Shooting, Jumpers, Fake'em Out of Their Shoes, Cone Drill, Layups – Two Line Layups, Ball Toss Layups, Moves on the Move, Under Pressure	*Emphasize form shooting with the B-E-E-F Technique . Balance – knees bent; toes pointed toward hoop. Eyes – focus on target. Elbow/Hand Placement – make an "L" with shooting arm. Follow Through – hand in the cookie jar. *Work on right-hand and left-hand layups
Defense	Military Drill, Lane Slides, Partner Zig-Zag Drill, Team Defense, Man to Man Defensive Mirror, Box-Out Drill, Steal the Bacon	*Emphasize Defensive Ready Position - proper stance and short choppy shuffles of the feet. Have hands high or wide, drop steps, mirror offensive player's movements. Work on turning/channeling the ball handler in different directions.
Rebounding	Back-to-Back Boxouts, Circle Boxouts, Rebounding to One-on-One,	*Focus on having players keep their eyes open, finding their man, making contact, boxing out, then going to get the ball and chinning it. *Rebounding requires desire, awareness, consistency, and controlled aggressiveness.
Game Play/Scrimmage: 20-30 minutes	Defend the House, 3 v 3 v 3 or 4 v 4 v 4, 5 v 5 Controlled Scrimmage,	*Focus on introducing the elements of the game (defense, offense, transitions, wrist band concept, etc). Feel free to use Site Leads as a resource.
Cool Down: 5 minutes	Circle Stretch – Static Stretching	*Coach in center of circle *Lead through series of stretches... focus on increasing flexibility and balance.