



# Minnetonka Boys Basketball Association

## Practice Framework

4<sup>th</sup> Grade

### Framework

#### Overall

- » Player Personality: Aggressive & Tough
- » Coach Personality: Positive & Enthusiastic
- » Head & Assistant Coach Responsibility

#### Requirements

- » Plan for Every Practice
- » Fundamentals (30 mins 4<sup>th</sup>-6<sup>th</sup> & 15 mins 7<sup>th</sup>-8<sup>th</sup>)
- » Drills to Support Offensive/Defensive Development Matrix

#### Practice Outline

- » Warm Up (~ 10 mins)
  - Jump rope, push-ups, stretching
  - Layups, dribbling, etc.
- » Offense (20 mins)
  - Sets – ½ & full court, out-of-bounds
  - Positioning – setting/using screens, transition
  - Handling Pressure – full court, open on wing
- » Defense (20 mins)
  - Areas of Emphasis
  - Positioning – shell, defending screens
  - Rebounding – close-out, rebounding
  - Transition
- » Fundamentals/Stations (30 mins)
  - Areas of Emphasis
  - Dribbling
  - Passing
  - Shooting
  - Footwork
- » Wrap Up (~ 10 mins)
  - Scrimmage
  - Games & Competitions
  - Etc.

### Guiding Philosophies

#### Practice Environment

- » Up Tempo
- » Hard Working
- » Positive/Enthusiastic/Energetic/Noisy/Fun

#### Approach/Style

- » Player Development Trumps Winning
- » The Power of 'Now'
- » It's Not What We Teach, It Is What We Emphasize
- » Consistency is the Goal, Do Fewer Things Really Well
- » Always Seek Teachable Moments

#### Offensive Priorities

- » Make Opponents Play Defense (take good shots)
- » Limit Turnovers
- » Rebound

#### Defensive Priorities

- » Ball Pressure (be aggressive)
- » Protect the Basket (sprint back, transition D, protect paint)
- » Finish the War (box out)

#### Areas of Emphasis – Offense (4<sup>th</sup> Grade)

- » Dribbling – head up, right/left hands
- » Shooting – layups, proper form inside 6 ft.
- » Passing – to wing, on fast break & meet the pass
- » Footwork – jump stops & pivoting
- » Crashing the Boards

#### Areas of Emphasis – Defense (4<sup>th</sup> Grade)

- » Commit to Defense
- » Pressure the Ball
- » Block Out
- » See the Ball
- » Help-Side Defenders Must Sag



# Minnetonka Boys Basketball Association

## Practice Framework

### 5<sup>th</sup> Grade

#### Framework

##### Overall

- » Player Personality: Aggressive & Tough
- » Coach Personality: Positive & Enthusiastic
- » Head & Assistant Coach Responsibility

##### Requirements

- » Plan for Every Practice
- » Focus on Fundamentals (30 mins 4<sup>th</sup>-6<sup>th</sup> & 15 mins 7<sup>th</sup>-8<sup>th</sup>)
- » Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades

##### Practice Outline

- » Warm Up (~ 10 mins)
  - Jump rope, push-ups, stretching
  - Layups, dribbling, etc.
- » Offense (20 mins)
  - Sets – ½ & full court, out-of-bounds
  - Positioning – setting/using screens, transition
  - Handling Pressure – full court, open on wing
- » Defense (20 mins)
  - Areas of Emphasis
  - Positioning – shell, defending screens
  - Rebounding – close-out, rebounding
  - Transition
- » Fundamentals/Stations (30 mins)
  - Areas of Emphasis
  - Dribbling
  - Passing
  - Shooting
  - Footwork
- » Wrap Up (~ 10 mins)
  - Scrimmage
  - Games & Competitions
  - Etc.

#### Guiding Philosophies

##### Practice Environment

- » Up Tempo
- » Hard Working
- » Positive/Enthusiastic/Energetic/Noisy/Fun

##### Approach/Style

- » Player Development Trumps Winning
- » The Power of 'Now'
- » It's Not What We Teach, It Is What We Emphasize
- » Consistency is the Goal, Do Fewer Things Really Well
- » Always Seek Teachable Moments

##### Offensive Priorities

- » Make Opponents Play Defense (take good shots)
- » Limit Turnovers
- » Rebound

##### Defensive Priorities

- » Ball Pressure (be aggressive)
- » Protect the Basket (sprint back, transition D, protect paint)
- » Finish the War (box out)

##### Areas of Emphasis – Offense (5<sup>th</sup> 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

##### Areas of Emphasis – Defense (5<sup>th</sup> 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

### 6<sup>th</sup> Grade

#### Framework

##### Overall

- » Player Personality: Aggressive & Tough
- » Coach Personality: Positive & Enthusiastic
- » Head & Assistant Coach Responsibility

##### Requirements

- » Plan for Every Practice
- » Focus on Fundamentals (30 mins 4<sup>th</sup>-6<sup>th</sup> & 15 mins 7<sup>th</sup>-8<sup>th</sup>)
- » Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades

##### Practice Outline

- » Warm Up (~ 10 mins)
  - Jump rope, push-ups, stretching
  - Layups, dribbling, etc.
- » Offense (20 mins)
  - Sets – ½ & full court, out-of-bounds
  - Positioning – setting/using screens, transition
  - Handling Pressure – full court, open on wing
- » Defense (20 mins)
  - Areas of Emphasis
  - Positioning – shell, defending screens
  - Rebounding – close-out, rebounding
  - Transition
- » Fundamentals/Stations (30 mins)
  - Areas of Emphasis
  - Dribbling
  - Passing
  - Shooting
  - Footwork
- » Wrap Up (~ 10 mins)
  - Scrimmage
  - Games & Competitions
  - Etc.

#### Guiding Philosophies

##### Practice Environment

- » Up Tempo
- » Hard Working
- » Positive/Enthusiastic/Energetic/Noisy/Fun

##### Approach/Style

- » Player Development Trumps Winning
- » The Power of 'Now'
- » It's Not What We Teach, It Is What We Emphasize
- » Consistency is the Goal, Do Fewer Things Really Well
- » Always Seek Teachable Moments

##### Offensive Priorities

- » Make Opponents Play Defense (take good shots)
- » Limit Turnovers
- » Rebound

##### Defensive Priorities

- » Ball Pressure (be aggressive)
- » Protect the Basket (sprint back, transition D, protect paint)
- » Finish the War (box out)

##### Areas of Emphasis – Offense (6<sup>th</sup> Grade)

- » 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

##### Areas of Emphasis – Defense (6<sup>th</sup> Grade)

- » Pressure the Passer
- » Eliminate Vision
- » Arch the Ball to the Sideline
- » Protect the Gaps
- » No Easy Baskets



# Minnetonka Boys Basketball Association

## Practice Framework

7<sup>th</sup> Grade

### Framework

#### Overall

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- » Coach Personality: Positive & Enthusiastic
- » Head & Assistant Coach Responsibility

#### Requirements

- » Plan for Every Practice
- » Focus on Fundamentals (30 mins 4<sup>th</sup>-6<sup>th</sup> & 15 mins 7<sup>th</sup>-8<sup>th</sup>)
- » Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades

#### Practice Outline

- » Warm Up (~ 10 mins)
  - Jump rope, push-ups, stretching
  - Layups, dribbling, etc.
- » Offense (20 mins)
  - Sets – ½ & full court, out-of-bounds
  - Positioning – setting/using screens, transition
  - Handling Pressure – full court, open on wing
- » Defense (20 mins)
  - Areas of Emphasis
  - Positioning – shell, defending screens
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  - Transition
- » Fundamentals/Stations (30 mins)
  - Areas of Emphasis
  - Dribbling
  - Passing
  - Shooting
  - Footwork
- » Wrap Up (~ 10 mins)
  - Scrimmage
  - Games & Competitions
  - Etc.

### Guiding Philosophies

#### Practice Environment

- » Up Tempo
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#### Approach/Style

- » Player Development Trumps Winning
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#### Offensive Priorities

- » Make Opponents Play Defense (take good shots)
- » Limit Turnovers
- » Rebound

#### Defensive Priorities

- » Ball Pressure (be aggressive)
- » Protect the Basket (sprint back, transition D, protect paint)
- » Finish the War (box out)

#### Areas of Emphasis – Offense (7<sup>th</sup> 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

#### Areas of Emphasis – Defense (7<sup>th</sup> Grade)

- » No Middle, No Middle, No Middle
- » Intelligent Close Outs
- » Must Talk
- » Anticipate on Defense
- » Pinch & Fake at Ball



# Minnetonka Boys Basketball Association

## Practice Framework

### 8<sup>th</sup> Grade

#### Framework

##### Overall

- » Player Personality: Aggressive & Tough
- » Coach Personality: Positive & Enthusiastic
- » Head & Assistant Coach Responsibility

##### Requirements

- » Plan for Every Practice
- » Focus on Fundamentals (30 mins 4<sup>th</sup>-6<sup>th</sup> & 15 mins 7<sup>th</sup>-8<sup>th</sup>)
- » Focus on Offensive/Defensive Development Matrix, Ability to Teach Development Areas of Other Grades

##### Practice Outline

- » Warm Up (~ 10 mins)
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  - Areas of Emphasis
  - Dribbling
  - Passing
  - Shooting
  - Footwork
- » Wrap Up (~ 10 mins)
  - Scrimmage
  - Games & Competitions
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#### Guiding Philosophies

##### Practice Environment

- » Up Tempo
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##### Approach/Style

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##### Offensive Priorities

- » Make Opponents Play Defense (take good shots)
- » Limit Turnovers
- » Rebound

##### Defensive Priorities

- » Ball Pressure (be aggressive)
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- » Finish the War (box out)

##### Areas of Emphasis – Offense (8<sup>th</sup> Grade)

- » Dribbling – using screens, penetrate & kick
- » Shooting – shot selection, coming off screens
- » Passing – penetrate & kick, feeding post
- » Footwork – moving w/o the ball, rebounding angles & %s
- » Transition Offense & Patience

##### Areas of Emphasis – Defense (8<sup>th</sup> Grade)

- » Move When the Ball Moves, Every Time
- » Take the Charge
- » Hands Up on All Shots
- » Fill & Sink on Baseline
- » Always Protect Power Zone when Your Man Sets a Screen