

Kindergarten – 2nd Grade Practice Plan

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

Links below include more detailed documents on how to run the Drill/Game.

| Practice Section | Drill/Game | Coaching Points/Comments |
|---|--|---|
| Dynamic Warm-Up : 10 min | Follow the Leader, Foot Fire, Red Light Green Light, Coach Says, Dribble Tag, Frog in a Pond, Run to the Spot, Run and Jump, Mirror Shuffle, Whistle Drill | *These should cover fundamental skills needed - jog, skip, lunge, hop, side slides, high kicks, pivot, athletic stance, triple threat position, defensive position, drop-steps, jump stops, etc. |
| Technical Skills: 20-30 min Dribbling/Ball Handling | Red Light Green Light, Dribble Pivot – “Squish the Bug”, Stop and Pivot Drill, Stationary Dribbling Drill, Cone Dribbling, Dribble Tag, Knock Out, Dribble Relays | *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. |
| Passing | Coach – Player Passing, Partner Passing, Wall Passing, Crocodile Passing, Give and Go Passing, Red Light Green Light with Passing, Monkey in the Middle, Shotgun Passing | *Passing should cover – chest pass, bounce pass, overhead pass, one-handed push pass. *Explain purpose of passing and sharing with our teammates. Show proper bounce passing form including eye contact, step towards target, pass from chest, end with thumbs down and palms out. Be in triple threat position. |
| Shooting | Wall Shooting, Bank Shot Shooting, Frog Shooting, | *Emphasize ready position, bent knees, hands behind the ball (make a W with hands), hold ball at forehead level, jump with legs, push ball with arms, extending elbows, following through with hands and fingertips (reach for the stars) |
| Defense | Foot Fire, Military Drill, Lane Slides, Defend the House, Mirror Defensive Drill, Steal the Bacon | * Explain concept of defense. Emphasize proper stance and short choppy shuffles of the feet. Have hands high or wide, drop steps, |
| Rebounding | Comfort Rebounding Drill, Snatch It Drill, | *Focus on having players keep their eyes open and chinning the ball, finding your man and boxing out. *You can toss the ball up into the air, so players must jump and grab the ball. |
| 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. |