

3rd/4th Grade Practice Plan

Practice Plan Layout

Warm-up Drill(s) - 10 Minutes

- Goal: Get players moving

Skill Work - 20-25 Minutes

- Dribbling
- Passing
- Layups
- Shooting
- Defense

Competing - 15-20 Minutes

- Goal: Incorporate skill work into offense/defense scenario to make it more game like.

Rules & Ideas to Emphasize for 3rd/4th:

1. **Double Dribble** - Once you pick up your dribble you cannot dribble again
2. **Travel** - When holding the ball one foot must remain stationary. Moving both feet without dribbling is a travel.
3. **Free Zone:** Defense is played inside the 3-point line
4. **Areas of the Court:** Baseline, Sideline, Half Court, 3-Point Line, Foul Line

Skill Work Drill Ideas

Dribbling

- **Stationary Dribbling**- work on dribbling with fingertips (not palm) and keeping eyes up.

Coach can hold up numbers for players to yell out. Right Hand, Left Hand & Crossovers.

- **Dribbling on the Move** - Dribbling to half-court & back using Right Hand & then Left Hand.

Dribble between cones crossing between Right and Left hands.

- **Dribbling, Jump-Stop, Pivot** - Work on dribbling hard to a specific spot, end in a jump stop where players need gain control of their balance and body without moving both feet. Add in a pivot to turn keeping one foot glued to the ground.

- **Red Light, Green Light, Purple Light** - Same as the original game but players dribble on green light, stop feet but keep dribbling on yellow light, jump stop on red light and pivot on purple light.

Passing

- **Partner Passing** - work on Chest passes & Bounce passes both stationary and as players shuffle up the length of the court.

Layups

- **1-Step Layups** - Players start close to basket and take one step into a layup. This helps players understand how to take a layup and the footwork involved. R & L Side

- **2-Line Layups** - One line is shooting line & one line is rebounding line. Focus on how to take a layup, aiming at the backboard and rebounders getting the ball before it hits the ground. This drill is also easy to incorporate other skills such as adding a pass.

Shooting

- **Form Shooting** - Players partner up and practice shooting to each other working on form using one hand.

- **Shooting Contests** - Set up teams and have fun contests for players to make a certain amount of shots.

Defense

- **Mirror Drill** - Partner players, one on offense and one on defense. Players remain stationary while defensive player mirrors the offensive players with hands following the ball.

- **Shell Drill** - Set up players in positions around the court. Emphasize where defensive players should be. Always be between your player and the basket while still seeing both your player & the ball.

As season progresses, your practices should progress in terms of intensity & difficulty. Every player should at least finish the season with some fundamental skills and basic understanding of the game.

Resources for Practice Ideas & Drills

NBA Jr. - <https://jr.nba.com/basketball-practice-plans/starter/>

Basketball for Coaches - <https://www.basketballforcoaches.com/basketball-practice-plan/>

Online Basketball Drills - <https://www.online-basketball-drills.com/basketball-drills/youth>