

YMCA Rec Basketball

4th - 5th Grade

Practice 1



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Get to know your team	Make sure everyone is there & introduce yourself. Hand jerseys out to team. Go off of the list provided. If they are not on the jersey list they did not preorder one.
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top. *Get comfortable with the ball.
Single Leg Wraps (2 x 20 sec each leg)	Players should be in a stance with their legs wide and their chest up. Players will roll/wrap the ball around one leg for 10 seconds and then change directions for 10 seconds. Switch to the other leg when complete. *Eyes up.
Dribbling (1 x 20 seconds each hand)	Players should put the ball out to the side of their body and begin dribbling. Using fingertips players dribbles should be low and quick. Players should be in ready athletic position with knees bent and eyes up.
3-3-3 Dribbling (2 x 20 seconds)	Players should be in good athletic stance with knees bent. Take 3 dribble with right hand, then take 3 crossover dribbles, next take 3 dribbles with left hand. Players will then continue with same sequence. Keep continuous dribble the entire time.
Cone Dribbling (1 x 3 min)	Have 5 cones from sideline to sideline in a straight line with space in between the cones. First player in line will have a ball. Player will dribble through the cones in a zig zag motion switching hands as they change directions all the way to last cone. Next player can go when player in front is halfway across court.
Passing	Have players partner up with one basketball between them and line up across from each other at the free throw lane. Partners pass back and forth. Go over bounce & chest passes. Make sure players are looking before passing and receiver has their hands ready. Take a step towards their partner and extend elbows down when making a pass. Thumbs pointing down when releasing ball.
Form Shooting (2x8)	With no ball players stand facing the coach bent knees and the dominant hand elbow in, have players move their body upward in one motion to simulate shooting the ball. Players should follow through by straightening their arm and flicking their wrist.
1 Step Lay Ups (1 x 2 min each side)	Have player start 3 feet away from the basket. Player should take 1 step and perform a lay up using the square on the backboard. Players should not dribble have them focus on stepping with the correct foot. Work both left and right size.
Line Shooting	Players should be divided up into groups of two or more and have a designated shooting spot on the court. Player in front of each line will shoot one time, get their rebound and give it to the next player in line and go to the back of the line. Teams will continue shooting until one team gets to designated number of made shots.
Jump Stop with Ball (2x down & back)	Make a few lines of players across the baseline each with a ball. First player in each line dribbles to foul line and makes a jump stop. Player then continues on dribbling to half court and does another jump stop. Player will continue on again and jump stop at opposite free throw line and baseline.



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Defensive Slides (3 x 15 seconds)	Have the players line up on the lane line and face the coach. On coaches command the players should push off their back foot to slide to the other side of the lane where they will plant and push back. Knees bent & arms are out.
Dribble Relay (2x)	Players should be divided up into even teams and lined up on the baseline with the first person in line with a ball. Instruct the players how you want them to dribble down the court: left hand, right hand, crossover etc.
3v3	Divide team up into groups of 3 hand have them play 3 on 3. Have them work on cutting to the basket. After one team gets to 3 rotate next group in.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
Sources (videos & diagrams available on sites)	<p>Starter Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. https://jr.nba.com/basketball-practice-plans/starter/</p> <p>Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. https://www.breakthroughbasketball.com/drills/basketballdrills.html</p> <p>Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. https://www.usab.com/youth/development/youth-development-foundational-level.aspx</p>

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Practice 2



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, sideline, baseline, free throw line. Next call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint
Double Leg Wraps (1x20 sec each way)	Players need a basketball and should stand with their knees bent and feet together. Players will wrap ball around both legs for 10 seconds and then change directions for 10 seconds.
Side to Side Dribble (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with their eyes up. Left arm should be up to protect the ball. Bounce the ball in front of right foot and go from left to right only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side. Switch to left hand.
Front-Back Control Dribble (push & pull) (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with the ball to the side of them. Bounce the ball forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to bounce backwards.
Retreat Dribble (3x15 seconds)	Line players up on the baseline. Players will dribble with right hand to free throw line and take two retreat dribbles back while keeping their shoulder between imaginary defender and the ball and pushing back. After two dribbles back, the player will square up and dribble forward and do the same process at half court, opposite foul line and opposite baseline. Repeat going back with left.
Receiving Outlet Pass (1x2 minutes)	Players should line up at the top of the key with a few basketballs. First player will pass the ball to the coach who is standing in the middle of the paint. Coach will toss the ball to themselves to their right or left side. Player needs to react to which side the ball was tossed on and get their back to the baseline on the side and prepare to receive the outlet pass. Player will catch the ball on the move and dribble to the other end of the court for a lay up or back to the end of the line.
Rebound & Outlet Pass (1x2 minutes)	Players should be in 2 lines, 1 at the free throw line and 1 on the elbow. Each player at free throw line needs a ball. First person at free throw line will step up inside 3pt line and toss the ball off the backboard and go jump and grab it like a rebound. On the toss first player in other line will get to the sideline to receive outlet pass. Rebounder will pass to the outlet player. Player who receives the outlet pass will dribble up the floor going to the middle of the floor. Player who grabbed rebound will run wide outside the player with the ball to the other end of the court. Player with the ball will make a good jump stop & make bounce pass to other player for layup.
Lay-Up High Five (2 min each side)	Player should be in one line with no ball. Coach demonstrates how to take one step with right foot and second step and jump off left foot and extend right hand to simulate lay up. Coach will stand with their hand in the air as each player comes by and does this 1,2 step and gives coach a high five with their right hand. Repeat on left side.
3 Line Layups (1x90 sec each line)	Split players up into 3 lines around the 3pt line. Line on left wing, middle and right wing. First person in each line with a ball. First person will dribble in for layup, get their own rebound and pass to next person in line and then go to back of the same line.



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Activity	Details
1-2-3 Triple Threat (1x90 seconds)	Ready position when they have the ball to: shoot, pass, dribble. Knees bent with feet a little wider than shoulder width apart. Hold the ball & bend elbows so they are strong & ball slightly towards dominant hand side. Have players stand with a ball in upright position and when coach calls out triple threat players get into triple threat position.
Pass & Cut (90 sec each way)	Players should line up at the top of the key with basketballs. Another line at the wing. Players pass the ball to the wing and then cut by running to the basket. Wing will catch the ball and pass back to cutting player who will do a layup, rebound and switch lines.
Team Layups	Divide into 3 groups at half court with basketball at front of each line. First player in each line will dribble and take a layup, get their rebound and dribble/pass back to their line. Next player in line will then go. Team to first amount of made layups is winner. Variation work onto jump shot.
Side Lateral Push (3x15 seconds)	Have players line up on the lane line facing the coach. When coach says "go" the players should push off their back foot to slide to the other side of the lane, plant and push back. Continue for 15 seconds.
Elbows Finish (games to 3)	Create 2 lines at the elbows. First 2 players in line at the elbow face the coach who has a ball. Coach passes ball to one of the players who becomes offensive player who tries to score as soon as getting the ball. Other player becomes defensive player trying to contain player. Max 3 dribbles and 1 shot attempt.
5v5	Divide players into teams and play 5v5.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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Practice 3



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up	Walk the court with the players explaining lines (half court, 3-point line, sideline, baseline, free throw line. Next call out different movements and a line for the players to move to. Movements: jog, shuffle, skip, high knees, back pedal, sprint
Quick Drops (2x20)	Player with a ball should have knees bent and put the ball on the floor between your feet. Player will put right hand on the ball from the front of their body and then put their left hand on the ball from behind their body
Crossover Low, Middle, High (3x15 sec each)	Players with a ball should be in athletic stance with their knees bent and begin dribbling back and forth swinging the ball from right to left low and quick below the knees. Switch up to knee level and then waist level.
Under the Leg (1x1 minute)	Players take 1-2 dribbles and then lift the opposite leg from the hand the ball is in. when player lifts leg, they will dribble under the leg and gain control with other hand. Repeat back and forth. If able have player stand with legs split one leg in front one in back and just pass the ball back and forth between legs.
Kick Pass (1x2 minutes)	Have one line at the top of the key with a ball and one line on the wing. Player at the top will drive towards the basket on the same side as their teammate. Coach should be imaginary defender who comes to help on player driving. Player with ball will make a quick kick pass to their teammate who will catch and shoot. Shooter gets the rebound and players switch lines.
Pass & Up & Under (1x2 minutes) (keep pivot foot down)	Player should start on the block and rest are in a line on the wing. First player on wing will make a post entry pass to player on the block. Player on the block will catch the ball and do an up and under, get their rebound and go to the back of the line. Player who passed the ball will take the players spot on the block. Before drill have players work on up and under. As soon as player catches the ball they will turn in either direction like they are going to shoot the ball. Once they turn use a shot fake, then step with their back foot towards basket and jump off 2 feet for a lay up.
Make For a Cone (3 min games)	Divide players into two teams and designate 2 spots at a basket (wing, elbow, corner). There should be a line of cones equal to the number of players on each team. First player from each line will shoot the ball get their rebound and pass to next person on their team. if player makes a shot, they will take a cone from the other team and put it in their line of cones. If shot is missed get rebound and go to end of line. Team with most cones at end wins.
Free Throws (10 shots each player)	Use as many baskets as possible. Players will shoot two free throws at a time and rotate until each player has shot 10 free throws. Each player should develop a routine at the free throw line that works best for them. Some players take 1-3 dribbles or spin the ball before shooting.
Self Toss Rebound (3x8)	Players should have a ball and find open space on the court. Player will toss ball into air with two hands. The player will move towards the ball, jump and catch the ball at their peak. Can move to tossing ball off backboards for them to rebound.



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Activity	Details
Tuck Back Drill (2x6 each way)	Players need a ball and face coach in triple threat position. When coach says "tuck back" have the players say "strong" while dropping their right foot and putting the ball on their right hip. Coach says "over" have players step forward with right foot while turning 90 degrees. When coach says "triple threat" players go back to triple threat position.
Drive & Kick (games to 8)	One line at the top of the key with a ball & another at the short corner. Player at top dribbles the ball down the middle of the paint with the ball in the hand that is on the same side as the other line. Once player gets close to the basket, they will jump stop and pass (kick) the ball to their teammate in the short corner to catch and shoot. Player gets rebound and switch lines. There is another group doing the same thing on the other side of paint and short corner. First team to 8 made shots is winner.
C2-Person Closeout (2x1 minute)	Have to players out on the wing with 1 ball. One defender on the ball and another is in the middle in help. When ball is passed to other wing help defender goes out to defend the ball and other defender becomes help. Ball is passed back again to other wing, help defender then goes out to back of line while a new defender comes in to closeout on the ball. Process repeats where ball is passed back to other wing, new closeout defender comes in while other defender becomes help.
4v4 Continuous (games to 3)	Divide players into 3 teams of 4. one team will start at half court while the other teams will be on both ends that will start as defense. If offensive team scores they get the ball and dribble down to other basket on offense where new defense team is waiting. If defensive team gets a stop they become the offense and go to other basket.
5v5	Divide team into two teams.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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Practice 4



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Crossover Low, Middle, High (3x15 sec each)	Players with a ball should be in athletic stance with their knees bent and begin dribbling back and forth swinging the ball from right to left low and quick below the knees. Switch up to knee level and then waist level.
3-3-3 Dribbling (2 x 20 seconds)	Players should be in good athletic stance with knees bent. Take 3 dribble with right hand, then take 3 crossover dribbles, next take 3 dribbles with left hand. Players will then continue with same sequence. Keep continuous dribble the entire time.
Running dribble/crossover (2 x each0	Line players up across the baseline with player in front having a ball. Players should run while dribbling the ball in their right hand down and back. Have players dribble with right hand, left hand and then crossover dribble. Players should run fast but in control of ball.
Partner pass & Run (2 x down and back)	Players need a partner and 1 ball. They should be lined up on the baseline inside the lane line extended. They will pass the ball back and forth all the way down the court to one another. Shoot a lay-up when getting to the opposite end. All groups will make their way down the court before repeating and going back.
3 Line Layups (1x90 sec each line)	Split players up into 3 lines around the 3pt line. Line on left wing, middle and right wing. First person in each line with a ball. First person will dribble in for layup, get their own rebound and pass to next person in line and then go to back of the same line.
Horse shoe shooting (1 x 4 minutes)	Divide players up into 2 lines under the basket facing the court where the lane line meets the sideline. Each line needs 2 balls and one player who starts on the block without a ball. Player on the block will receive a pass from player in front of them, shoot and get their own rebound. Player who passes will loop around the outside of the shooter to the other side of the lane on the black and catch the ball from that line and shoot. Player will get own rebound and give ball back to line they received it from. Passer will loop around to other block for shot. Process continues.
Pass, Cut & Replace (2 min)	Have a line at each wing and 1 player at the top of the key with a ball. Player at top will pass to either wing and cut to the basket looking for the ball. Player on the wing without the ball will replace the cutter and fill to the top of the key. The cutter is now out of the drill and will go to back of line on the wing that replaced them. The wing with the ball will pass to the top where the player replaced. That player will reverse the ball to the other wing and cut to the basket and series repeats. Cutters only cut from the top.
Reverse the ball (games to 8)	Have a player on each wing (one wing needs 2 players and the ball) and one at the top of the key. Rest of players in a line under the basket as rebounders. Player on the wing will start with the ball in triple threat position and when coach says "reverse" player will pass the ball to the top of the key. Player at top will catch and pass the ball to the other wing—player will then shoot the ball and then go to rebounding line. Player who gets the rebound will make an outlet pass to the wing where the ball started and go to end of that line. Players from wing and top of key will move over on spot.



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Practice 4



Activity	Details
Closeout 1v1 (4 min)	One player on the wing and a line of players on the baseline with a ball. Set up same thing on other side of lane. First player will pass the ball to the wing and then close out on the wing. After close out offensive player will try to beat the defender and play 1v1. They must stay on their half of the court—imaginary line down middle of lane.
5 v 5 No dribbles (3 min games)	Divide players into teams and have them play 5v5 with no dribbles. If player dribbles, it is a turnover and other team gets the ball. Work on cutting.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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Practice 5



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Quick Drops (2x20)	Player with a ball should have knees bent and put the ball on the floor between your feet. Player will put right hand on the ball from the front of their body and then put their left hand on the ball from behind their body
2 ball stationary (2 x 30 sec)	Players need 2 balls and should have knees bent while keeping their eyes and chest up and dribble both balls at the same time. Quick firm dribbles.
2 ball stationary alternate (2 x 30 sec)	Players need 2 balls and should have knees bent while keeping their eyes and chest up and dribble both balls at the same time but alternating which ball is in their hand and which is bouncing. Quick firm dribbles.
Pass fake & Drive (1 x 2 min each side)	Players start at the top of the key with a ball. Player passes to the coach on the wing. The coach will catch the ball and throw it right back to the player who will then pass fake in opposite direction and drive for lay-up. Player will get rebound and go to back of line. Fake pass should be at chest level.
Shot Fake Pull up (2 min each way)	Warm up-have players start with ball on baseline and spin ball to themselves and catch the ball, shot fake and take one dribble forward with right hand. Divide into 3 groups and line up under the basket with 2 balls, and a line on the perimeter without a ball. Group on baseline will pass the ball and run towards the players with the ball. Player who catches the ball will shot fake explode out of shot fake for a good 1 dribble pull up jump shot. Shooter will rebound and give the ball to next player in line under basket.
No Ball Box Out (2 min)	Players should be in 3 lines around the paint. First player in each line step into paint as if they are a defensive player facing the next person in line. Defensive players will assume that the ball is where the coach is and play defense. When coach says "shot" the players will box out the player standing in front of them.
Side Lateral Push (3x15 seconds)	Have players line up on the lane line facing the coach. When coach says "go" the players should push off their back foot to slide to the other side of the lane, plant and push back. Continue for 15 seconds.
Screen Shooting (1 x 2 min each way)	Form a passing line on the wing. An offensive player, pretend defensive player and a screener are on the other side. Offensive player comes off the screen to catch and shoot. Defensive player becomes the shoot and screener becomes the defensive player. Player who made original pass now becomes screener. Screener should have their knees bent and a nice wide base with their feet wide, and put their arms either crossed in front at their chest or between their legs. Once teammate comes off the screen, the screener can move again.



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Practice 5



Activity	Details
Tracing the ball (2 x 1 min)	Get into groups of three with one ball per group. Have 2 players stand a little more than lane width apart and face each other, one with the ball. Third player is in the middle. Middle player will run and close out the player with the ball and trace the ball. Player with the ball will wait 3 seconds before passing to teammate. After passing the player will follow their pass and close out and trace the ball with the player that received the pass.
2v2 (games to 3)	Break players up into groups of 2 and play 2v2.
5v5	Divide team into two teams and play 5v5.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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Practice 6



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Line Hops (2 x 20 sec)	Find any line on the court at players will hop over line: 2 feet forwards and backwards, 2 feet side to side.
Spin dribble (3 min)	Players should start with a ball on the sideline. Take 2 dribbles with right hand and spin to their left. Repeat now taking 2 dribbles with left hand and spinning back to right. Continue all the way down the court.
Circle Pass (1 x 45 sec)	Players should be spread out in a circle with one player in the middle. One player will have the ball and pass the ball to the player in the middle. After making the pass, the player will follow their pass and go to the middle. The player in the middle will quickly catch and pass to the next person in the circle and follow their pass. Continue the ball all the way around the circle. Use different types of passes: chest, bounce.
Crossover to lay-up (1 x 2 min each side)	Players will start with the ball in their left hand outside of the three point line on the right side of the court. Player will dribble while running with their left hand to the cone and make a crossover dribble and continue in for layup. After shot, the player will get their rebound and dribble in straight line back to half court .
Jump Stop Shooting (games to 5)	Divide players in 4 groups at shooting spots (wings & slots) and the first player in each line will have a ball. Players will dribble in to the cone setup a few feet away from the basket, jump stop and shoot, get their rebound and give it to the next player in line.
Wall box outs (1 x 2 min)	Players should stand in front of a wall in athletic stance and when coach says "shot" the player will turn and box out on the wall. Players should make sure they make contact turn and box with their elbows and hands up.
Jab step (2 min)	Players should line up on the baseline with a ball. Players are in triple threat position. On coach's command have the players jab the same way. Player should establish pivot foot and push off the pivot foot will lifting the other foot forward on the floor at a angle from where it started.
Jab attack (3 x each side)	Player should face the basket where half court and the sideline meet. The player will jab the foot closest to the sideline. After the jab the player will step across their body with the jab foot and take a big step and a big dribble in the opposite forward angle direction. Player will pick up the ball as if they are shooting after the jab one stride 1-2 stop. From that point the player will stay there, reset and repeat the process. The player should get inside the 3-point line after 3 jabs and take a jump shot after the 3rd jab.
Pass, Cut & Replace (2 min)	Have a line at each wing and 1 player at the top of the key with a ball. Player at top will pass to either wing and cut to the basket looking for the ball. Player on the wing without the ball will replace the cutter and fill to the top of the key. The cutter is now out of the drill and will go to back of line on the wing that replaced them. The wing with the ball will pass to the top where the player replaced. That player will reverse the ball to the other wing and cut to the basket and series repeats. Cutters only cut from the top.



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Activity	Details
2-on-1 Defending (3-5 min)	Have one player start at the top of the key with a ball and another starting in the short corner on the same side. Have one defender starting at the block who must guard both players. Player with the ball at the top can either shoot a lay up or pass the ball. If they pass the ball the player in the short corner must catch and shoot. Defensive player should be contesting shots with a hand up.
Knockout (1 game)	Players should be in one line starting at the free throw line with the first 2 players having a ball. First player will shoot, if they make it they will pass the ball to the next person and go to the back of the line. If they miss they will rebound and shoot from anywhere until they make a shot and then give the ball to the next person and go to the back of the line. If the player shooting behind any player makes their shot before you, you're out.
3v3 (games to 5)	Divide up into teams of 3 and play 3v3.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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Practice 7



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Double Leg Wraps (1x20 sec each way)	Players need a basketball and should stand with their knees bent and feet together. Players will wrap ball around both legs for 10 seconds and then change directions for 10 seconds.
Side to Side Dribble (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with their eyes up. Left arm should be up to protect the ball. Bounce the ball in front of right foot and go from left to right only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side. Switch to left hand.
Front-Back Control Dribble (push & pull) (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with the ball to the side of them. Bounce the ball forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to bounce backwards.
Walk to jog dribble (2 each)	Players need a ball on the baseline. Players will walk slowly in a low stance while dribbling the ball to half court. Once the players reach half court, they will transition into a jogging dribble to the other baseline. Players will change hands and do the same thing coming back.
Dribble & Pass to target (2 min each side)	Players should start on the baseline on the right side of the court in a line. First few players need a basketball. Set up a cone at the opposite wing on the other side of half court. Have the players take 2 jogging dribbles forward and then make a running pass ahead trying to hit the cone. The coach should stand behind the cone and give the ball to the players after their pass.
Spot shooting (5 games)	Form 5 lines: 1 on each baseline, each elbow, and free throw line. One ball in the front of each line. Each player in the front of the line will shoot and get their own rebound and pass to the next person in there line. Team with first to 5 made baskets wins. Have teams rotate to different spot after each game.
Toss & get it (2 min each side)	Have players in a line in the paint. Throw the ball up off the backboard and have the first player in line grab the rebound chin it and toss it back to you and go to the end of the line. Players should grab the ball and hold it strongly with 2 hands under their chin.
Rip it, sweep, pull (2 x 6 each way)	Players need a basketball and should stand in an open space on the court facing forward in a triple threat position. When coach says "rip it" have players drop their right foot and put the ball to their right hip. When coach says "sweep" have players step forward with their right foot while turning 90 degrees and sweeping the ball by their feet.
2-on-1 Fast break (3 min)	Two lines at half court and one line with a ball. Have a defender start at the top of the key. Have the 2 offensive players attack to try to score in a 2 on 1 fast break. The player who takes the shot or turns the ball over will become the defensive player at the top of the key.
Group closeout slide & trace (1 min)	Have four players line up across the free throw line extended and 4 lines on the baseline lined up across from them and the first player in the line with a ball.



YMCA Rec Basketball

4th - 5th Grade

Practice 7



Activity	Details
On the block finishing (games to 3)	2 lines on the baseline with 2 players on each block. Coach will be at the free throw line with a ball and pass the ball to one of the 2 players. The player who receives the ball will have a max of 1 dribble to take a shot and cannot move backwards. The player who did not receive the pass will become the defense and try to stop the player with the ball.
Elbows Finish (games to 3)	2 players one at each elbow. Coach will be behind three point line with a ball and will pass the ball to one of the 2 players. The player who receives the ball will have a max of 3 dribbles and one shot attempt. The player who doesn't receive the ball will become the defensive player.
3v3 (games to 5)	Divide up into teams of 3 and play 3v3.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
Sources (videos & diagrams available on sites)	Starter Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. https://jr.nba.com/basketball-practice-plans/starter/ Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. https://www.breakthroughbasketball.com/drills/basketballdrills.html Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. https://www.usab.com/youth/development/youth-development-foundational-level.aspx

YMCA Rec Basketball

4th - 5th Grade

Practice 8



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top.
Side to Side Dribble (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with their eyes up. Left arm should be up to protect the ball. Bounce the ball in front of right foot and go from left to right only using their right hand forcing the player to get their hand to the side of the ball to bounce it to the other side. Switch to left hand.
Front-Back Control Dribble (push & pull) (2x15 sec each hand)	Players will start with ball in their right hand in athletic stance with the ball to the side of them. Bounce the ball forward and backwards forcing the player to get their hand behind the ball to bounce it back forward and then get their hand in front of the ball to bounce backwards.
Slide & Pass (2 sets of each pass)	Players need a partner and one ball and should stand on the baseline about 6ft apart. Good stance with knees bent and will slide to half court while making a chest or bounce pass to each other.
Partner Shooting (10 makes each)	1 player stands inside the 3 point line facing the basket in a good stance ready to catch the ball. 2nd player stands underneath the basket with the ball. Player under basket will pass the ball to their partner who will catch, the shooter will take a 1-2 step into the shot and shoot the ball. Passer will grab the rebound and pass again.
Block to block shooting (30 seconds each player)	Players need a partner and one ball. 1 player starts on the block. Partner will pass the ball to teammate on the block who will catch and shoot. After shooting they will run to opposite block for another shot. Shooter will continue to go back and forth between the 2 blocks. Partner will help with rebounding and passing if needed.
Change of speed (3 x down and back)	Players should be in 3 lines on the baseline with a ball at the front of the line. First person in each line will start by jogging and dribbling to the free throw line. At the free throw line, the players will change speeds and explode out to half court. At half court players will change speeds and jog until the opposite free throw line and then again explode out to the baseline. Work on right hand, left hand and crossover.
Post Pass & screen (3 min)	Have a line of players near the top of the key with a ball. Put another player on the wing and one on the block. First player in line will pass the ball to the wing, the wing will then make a post entry pass. After the post entry pass, the wing player will screen for the player at the top of the key who will come off towards the wing. After screen the player setting the screen will slip to the basket. Post player will pass to the player coming off the screen who will catch and shoot. You can also break up into groups of 3 at a basket and just have the 3 continue to move in a triangle while working on screens and cutting.



YMCA Rec Basketball

4th - 5th Grade

Practice 8



Activity	Details
Follow the leader slides (10 seconds each player)	Have players spread out throughout the court all facing the same direction. One player comes to the front of the group and faces the team. for 10 seconds that player will work on defense while rest of group will follow their lead.
Zig zag defensive slid (3 x down and back)	Half the players should line up on the corner of the baseline and sideline and the other half line up on the opposite corner of the baseline and sideline. First player will start in a stance with their back to the court and slide back at angles touching their foot to the sideline and the lane line extended all the way down the court. Once the player in front of them gets to the free throw line, the next player will go.
Back 1v1 drill (games to 5)	Players should partner up with one ball. One partner stand just inside the 3pt line and face the basket. The other player will stand behind them with the ball and touch the ball to the back of the player in front. When the player in the back with the ball pulls the ball off of the players back, they will begin playing one on one. Player in front will have to turn around and quickly try to locate the offensive player and play defense.
5v5	Divide team into two teams and play 5v5.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
Sources (videos & diagrams available on sites)	<p>Starter Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. https://jr.nba.com/basketball-practice-plans/starter/</p> <p>Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. https://www.breakthroughbasketball.com/drills/basketballdrills.html</p> <p>Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. https://www.usab.com/youth/development/youth-development-foundational-level.aspx</p>

YMCA Rec Basketball

4th - 5th Grade

Practice 9



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Ball Slaps 20 (10 each hand)	Hold ball out in front and transfer from hand to hand slapping the ball with the opposite hand on top.
Finger taps (1 x 20 sec)	Players will start with their arms extended over their head and tap the ball quickly from hand to hand. Players should move the ball lower so ball is in front of their face and then down towards their waist.
3-3-3 Dribbling (2 x 20 seconds)	Players should be in good athletic stance with knees bent. Take 3 dribble with right hand, then take 3 crossover dribbles, next take 3 dribbles with left hand. Players will then continue with same sequence. Keep continuous dribble the entire time.
In & out (1 min each way)	Players should spread out on the court. Players will take 1 to 2 dribbles and then make an in and out dribble move and push forward for 1 step. Players then back up to their original spot and repeat the process.
Pass & Cut (2 min each way)	Player should line up at the top of the key with a few basketballs. Another line on the wing without a ball. Players pass the ball to the wing and then cut by running to the basket. The player on the wing will catch the ball and pass it back to the cutting player who will complete a lay up, rebound and switch lines.
Horse shoe shooting (1 x 4 minutes)	Divide players up into 2 lines under the basket facing the court where the lane line meets the sideline. Each line needs 2 balls and one player who starts on the block without a ball. Player on the block will receive a pass from player in front of them, shoot and get their own rebound. Player who passes will loop around the outside of the shooter to the other side of the lane on the block and catch the ball from that line and shoot. Player will get own rebound and give ball back to line they received it from. Passer will loop around to other block for shot. Process continues.
4 corner passing (2 min each way)	Have the players get into 4 balanced lines at both sidelines and half court and both sidelines and baseline. First person in each line has a ball. The players with the ball will all dribble to the middle of the floor where they will jump stop together keep right pivot foot and pivot their left foot around and pass to the next line to their right and follow their pass to the back of that line. Same pattern will continue.
3 - second box out (2 min)	Have the players partner up and get a ball. The players will place the ball on the floor and take four steps away from the ball. 1 player will be offense and 1 player will be defense facing the offensive player with their back to the ball. When coach yells "shot" the defensive player will make contact and box out the offensive player as the offensive player tries to touch the ball. The goal is to have all defensive players to hold the box out for 3 seconds.
Self-toss rebound (3 x 8)	All players need a basketball and should stand in an open space on the court. The players will use two hands to toss the ball into the air. The player will move towards the ball, jump and catch the ball at their peak.



YMCA Rec Basketball

4th - 5th Grade

Practice 9



Activity	Details
2 on 2 drive & kick (games to 3)	Players will get with partners for 2 on 2 and line up on the baseline. 1 player will start at the top of the key with a ball and one player on the wing. Defensive player guarding the ball will allow the player to have a slight advantage driving the ball to the basket on the side of the teammate. The player will drive and kick the ball out and the 2 on 2 game will start for 1 shot. Defensive team becomes offense and offensive team goes to the back of the line on the baseline.
3v3 (games to 5)	Divide up into teams of 3 and play 3v3.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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YMCA Rec Basketball

4th - 5th Grade

Practice 10



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1x each from baseline to half court)	Spread out across the baseline and have players go through the following exercise: jog, high knees, butt kicks, shuffle, skips, back pedal
Crossover Low, Middle, High (3x15 sec each)	Players with a ball should be in athletic stance with their knees bent and begin dribbling back and forth swinging the ball from right to left low and quick below the knees. Switch up to knee level and then waist level.
Zig Zag dribble (2 x down and back)	Have the players start in 2 lines in opposite corners where the baseline and sideline meet. Place cones every 5-10ft apart at opposite angles from each other. Players will start by dribbling from the starting point to the first cone. At first cone they will make a move you have designated (crossover, spin etc,) and continue to the next cone.
Dribble knockout (2 games)	All players need a basketball and should be in the free throw lane. Can use bigger area if needed. Players must dribble the ball without picking it up, double dribbling or going out of bounds. All players should try to knock the other players ball away while dribbling. It is the goal to be the last player with still dribbling.
Jump stop pivot pass (3 min)	Have the players divide into groups, hold a ball, and stand in a good athletic stance on the baseline. The players will dribble to the free throw line extended and jump stop and then forward/reverse pivots until they are facing their line again. The player will then pass back the next player in line and continue the process.
Partner pass & Run (2 x down and back)	Players need a partner and 1 ball. They should be lined up on the baseline inside the lane line extended. They will pass the ball back and forth all the way down the court to one another. Shoot a lay-up when getting to the opposite end. All groups will make their way down the court before repeating and going back.
Spot shooting (5 games)	Form 5 lines: 1 on each baseline, each elbow, and free throw line. One ball in the front of each line. Each player in the front of the line will shoot and get their own rebound and pass to the next person in there line. Team with first to 5 made baskets wins. Have teams rotate to different spot after each game.
Rip it, sweep, pull (2 x 6 each way)	Players need a basketball and should stand in an open space on the court facing forward in a triple threat position. When coach says "rip it" have players drop their right foot and put the ball to their right hip. When coach says "sweep" have players step forward with their right foot while turning 90 degrees and sweeping the ball by their feet.
2-on-1 Fast break (3 min)	Two lines at half court and one line with a ball. Have a defender start at the top of the key. Have the 2 offensive players attack to try to score in a 2 on 1 fast break. The player who takes the shot or turns the ball over will become the defensive player at the top of the key.
Tracing the ball (2 x 1 min)	Get into groups of three with one ball per group. Have 2 players stand a little more than lane width apart and face each other, one with the ball. Third player is in the middle. Middle player will run and close out the player with the ball and trace the ball. Player with the ball will wait 3 seconds before passing to teammate. After passing the player will follow their pass and close out and trace the ball with the player that received the pass.



YMCA Rec Basketball

4th - 5th Grade

Practice 10



Activity	Details
On the block finishing (games to 3)	2 lines on the baseline with 2 players on each block. Coach will be at the free throw line with a ball and pass the ball to one of the 2 players. The player who receives the ball will have a max of 1 dribble to take a shot and cannot move backwards. The player who did not receive the pass will become the defense and try to stop the player with the ball.
Elbows Finish (games to 3)	2 players one at each elbow. Coach will be behind three point line with a ball and will pass the ball to one of the 2 players. The player who receives the ball will have a max of 3 dribbles and one shot attempt. The player who doesn't receive the ball will become the defensive player.
2 on 2 closeout (games to 5)	Have a player on the wing and the top of the key and 2 lines on the baseline lined up across from them. When the coach passes the ball to one of the players on the perimeter, the first two players on the baseline will closeout to the ball or help defense, and then begin playing 2 on 2. One shot attempt then rotate. The offensive team will go off and the defensive team will become offense as the next team on the baseline will execute the next closeout.
Practice plan	Coaches will need to spend time on any plays they might have as well. This practice plan can be used as a guide for drills to do.
End of Practice	Make sure gym is cleaned up and nothing is left behind. Make sure all players have been picked up before leaving.
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