

5th 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 5th:

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. **Back Court Violation:** Once you cross half court you cannot go back.
4. **Moving Screen:** Screener must be still and not extend arms to block defense. Player coming off screen must wait until they are set.
5. **4. Time Violations:**
 - 10 seconds to cross half court
 - 5 seconds to in-bound ball
 - 5 seconds with ball after dribble

Skill Work/Drill Ideas

Dribbling

- **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.

- **Dribble with defense** - Pair up players, one offense one defense. Dribbler tries to get up the court using both Right and Left hands in a zig-zag pattern. Defense works on making dribbler change direction as many times as possible.

Passing

- **Partner Passing** - work on Chest passes & Bounce passes both stationary and as players shuffle up the length of the court. Introduce pass fakes & wrap around passes to get around defense.

- **Monkey in the Middle** - Two players try to pass the ball with one defender in the middle. If defender deflects pass, they get out of the middle. Passers must remain in place - not dribbles & no travels.

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.

- **V-Cut Shooting** - Have a line of players on the wing cut down to block and up to middle of the lane to catch and shoot.

Skill Work/Drill Ideas

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.
- **Defending Screens** - Have players call out the screen!!! Work on how to defend a screen, hedge & recover or switch.
- **Help Defense** - Two lines on either wing. Help defender guards player without ball and should be in middle. Work on seeing the ball and being ready to help if player with ball drives.
- **Boxing Out & Rebounding** - Controlled scrimmage with points for boxing out and rebounding & points for getting offensive rebounds.

Scrimmage/Play

- Try to incorporate game-like scrimmages in practice! You can control where you want the emphasis, but the more play, the more comfortable they will be in games.
- **Running Plays** - Most teams at 5th grade level will put in some type of offensive play. How/When you get to this point will vary. Plays can be as simple as a wing-block down screen or more advanced.
- **Out of Bounds plays** - Teams should also add in an out-of-bounds play such as the standard Stack play.

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/>

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

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

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