

Minnetonka Boys Basketball Association Practice Framework 4th Grade

Framework	Guiding Philosophies
Overall	Practice Environment
» Player Personality: <u>Aggressive & Tough</u> Cooch Personality: <u>Positive & Fathering</u>	» Up Tempo
» Coach Personality: Positive & Enthusiastic	» Hard Working » Positive/Enthusiastic/Energetic/Noisy/Eup
» Head & Assistant Coach Responsibility	» Positive/Enthusiastic/Energetic/Noisy/Fun
Requirements	Approach/Style
» Plan for Every Practice	» Player Development <u>Trumps</u> Winning
» Fundamentals (30 mins 4 th -6 th & 15 mins 7 th -8 th)	» The Power of 'Now'
» Drills to Support Offensive/Defensive Development Matrix	» It's Not What We Teach, It Is What We Emphasize
	» Consistency is the Goal, Do <u>Fewer</u> Things Really Well » Always Soak Toachable Memonts
Practice Outline	» Always Seek <u>Teachable Moments</u>
Warm Up (~ 10 mins)	Offensive Priorities
Jump rope, push-ups, stretching	 Make Opponents Play Defense (take good shots)
 Layups, dribbling, etc. 	Limit Turnovers
» Offense (20 mins)	» Rebound
 Sets – ½ & full court, out-of-bounds 	
 Positioning – setting/using screens, transition 	Defensive Priorities
 Handling Pressure – full court, open on wing 	» Ball Pressure (be aggressive)
» Defense (20 mins)	» Protect the Basket (sprint back, transition D, protect paint)
Areas of Emphasis	» Finish the War (box out)
 Positioning – shell, defending screens 	
 Rebounding – close-out, rebounding 	Areas of Emphasis – Offense (4 th Grade)
• Transition	» Dribbling – head up, right/left hands
» Fundamentals/Stations (30 mins)	» Shooting – layups, proper form inside 6 ft.
 Areas of Emphasis 	» Passing – to wing, on fast break & meet the pass
 Dribbling Passing 	» Footwork – jump stops & pivoting » Crashing the Boards
PassingShooting	» Crashing the Boards
ShootingFootwork	Areas of Emphasis – Defense (4 th Grade)
Wrap Up (~ 10 mins)	» Commit to Defense
Scrimmage	» Pressure the Ball
Games & Competitions	» Block Out
Etc.	» See the Ball
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Help-Side Defenders Must Sag



Etc.

Minnetonka Boys Basketball Association Practice Framework 5th Grade

Framework	Guiding Philosophies	
Overall » Player Personality: Aggressive & Tough » Coach Personality: Positive & Enthusiastic » Head & Assistant Coach Responsibility	Practice Environment > Up Tempo > Hard Working > Positive/Enthusiastic/Energetic/Noisy/Fun	
Requirements > Plan for Every Practice > Focus on Fundamentals (30 mins 4 th -6 th & 15 mins 7 th -8 th) > Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades	Approach/Style > Player Development <u>Trumps</u> Winning > The Power of 'Now' > It's Not What We Teach, It Is What We <u>Emphasize</u> > Consistency is the Goal, Do <u>Fewer</u> Things Really Well > Always Seek <u>Teachable Moments</u>	
<pre>Practice Outline > Warm Up (~ 10 mins)</pre>	Offensive Priorities > Make Opponents Play Defense (take good shots) > Limit Turnovers > Rebound	
 Positioning – setting/using screens, transition Handling Pressure – full court, open on wing Defense (20 mins) Areas of Emphasis Positioning – shell, defending screens 	Defensive Priorities >> Ball Pressure (be aggressive) >> Protect the Basket (sprint back, transition D, protect paint) >> Finish the War (box out)	
 Rebounding – shell, defending screens Rebounding – close-out, rebounding Transition Fundamentals/Stations (30 mins) Areas of Emphasis Dribbling Passing 	Areas of Emphasis - Offense (5 th Grade) » Dribbling - head up, right/left hands, crossover » Shooting - layups, proper form inside 10 ft., FT routine » Passing - to wing, on fast break, under pressure » Footwork - getting open on wing, setting & cutting screens » Triple Threat Position	
 Shooting Footwork Wrap Up (~ 10 mins) Scrimmage Games & Competitions 	Areas of Emphasis – Defense (5 th Grade) » Stop Dribble Penetration » Never Let Your Man Cross Your Face » Defeat the Screen	

Deny all Penetrating Passes

Early Help



Minnetonka Boys Basketball Association Practice Framework 6th Grade

Framework	Guiding Philosophies	
Overall > Player Personality: Aggressive & Tough > Coach Personality: Positive & Enthusiastic > Head & Assistant Coach Responsibility	Practice Environment > Up Tempo > Hard Working > Positive/Enthusiastic/Energetic/Noisy/Fun	
Requirements > Plan for Every Practice > Focus on Fundamentals (30 mins 4 th -6 th & 15 mins 7 th -8 th) > Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades	Approach/Style » Player Development <u>Trumps</u> Winning » The Power of 'Now' » It's Not What We Teach, It Is What We <u>Emphasize</u> » Consistency is the Goal, Do <u>Fewer</u> Things Really Well » Always Seek <u>Teachable Moments</u>	
Practice Outline	· —————	
 Warm Up (~ 10 mins) Jump rope, push-ups, stretching Layups, dribbling, etc. Offense (20 mins) 	Offensive Priorities > Make Opponents Play Defense (take good shots) > Limit Turnovers > Rebound	
 Sets – ½ & full court, out-of-bounds Positioning – setting/using screens, transition Handling Pressure – full court, open on wing 	Defensive Priorities > Ball Pressure (be aggressive)	
 Defense (20 mins) Areas of Emphasis Positioning – shell, defending screens 	» Protect the Basket (sprint back, transition D, protect paint)» Finish the War (box out)	
 Rebounding – close-out, rebounding 	Areas of Emphasis - Offense (6th Grade)	
 Transition Fundamentals/Stations (30 mins) Areas of Emphasis Dribbling Passing Shooting 	 Dribbling - head up, crossover, change speed Shooting - shot selection, proper form inside 15 ft. Passing - under pressure, swinging the ball Footwork - setting & cutting screens, moving w/o the ball Taking Care of Ball - protect & do not bring below waist 	
 Footwork 	Areas of Emphasis - Defense (6th Grade)	
 Wrap Up (~ 10 mins) Scrimmage Games & Competitions Etc. 	 Pressure the Passer Eliminate Vision Arch the Ball to the Sideline Protect the Gaps 	

No Easy Baskets



Etc.

Minnetonka Boys Basketball Association Practice Framework 7th Grade

Framework	Guiding Philosophies
Overall Player Personality: Aggressive & Tough Coach Personality: Positive & Enthusiastic Head & Assistant Coach Responsibility	Practice Environment > Up Tempo > Hard Working > Positive/Enthusiastic/Energetic/Noisy/Fun
Requirements > Plan for Every Practice > Focus on Fundamentals (30 mins 4 th -6 th & 15 mins 7 th -8 th) > Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades	Approach/Style > Player Development <u>Trumps</u> Winning > The Power of 'Now' > It's Not What We Teach, It Is What We <u>Emphasize</u> > Consistency is the Goal, Do <u>Fewer</u> Things Really Well > Always Seek <u>Teachable Moments</u>
Practice Outline	,
 Warm Up (~ 10 mins) Jump rope, push-ups, stretching Layups, dribbling, etc. Offense (20 mins) Sets - ½ & full court, out-of-bounds 	Offensive Priorities > Make Opponents Play Defense (take good shots) > Limit Turnovers > Rebound
 Positioning – setting/using screens, transition Handling Pressure – full court, open on wing Defense (20 mins) Areas of Emphasis 	<pre>Defensive Priorities >> Ball Pressure (be aggressive) >> Protect the Basket (sprint back, transition D, protect paint) >> Finish the War (box out)</pre>
 Positioning – shell, defending screens Rebounding – close-out, rebounding Transition Fundamentals/Stations (30 mins) Areas of Emphasis Dribbling Passing Shooting 	Areas of Emphasis - Offense (7 th Grade) » Dribbling - crossover, change speed, using screens » Shooting - shot selection, proper form inside 19 ft. » Passing - swinging the ball, penetrate & kick, feeding post » Footwork - moving w/o the ball, rebounding angles & %s » Spacing
 Snooting Footwork Wrap Up (~ 10 mins) Scrimmage Games & Competitions 	Areas of Emphasis - Defense (7th Grade) No Middle, No Middle Intelligent Close Outs Must Talk

Anticipate on Defense

Pinch & Fake at Ball



Minnetonka Boys Basketball Association Practice Framework 8th Grade

Always Protect Power Zone when Your Man Sets a Screen

Framework	Guiding Philosophies	
Overall » Player Personality: Aggressive & Tough	Practice Environment » Up Tempo	
» Coach Personality: Positive & Enthusiastic	Hard Working	
» Head & Assistant Coach Responsibility	» Positive/Enthusiastic/Energetic/Noisy/Fun	
Requirements	Approach/Style	
» Plan for Every Practice	» Player Development <u>Trumps</u> Winning	
» Focus on Fundamentals (30 mins 4 th -6 th & 15 mins 7 th -8 th)	» The Power of 'Now'	
» Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades	 » It's Not What We Teach, It Is What We Emphasize » Consistency is the Goal, Do Fewer Things Really Well 	
reacti Development Areas of Other Grades	 Consistency is the Goal, Do <u>rewer</u> Things Really Well Always Seek <u>Teachable Moments</u> 	
Practice Outline	" Always Seek <u>reachable Floritenes</u>	
» Warm Up (~ 10 mins)	Offensive Priorities	
 Jump rope, push-ups, stretching 	» Make Opponents Play Defense (take good shots)	
Layups, dribbling, etc.	» Limit Turnovers	
» Offense (20 mins)	» Rebound	
 Sets – ½ & full court, out-of-bounds 		
Positioning – setting/using screens, transition Handling Processes full south ones an wing	Defensive Priorities	
 Handling Pressure – full court, open on wing Defense (20 mins) 	» Ball Pressure (be aggressive)» Protect the Basket (sprint back, transition D, protect paint)	
Areas of Emphasis	 Frotect the basket (sprint back, transition b, protect paint) Finish the War (box out) 	
 Positioning – shell, defending screens 	" Tillish the Wal (Box out)	
 Rebounding – close-out, rebounding 	Areas of Emphasis – Offense (8th Grade)	
Transition	» Dribbling – using screens, penetrate & kick	
» Fundamentals/Stations (30 mins)	» Shooting – shot selection, coming off screens	
 Areas of Emphasis 	» Passing – penetrate & kick, feeding post	
Dribbling	» Footwork – moving w/o the ball, rebounding angles & %s	
PassingShooting	» Transition Offense & Patience	
ShootingFootwork	Areas of Emphasis – Defense (8 th Grade)	
» Wrap Up (~ 10 mins)	 Move When the Ball Moves, Every Time 	
• Scrimmage	» Take the Charge	
 Games & Competitions 	» Hands Up on All Shots	
■ Etc.	» Fill & Sink on Baseline	