

# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 1



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
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.
Between the legs dribble (1 x 2)	Players will begin walking towards the opposite baseline and dribble as many times as they can consecutively between their legs.
Scissors Dribble (2 x 20 seconds)	Players will jump and split their legs so their right foot is forward and left foot is back and then jump and split again so their left foot is forward and the right foot is back. Every time the player jumps and splits their legs, they will dribble between their legs quickly
2 - Ball Low High (2 x 20 seconds each way)	Players will need 2 balls and get in a athletic stance and begin dribbling with their left hand and low with 1 ball. After a few dribbles, the players will add dribbling the ball in their right hand up high.
Chest & Bounce Pass (1 x 30 seconds each way)	Have players partner up and stand across from each other with 1 ball each. One player will make a bounce pass and the other a chest pass. Players will pass the ball at the same time to each other.
Skip Pass (3 minutes)	Players should start with 2 lines on each wing. One line on each wing will have a ball. The lines with the balls will make skip passes to the line on the opposite wing that does not have a ball. When the player on the wing catches the ball, they will either drive for a lay up or dribble for a shot. After the pass and the lay up, the passer will go to the receivers line and receiver will go to the passers line.
Jump Stop Pivot Pass (1 x 1 minute each way)	Players will dribble to the free throw line extended and jump stop and then forward. reverse pivot until they are facing their line. Players then pass back to the next player in line and continue process.
Shot Fake 1 Dribble Pull-Up (games to 6)	2 or 3 groups of players. Each group will have a line under the basket and on the perimeter. The group that is close to under the basket will have 2 balls. First person in line will pass the ball to the first player on the perimeter and will run at them quickly. The shooter will catch, shot fake by sitting low, bring the ball and eyes up on the rim and explode out of the shot fake and 1 dribble pull-up jump shot. The passer will go to the back of the shooting line. The shooter will get their rebound and go back to the passing line.
Lay Ups (3 x 5 each way)	Have the players in 2 lines one on each wing. One line has the basketball and will go in for a lay up. Opposite line will go in for the rebound. Shooter will go to the end of the rebounding line and rebounder will go to the end of the shooters line.



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Activity	Details
3 Person Pass, Cut & Replace (1 x 3 minutes)	Start with a line on each wing and one player at the top of the key with the ball. The player at the top will pass to either wing and cut to the basket looking for the ball. The 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 the back of the line on the wing that replaced them. The wing with the ball will pass the ball to the top where the player has replaced. That player will reverse the ball to the other wing and cut to the basket.
2 on 2 Down Screen (games to 3)	Players should partner up with a ball on the baseline. 2 groups start on the court, one on offense and one on defense. Coach passes from the top. Have the screener work on setting good screens, offensive player work on setting up the screen, coming shoulder to shoulder and reading the defender. Defensive player work on seeing the play, finding offensive players body and come over the top of the screen taking space of the offensive player. If offense scores they stay on the court and new defensive team comes on.
3v3	Divide team up into groups of 3 and have them play 3 on 3. Have them work on cutting to the basket. After one team gets to 3 rotate next group in.
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.
Sources (videos & diagrams available on sites)	<p>All-Star Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. <a href="https://jr.nba.com/basketball-practice-plans/all-star/">https://jr.nba.com/basketball-practice-plans/all-star/</a></p> <p>Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. <a href="https://www.breakthroughbasketball.com/drills/basketballdrills.html">https://www.breakthroughbasketball.com/drills/basketballdrills.html</a></p> <p>Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. <a href="https://www.usab.com/youth/development/youth-development-foundational-level.aspx">https://www.usab.com/youth/development/youth-development-foundational-level.aspx</a></p>

# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 2



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
Full Court Cone Dribbling (5 minutes)	Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline. All players should start on the baseline on the side with 10 cones with a ball. Players will dribble through the cones and when they are 3-4 cones in the next player will start. After the last cone attack the basket and finish. Then they will return up the other side of the court dribbling through the 5 cones.
Behind The Back Wrap (3 x down and back)	Players all start on the baseline with a ball. Take 2 running dribbles forward and then wrap the ball around their back to the other hand. Players should then again dribble 2 times with the other hand and wrap the ball behind their back to the other hand.
2 - Ball Low High (2 x 20 seconds each way)	Players will need 2 balls and get in a athletic stance and begin dribbling with their left hand and low with 1 ball. After a few dribbles, the players will add dribbling the ball in their right hand up high.
Partner Running Pass (3 min)	Have the players partner up and line up on the baseline across from each other. Players will pass back and forth to each other as they run down the court and shoot a lay up at the other end. Have all groups wait at the other end for everyone to finish before repeating back down the court.
Progression Shooting (1 x 8 makes each)	Divide players into teams and spread them out at a basket. Each team should have 1 ball. First player in line will take the designated shot, get the rebound, pass it to the next person in line and go back to the back of the line. Every shot made will go towards the team's total makes at a spot. Shot variations: lay ups, floaters, midrange, 3pt, catch and shoot.
Shooting Line (games to 8)	Divide players into two or more groups and have each group at a designated shooting spot on the court. Players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
3 Second Deny (3 reps)	A line of players are on the wing. One offensive and one defensive player on the court. Defensive player will deny the offensive player the ball for 3-5 seconds. After that, defender will go to the back of the line, next offensive player will become defender.
Jump to the Ball (4 x )	Have players start in one line on the baseline. There will be one player on each wing and the coach at the top with the ball. First player in line on the baseline will sprint to close out on coach. Coach will pass the ball to either wing. One the pass, the defensive player will "jump to the ball" in a good defensive stance. The player who receives the pass will take 1-2 dribbles to the middle of the floor and upon seeing the player who jumped to the ball, they will retreat dribble and then drive to the baseline side for a lay-up.



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Activity	Details
3 Person Pass, Cut & Replace (1 x 3 minutes)	Start with a line on each wing and one player at the top of the key with the ball. The player at the top will pass to either wing and cut to the basket looking for the ball. The 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 the back of the line on the wing that replaced them. The wing with the ball will pass the ball to the top where the player has replaced. That player will reverse the ball to the other wing and cut to the basket.
3 on 3 Pass & Cut or Pass & Ball Screen (games to 3)	Divide players into teams of 3. Players must start with a pass and cut, or pass and ball screen. After that, the ball is live and the players can move and play as they choose. If the offense scores, they get the ball back.
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 (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
Full Court Cone Dribbling (5 minutes)	Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline. All players should start on the baseline on the side with 10 cones with a ball. Players will dribble through the cones and when they are 3-4 cones in the next player will start. After the last cone attack the basket and finish. Then they will return up the other side of the court dribbling through the 5 cones.
Stationary 1-2 Behind the Back (2 x 30 seconds)	Have players start in a good stance and will dribble the ball 2 times in the same hand and then dribble behind their back. Then they will dribble with the other hand 2 times, and repeat behind their back.
Pound Pass (2 x 30 seconds)	Have players partner up and one ball between them. Have them stand lane width apart. Partner with the ball will start by pounding the ball and then passing it out to their partner with one hand. Pass should not be underhand, it should be overhand with their hand behind the ball and their fingers pointing up. Partner will catch the ball with one hand and repeat.
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.
3 Person Shooting (2 x 10 shots each)	Divide players into 3 groups. There will be 1 player that shoot 10 straight shots from a designated spot. Another player will pass, and another will rebound. After 10 shots rotate spots.
L Cut (1 x 2 min each way)	Have 2 lines on the baseline with 2-3 balls in each line and a coach at the top of the key aligned with each line. First player will pass their ball up to the coach and will come up the lane line and explode out be changing speeds and getting to the wing. The coach will pass the ball to the player on the wing who will then work on a designated move and shot.
Shell Drill 3 on 3 (5 min)	Divide into groups of 3. Three players on offense, 3 on defense. Offensive players will pass the ball around and the defense will adjust to the correct spot. Coaches can allow the offense to cut or screen I they want.
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.
5v5	Divide players into teams and play 5v5.



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Activity	Details
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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.
Ball Fakes (3 x down & back)	Have players start on the baseline with a ball. Take 2-3 dribbles forward and jump stop. After jump stop, the players will work on a pass fake or a shot fake. After the fake, the players will continue by dribbling 2-3 times again and repeating.
Pull Back Dribble (2 x 30 seconds each way)	Place a cone out in front of each player that is a good long stride away from them. Have the players push forward off their foot and put their right foot out in front in a long stride. As their right foot hits the floor out in front, the ball will also be out in front in two hands near their right foot. Have players push back of their right foot their left foot and pull the ball back with one bounce as they move. Their left foot shoot be their pivot foot as they come back to balance.
V Cut (1 x 2 min)	Have players line up on the wing with coach at the top of the key with a ball. First player in line will make a v-cut and catch a pass from coach on the wing and square up in a triple threat stance. The player will then pass the ball back to coach and next player will begin same process.
V Cut Layup (1 x 3 min)	Have the players in 2 lines, 1 on each wing. The first player in each line will start by making a v-cut. Once the player is back to the wing they will jump stop and land on two feet facing the basket while catching the ball. The player will then make the commanded dribble move into their shot.
Pass & Up & Under (1 x 3 reps each way)	One player will start on each block and there will be a line on the wing in front of each of them. First player with the ball will make a good post entry pass to the player making a good post up on the block. The player will catch the ball and execute an up and under, get their rebound and go to the back of the line. The player who passed the ball will go to the block.
Tag & Pursue (1 x 3 min)	Have players in groups of 3. One player will be a defensive player. The other 2 will be on offense not too far from each other with one ball. The defensive player will guard the player without the ball and start by being in "help" defense. Offensive player will pass the ball to their partner. The defensive player will now close out on the ball. The offensive player will then pass the ball back to the other offensive player. The defensive player will jump into help position. The offensive player will then shoot. The defensive player will locate their offensive player, tag and pursue the ball.
L-Cut To Drive & Kick	Have two lines on the baseline, 1 at each lane line and 1 ball per group. The player with the ball will pass it to coach at the top of the key and the first player in both lines will make an L-cut looking to catch the ball on the wing. Coach will pass the ball to one player or the other. The player with the ball will drive either to the middle or to the baseline all the way to the paint. As the player attacks the basket, the other player will space to an open spot and prepare to catch and shoot. The player with the ball will make a pass to their teammate who will catch a shoot.
Backdoor Pass Lay-Up (1 x 15 each side)	Have the players get into 2 lines, 1 at the top and one on the wing or corner. Have the balls start in the line at the top and have the player with the ball dribble towards the wing. The player on the wing must time the cut and step up and then back cut. The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.



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## Practice 4



Activity	Details
Post Pass & Screen (1 x 10)	Have a line of players near the top of the key with a ball. Put another player on the wing and another player on the block. The 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 a quick screen, the player setting the screen will slip to the basket. The post player will pass to the player coming off the screen who will catch and shoot.
Post Pass & Relocate (1 x 10 makes)	Have the players get a ball and line up on the wing. The coach will start on the block. The first player in line will pass the ball to the coach on the block. After the pass, the player will relocate by moving to open space on that side of the court. The coach will pass the ball back out to the player who will catch and shoot from the designated spot.
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.
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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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## 6th - 8th Grade

## Practice 5



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Full Court Cone Dribbling (5 minutes)	Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline. All players should start on the baseline on the side with 10 cones with a ball. Players will dribble through the cones and when they are 3-4 cones in the next player will start. After the last cone attack the basket and finish. Then they will return up the other side of the court dribbling through the 5 cones.
Stationary 2 Ball 1.2 Cross (2 x 40 seconds)	Players will dribbling two balls at the same time for 2 dribbles. After the 2 dribbles, the players will cross the balls in front of them so that the ball that was in the left hand is now in the right hand and vice versa.
Between Cross Behind (2 x 30 seconds)	Players should be in athletic stance with a ball and dribble the ball between the legs, cross over in front of them and then dribble behind them.
Shot Fake Lay-Up (2 min each way)	Divide into 2 groups. Each group will have a line under the basket and on the perimeter. Groups on the baseline will have 2 balls. The first person in line will pass the ball to the first player on the perimeter and will run at them quickly. The shooter will catch, shot fake by sitting low, bring the ball and eyes up on the rim and then explode out of the shot fake and lay-up.
Using a Screen (20 makes for team)	Place a line of players at the top of the key with the first 3 players having a ball. Have a shooter, a half speed defender and a screener all on the wing. The screener will go and set a screen for the shooter, the defender will simulate defense, and the shooter will come off and shoot from a straight cut.
Backdoor Pass Lay-Up (1 x 15 each side)	Have the players get into 2 lines, 1 at the top and one on the wing or corner. Have the balls start in the line at the top and have the player with the ball dribble towards the wing. The player on the wing must time the cut and step up and then back cut. The player with the ball will snap a bounce pass to the cutting player who will take a lay-up.
3 Man Weave	Create 3 lines on the baseline with a ball in the middle line. First player will pass to their right and then run behind the person they made the pass to. Person receiving the pass will then pass to player to their left and run behind them. Passing all the way down the court without dribbling the ball finishing with a layup. Lead teammates with the pass. <a href="#">Video Clip</a>
Horseshoe Shooting (4 min)	Players will start in two lines facing the court where the lane line meets the sideline. Each line will have two balls. One player will start on the court on the block. The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound. After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line. After the pass, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line. The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line. <a href="#">Video Clip</a>



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## 6th - 8th Grade

## Practice 5



Activity	Details
Shell Drill 4 on 4	Divide the players into groups of 4 and start with 1 team on defense and one team on offense. Offensive players should be on the perimeter. The offense is only allowed to pass and cut. After 5 passes, the ball will become live and the offensive team can try to score.
5 on 5 Half Court	Divide into groups of 5.
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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

## 6th - 8th Grade

## Practice 6



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
Full Court Cone Dribbling (5 minutes)	Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline. All players should start on the baseline on the side with 10 cones with a ball. Players will dribble through the cones and when they are 3-4 cones in the next player will start. After the last cone attack the basket and finish. Then they will return up the other side of the court dribbling through the 5 cones.
Hesitation Dribbling (3 x down and back)	Have players line up on the baseline with a ball. Start our with a speed dribble to the free throw line, hesitate and then explode to half court, continue same pattern to opposite free throw line and baseline. <a href="#">Video Clip</a>
Post Entry Pass (1 x 5 reps)	Have players in lines on each wing. First 2 players in each line should have a ball. Have a defender guarding the ball and a player on the block. The offensive player will work to make a goof post entry pass against the defender. Once the player on the block catches the pass, they will make a move to score, get their rebound, and go to the back of the line.
Horseshoe Shooting (4 min)	Players will start in two lines facing the court where the lane line meets the sideline. Each line will have two balls. One player will start on the court on the block. The player with the ball in front of the player on the court will pass them the ball, the player will shoot and get their rebound. After rebounding, the player will give the ball to the same line they got it from and then go to the back of that line. After the pass, they will loop around the outside of the shooter to the other side of the lane and catch the ball from that line. The player will shoot, get the rebound, give the ball to the line they got it from and go to the back of that line. <a href="#">Video Clip</a>
Full Court Transition Shooting (9 makes)	Need at least 9 players. Divide into 3 groups, 1 group will line up on the baseline on 1 side of the court, another group will line up on the baseline in the middle of the court, and the 3rd group will line up on the baseline on the other side of the court. Place 1 player from each line on the opposite baseline with a ball. Place 1 player from each line at half court. First person on the baseline has a ball. The player at half court will run towards the line on one of the baselines. The player with the ball in the baseline will pass the ball to the player who will catch and shoot. After shooting, the player will get the rebound and go to the back of the line. After passing, the player will run all the way towards the other baseline and catch a pass from the opposite baseline and shoot. After the shot, the player will get their rebound and get ready to be a passer from that baseline. <a href="#">Diagram</a> Pass and run the length of the floor to catch and shoot.
Shell Drill 4 on 4 (4 min)	Divide the players into groups of 4 and start with 1 team on defense and one team on offense. Offensive players should be on the perimeter. The offense is only allowed to pass and cut. After 5 passes, the ball will become live and the offensive team can try to score.



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## Practice 6



Activity	Details
3 on 2, 2 on 1 (4 min)	Start with 3 lines on the baseline (2 on the wing and 1 in the middle). The line in the middle will have basketballs. Place two players on the opposite end as defenders. The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break. The offense is only allowed 1 shot. Whichever player takes the shot or turns the ball over will get back on defense. The other 2 offensive players will stay there and become the 2 new defenders. The 2 current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break. <a href="#">Video Clip</a>
Chase Layup Drill Full Court (1 x 3 min)	Players should partner up and get one ball for the two. The first player will start with the ball on the elbow and the other player will start on where the lane line meets the baseline. When the coach indicates, the player with the ball will dribble full court for a lay-up while the other player will try to run from behind to contest the lay up. The next pair will start immediately behind them.
1 on 1 - Cones	Have two lines at the top of the key with one line closer to the wing. Both lines will have a cone on the baseline directly in front of them. The coach will also be at the top with a basketball. The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing for 1 on 1. The player that was closest to the wing will be the offensive player and the other will play defense.
1 on 1 - Dribble Out	Have two lines on the baseline near the sideline with one slightly closer to the top of the key. Both lines will have a cone between the above 3 point line but before half court directly in front of them. The line closer to the sideline will have the ball. On the coaches command, the first two players in line will go to the cone and around them towards the middle of the court. The player with the ball will dribble the entire way and upon going around the cone, the player will play 1 on 1.
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

## 6th - 8th Grade

## Practice 7



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Warm Up (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
Side to Side & Between Dribble	Players will start with the ball in their right hand and dribbling it towards the middle of their body. They will then move that right hand to catch the ball on its left side and push a dribble back out to the right. After the second dribble, the player will take the third dribble as a dribble between the legs to the left hand. <a href="#">Video Clip</a>
Behind the Back	Have players with a basketball. Create a "V" motion with the basketball. Stay in a low, athletic stance. <a href="#">Video Clip</a>
Four Corner Passing	Have 4 lines in a square on the court. 2 basketballs. Players without the ball will run through the middle to receive a pass from their right side, catch and continue to then pass to line straight ahead of them. Once you have passed to a line on the outside go to the end of that line. If you made a pass to the middle you then run through the middle to receive a pass. <a href="#">Video Clip</a>
5-5-5 Shooting	Have players partner up in groups of 3. Create spots to shoot from on the floor that each pair of partners will be at. Use a cone to designate the spot. One partner is the shooter, one is a rebounder and one is the passer. Shooter will take 5 shots with left-right footwork to right side of cone, take 5 shots with right-left footwork to left side of cone, alternate 5 shots between both footwork. <a href="#">Video Clip</a>
Elbow Rebounding	Set up 2 lines on the baseline at the lane lines. The players will work in pairs as a team. Have the first player in each line start on offense at the elbows and the next two players will step out to defend them. The coach will have the ball and will take a shot. On the shot the defensive players will turn and make contact with the offensive player and then pursue the ball. If the defense gets the rebound, they will rotate to the offense and the offense will move to the end of the line while another 2 players step on as defenders. If the offense gets a rebound, they will try to score.
Out Cut & Shot	Have 1 group of players on the baseline and another group at the top of the key with a ball. Place a cone to simulate a screen inside the 3 point line and a coach at the top. The first player from the baseline will step on the court and set up the screen simulating a game situation. Next the player will imagine the defender going under the screen so as they get to the point of shoulder to shoulder with the screen, they will plant their foot closest to the screener and use their hand closest to the screener to push out away from the screen as an out cut. The player at the top will pass the ball back to the player who will shoot. <a href="#">Video Clip</a>
2 - Person Closeout Drill	There will be 2 offensive players on opposite wings with 1 ball. There will be a line of players under the basket. When the ball is skipped from one player to the other, the defensive player on the baseline will close out to the ball. When the coach says "pass" the offensive player will skip the ball to the other offensive player on the opposite wing. On that pass the next player on the baseline will close out to defend. The player who was guarding the ball will jump into help side defense.



# YMCA Rec Basketball

## 6th - 8th Grade

# Practice 7



Activity	Details
Full-Court Zig Zag No Offense	Create 3 lines on the baseline. First 3 players come out onto the court and face the baseline. Players on coaches command will take 3 slides back to their left then drop step and 3 slides to the right side. Continue all the way to half court. Stay low in athletic stance with arms out. <a href="#">Video Clip</a>
5 on 5 Full Court	Divide into groups of 5.
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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>All-Star Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. <a href="https://jr.nba.com/basketball-practice-plans/all-star/">https://jr.nba.com/basketball-practice-plans/all-star/</a></p> <p>Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. <a href="https://www.breakthroughbasketball.com/drills/basketballdrills.html">https://www.breakthroughbasketball.com/drills/basketballdrills.html</a></p> <p>Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. <a href="https://www.usab.com/youth/development/youth-development-foundational-level.aspx">https://www.usab.com/youth/development/youth-development-foundational-level.aspx</a></p>

# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 8



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Line Hops (1 x 20 seconds each)	Have players find a line on the court to stand by that they will use to hop over. 2 feet forward & backwards, 2 feet side to side, 1 foot forward & backwards, 1 foot side to side. <a href="#">Video Clip</a>
Spin Dribble	Have players start on the baseline. Take 2 dribbles with their right hand and spin to their left. The players will repeat now taking 2 dribbles with their left hand and spinning back to their right.
Between the Legs	Player will start on the baseline with a ball and dribble all the way down the floor taking two dribbles and then exploding forward between the legs.
Pound Pass (2 x 30 seconds each way)	Have the players partner up and have a ball. The partners will stand at least lane width apart. The partner with the ball will start by pounding the ball and then passing it out to their partner with one hand. The pass should not be underhand, it should be overhand with their hand behind the ball and their fingers pointing up. The partner will catch the ball with one hand and repeat the action back to their partner.
Four Corner Passing	Have 4 lines in a square on the court. 2 basketballs. Players without the ball will run through the middle to receive a pass from their right side, catch and continue to then pass to line straight ahead of them. Once you have passed to a line on the outside go to the end of that line. If you made a pass to the middle you then run through the middle to receive a pass. <a href="#">Video Clip</a>
Post Pass & Cut	Have the players start in a line at the three point line with the first few players having a ball. The first player in line will start with the ball in triple threat and fake a pass, then make a pass to the post player or coach. Immediately after the pass, the player will make a baseline cut and receive the ball back for a lay-up.
Shooting Line (games to 8)	Divide players into two or more groups and have each group at a designated shooting spot on the court. Players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.
Rebound, Pivot and Outlet Pass	Create 2 lines in facing the basket on each side of rim. Have 2 players out on the wing, 1 on each side. Players in front of rim will toss the ball off the backboard, jump and rebound the ball, pivot and then make an outlet pass to the wing. <a href="#">Video Clip</a>
3 on 2, 2 on 1 (4 min)	Start with 3 lines on the baseline (2 on the wing and 1 in the middle). The line in the middle will have basketballs. Place two players on the opposite end as defenders. The first player in each of the 3 lines will go with the ball up the court and try to score in the 3 on 2 fast break. The offense is only allowed 1 shot. Whichever player takes the shot or turns the ball over will get back on defense. The other 2 offensive players will stay there and become the 2 new defenders. The 2 current defenders will bring the ball back down the court and try to score in the 2 on 1 fast break. <a href="#">Video Clip</a>



# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 8



Activity	Details
Line Up Transition	Divide the players into teams and have 5 players line up across the baseline and 5 players line up on the free throw line extended across from them. The coach will have a ball and pass it to a player on the baseline and that player and that team will go to the other basket to try and score. The player that is standing free throw line extended in front of the player who caught the ball will have to spring to the baseline in front of them and turn and sprint back into the play which is now ahead of them. The defensive team will need to stop the ball and match up as they are at a 5 on 4 disadvantage until the player hustles back into the play. After the possession, have the teams switch and continue.
5 on 5 Full Court	Divide into groups of 5.
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>All-Star Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. <a href="https://jr.nba.com/basketball-practice-plans/all-star/">https://jr.nba.com/basketball-practice-plans/all-star/</a></p> <p>Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. <a href="https://www.breakthroughbasketball.com/drills/basketballdrills.html">https://www.breakthroughbasketball.com/drills/basketballdrills.html</a></p> <p>Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. <a href="https://www.usab.com/youth/development/youth-development-foundational-level.aspx">https://www.usab.com/youth/development/youth-development-foundational-level.aspx</a></p>



# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 9



Activity	Details
Attendance	Mark down which players are at practice. Attendance needs to be kept at every practice and game.
Partner Running Pass (3 min)	Have the players partner up and line up on the baseline across from each other. Players will pass back and forth to each other as they run down the court and shoot a lay up at the other end. Have all groups wait at the other end for everyone to finish before repeating back down the court.
Spin Dribble	Have players start on the baseline. Take 2 dribbles with their right hand and spin to their left. The players will repeat now taking 2 dribbles with their left hand and spinning back to their right.
Between the Legs	Player will start on the baseline with a ball and dribble all the way down the floor taking two dribbles and then exploding forward between the legs.
3 Man Weave	Create 3 lines on the baseline with a ball in the middle line. First player will pass to their right and then run behind the person they made the pass to. Person receiving the pass will then pass to player to their left and run behind them. Passing all the way down the court without dribbling the ball finishing with a layup. Lead teammates with the pass. <a href="#">Video Clip</a>
5-5-5 Shooting	Have players partner up in groups of 3. Create spots to shoot from on the floor that each pair of partners will be at. Use a cone to designate the spot. One partner is the shooter, one is a rebounder and one is the passer. Shooter will take 5 shots with left-right footwork to right side of cone, take 5 shots with right-left footwork to left side of cone, alternate 5 shots between both footwork. <a href="#">Video Clip</a>
Pass & Drop Step	One players will start on each block and there will be a line on the wing in front of each of them. The first player with the ball will make a good post entry pass to the player making a good post up on the block. The player will catch the ball and execute a drop step, get their rebound and got to the back of the line. The passer becomes the player posting up.
Line Hops (1 x 20 seconds each)	Have players find a line on the court to stand by that they will use to hop over. 2 feet forward & backwards, 2 feet side to side, 1 foot forward & backwards, 1 foot side to side. <a href="#">Video Clip</a>
2 - Person Closeout Drill	There will be 2 offensive players on opposite wings with 1 ball. There will be a line of players under the basket. When the ball is skipped from one player to the other, the defensive player on the baseline will close out to the ball. When the coach says "pass" the offensive player will skip the ball to the other offensive player on the opposite wing. On that pass the next player on the baseline will close out to defend. The player who was guarding the ball will jump into help side defense.
1 on 1 - Cones	Have two lines at the top of the key with one line closer to the wing. Both lines will have a cone on the baseline directly in front of them. The coach will also be at the top with a basketball. The first player in each line will have to sprint to the baseline and touch the cone in front of them and then sprint to the wing for 1 on 1. The player that was closest to the wing will be the offensive player and the other will play defense.



# YMCA Rec Basketball

## 6th - 8th Grade

## Practice 9



Activity	Details
5 on 5 Full Court	Divide into groups of 5.
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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)	All-Star Practice Plans - NBA.com: Jr. NBA. NBA.com. January 13, 2017. <a href="https://jr.nba.com/basketball-practice-plans/all-star/">https://jr.nba.com/basketball-practice-plans/all-star/</a>  Basketball Drills for Coaches. Welcome the BREAKTHROUGH Basketball. <a href="https://www.breakthroughbasketball.com/drills/basketballdrills.html">https://www.breakthroughbasketball.com/drills/basketballdrills.html</a>  Youth Development Foundational Level. USA Basketball - Youth Development Foundational Level. <a href="https://www.usab.com/youth/development/youth-development-foundational-level.aspx">https://www.usab.com/youth/development/youth-development-foundational-level.aspx</a>

# YMCA Rec Basketball

## 6th - 8th 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 (1 x each from baseline to half court)	Leg swings, knee hugs, backwards run, skips.
Full Court Cone Dribbling (5 minutes)	Line 10 cones up down the court just inside one sideline and spread out 5 cones just inside the other sideline. All players should start on the baseline on the side with 10 cones with a ball. Players will dribble through the cones and when they are 3-4 cones in the next player will start. After the last cone attack the basket and finish. Then they will return up the other side of the court dribbling through the 5 cones.
Stationary 1-2 Behind the Back (2 x 30 seconds)	Have players start in a good stance and will dribble the ball 2 times in the same hand and then dribble behind their back. Then they will dribble with the other hand 2 times, and repeat behind their back.
Between the Legs	Player will start on the baseline with a ball and dribble all the way down the floor taking two dribbles and then exploding forward between the legs.
Partner Running Pass (3 min)	Have the players partner up and line up on the baseline across from each other. Players will pass back and forth to each other as they run down the court and shoot a lay up at the other end. Have all groups wait at the other end for everyone to finish before repeating back down the court.
V Cut Layup (1 x 3 min)	Have the players in 2 lines, 1 on each wing. The first player in each line will start by making a v-cut. Once the player is back to the wing they will jump stop and land on two feet facing the basket while catching the ball. The player will then make the commanded dribble move into their shot.
Pass & Up & Under (1 x 3 reps each way)	One player will start on each block and there will be a line on the wing in front of each of them. First player with the ball will make a good post entry pass to the player making a good post up on the block. The player will catch the ball and execute an up and under, get their rebound and go to the back of the line. The player who passed the ball will go to the block.
Full Court Zig Zag	Have 2 lines on the baseline. Split the court in half from rim line to sideline. One offensive player with the ball and one defensive player. Offensive player is zig zag dribbling trying to beat the defender. Defender should stay low and move feet. <a href="#">Video Clip</a>
Rebound, Pivot and Outlet Pass	Create 2 lines in facing the basket on each side of rim. Have 2 players out on the wing, 1 on each side. Players in front of rim will toss the ball off the backboard, jump and rebound the ball, pivot and then make an outlet pass to the wing. <a href="#">Video Clip</a>
Shooting Line (games to 8)	Divide players into two or more groups and have each group at a designated shooting spot on the court. Players will shoot one time, get their rebound, give it to the next player and return to the back of the same line.



# YMCA Rec Basketball

## 6th - 8th Grade

# Practice 10



Activity	Details
Line Up Transition	Divide the players into teams and have 5 players line up across the baseline and 5 players line up on the free throw line extended across from them. The coach will have a ball and pass it to a player on the baseline and that player and that team will go to the other basket to try and score. The player that is standing free throw line extended in front of the player who caught the ball will have to spring to the baseline in front of them and turn and sprint back into the play which is now ahead of them. The defensive team will need to stop the ball and match up as they are at a 5 on 4 disadvantage until the player hustles back into the play. After the possession, have the teams switch and continue.
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.
Free Throws (10 each)	Each player takes 10 free throws. Develop a routine, focus on technique.
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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