

Sample Youth Practice Schedule (Ages 11 to 14)

Here is a sample structure of a practice schedule for a youth team. Of course, this is just a sample and things would be different every day, but this is a basic structure of how a practice may look.

1. **Dynamic Warm Up & Athletic Work - 10 to 15 minutes**

This is probably the #1 thing missing from most youth practices. It helps prevent injury, improves performance, and improve athletic ability. What good is a basketball player who is injured or is not athletic enough to utilize the basketball skills developed? The better the player moves, the better the player performs. Why not spend time on it?

There are a lot of players who have tremendous SKILLS, but lacked the ATHLETIC ability to make it to the next level.

Because it is the game of basketball, I do try to include a basketball in the warm up as much as possible. I am going to present two different dynamic warm ups. If you are fortunate enough to have enough basketballs for everybody, we have a **basketball-related** warm up. For those of you who do not have very many basketballs, we include a warm up that does not require a basketball.

2. **Teaching Skills and Using Fun Drills to Improve Skills - 30 to 45 minutes**

The #1 reason kids quit sports is because it's not fun anymore. Youth coaches primary focus should be to teach skills and make it an enjoyable experience! This isn't high school, college, or even PRO basketball, so don't treat your practices like it.

Try the skill-fun drill technique. This means that you teach a skill, then follow up that skill with a fun game or drill to work on the skill. It helps break up the monotony of practice.

3. **Drills & Games to Practice Offense and Defense - 15 to 25 minutes**

4. **End of Game Drill - 10 to 20 minutes**

5. **Cool down with Light Stretching - 5 minutes**

Sample Practice Schedule

Dynamic Warm Up & Athletic Work - 15 minutes

Warmup #1 - With Basketball:

Stationary Ball Handling:

- Around the World - 30 sec
- Figure 8 - 30 sec
- Behind-the-back dribble - 30 sec
- Two Ball Dribble Crossover - 30 sec
- Two Ball Front-to-Back Dribble - 30 sec

Full Court Ball handling: (Incorporate Lay Ups if you want)

- 1/2 Speed Dribble
- Backpedal - 1/2 Speed Dribble
- Protect-the-Ball Dribble going backwards & forwards - Switch Hands at Half Court
- Crab Walk - Figure 8 while walking. Walk down the court forwards. Come back walking backwards.
- 3/4 Speed Dribble
- 3/4 Speed Crossover Dribble
- Full Speed Dribble
- Full Speed Crossover Dribble
- Full Speed Behind-the-Back Dribble
- Full Speed Inside Out Dribble
- Partner Passing - Shuffle and Pass - Chest, Bounce, & Overhead.

Warm up and Athletic Skill work without ball:

- Full Speed Defensive Shuffle without Ball - 15 to 25 feet - twice each direction
- Butt Kicks - Up the court
- High Knees - Down the court
- Lunge Technique - 2 sets of 10 reps
- Squat Jumps - 2 sets of 10 reps

Warm up #2 - Without Basketball

- Jog.
- Backpedal.
- Carioca.
- Defensive Shuffle - 50% to 75%
- Walking Lunge with Hamstring Stretch
- Side Hops.
- Skipping with Arm Swings.
- Butt Kicks
- Crab Walk
- High Knees
- Bear Crawl
- Squatting Form - 10 Reps
- Jumping and Landing
- 180 & 360 Degree Hops
- Diagonal One Leg Bounds - with 1 second Pause
- Tennis Ball Drops - Start on Belly - Get Up & Sprint

Teaching Skills and Using Fun Drills to Improve Skills - 40 minutes

- Two Ball Dribbling Drills - 5 minutes
- Form Shooting - 5 minutes
- Two Ball Shooting - 5 minutes
- Knock Out and Water Break - 5 minutes
- Teaching Motion Situations (Motion Drills - 2 on 2 & 3 on 3 work) - 10 minutes
- Wing - 1 on 1 - 4 minutes
- Defense Reaction & Conditioning Drill - 2 minutes
- Free Throws & Quick Water Break - 4 minutes

Drills & Games to Practice Offense and Defense - 25 minutes

- No Dribble Keep Away - 5 Minutes

- 4 on 3 - Overload Drill - 5 Minutes
- 4 on 4 - 5 minutes (Emphasize rules and teaching skills - after pass to wing, you must screen away. Similar to Situations Drill below.)
- 5 on 4 - Overload Drill - 5 minutes
- Situations Drill - 5 minutes

End of Game Drill - 10 minutes

Use the end of game drill to end practice in a fun fashion. It also gets players accustomed to end of game situations.

Cool down with Light Stretching - 5 minutes

- Some teams do this after practice.

Read more: <http://www.breakthroughbasketball.com/coaching/samplepractice2.html#ixzz2htioq3LU>

