



Pee Wee Mighty Mites Practice Plan

Mighty Mites Basketball Practice Plan

Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 1: Ball Handling and Dribbling

1. Warm-Up (10 minutes)

- a. Light jogging around the court.
- b. Dynamic stretches (high knees, butt kicks, arm swings).

2. Ball Handling Drills (20 minutes)

- a. **Stationary Dribbling** (5 minutes)
 - i. Players practice dribbling with both hands.
 - ii. Focus on fingertip control and low dribbles.
- b. **Figure 8 Dribble** (5 minutes)
 - i. Set up cones in a figure-8 pattern.
 - ii. Players dribble around the cones.
- c. **Cone Slalom Dribble** (10 minutes)
 - i. Arrange cones in a zig-zag pattern.
 - ii. Players dribble through the cones, changing direction.

3. Passing and Catching (15 minutes)

- a. **Chest Passes** (5 minutes)
 - i. Emphasize proper form (step toward the target, use legs).
 - ii. Pass to a partner.
- b. **Bounce Passes** (5 minutes)

- i. Practice bounce passes with a partner.
 - ii. Focus on accuracy and timing.
- c. **Catch and Pivot** (5 minutes)
 - i. Receive a pass, pivot, and pass back.

4. **Cool Down (5 minutes)**

- a. Light jogging and static stretches (calves, hamstrings).

Mighty Mites Basketball Practice Plan
Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 2: Shooting Fundamentals

1. Warm-Up (10 minutes)

- a. Jumping jacks and dynamic stretches.

2. Shooting Drills (25 minutes)

- a. **Layups** (10 minutes)

- i. Teach proper footwork and off-hand use.
- ii. Players practice layups on both sides.

- b. **Free Throws** (10 minutes)

- i. Focus on consistent form and follow-through.
- ii. Rotate players in lines.

- c. **Around the World Shooting** (5 minutes)

- i. Set up shooting spots around the key.
- ii. Players take shots from each spot.

3. Defense Basics (10 minutes)

- a. **Closeout Drills** (5 minutes)

- i. Players close out on an imaginary shooter.
- ii. Focus on quick lateral movement.

- b. **1-on-1 Defense** (5 minutes)

- i. Pair players for controlled 1-on-1 defense.

ii. Teach stance and positioning.

4. **Cool Down (5 minutes)**

a. Light jogging and static stretches (quads, shoulders).

Mighty Mites Basketball Practice Plan

Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 3: Passing and Teamwork

1. **Warm-Up (10 minutes)**

- a. High knees, arm circles, and dynamic stretches.

2. **Passing and Team Drills (25 minutes)**

- a. **3-on-2 Fast Breaks** (10 minutes)

- i. Divide players into offense and defense.
- ii. Work on passing, spacing, and decision-making.

- b. **Outlet Passing** (10 minutes)

- i. Teach players to outlet pass after a rebound.
- ii. Rotate roles.

- c. **Team Passing Circles** (5 minutes)

- i. Players form a circle and pass the ball.
- ii. Encourage communication.

3. **Game Situations (10 minutes)**

- a. **Scrimmage** (5 minutes)

- i. Controlled 3-on-3 or 4-on-4 scrimmage.
- ii. Focus on applying skills learned.

- b. **End-of-Practice Scrimmage** (5 minutes)

- i. Full-court or half-court scrimmage.

4. Cool Down (5 minutes)

- a. Light jogging and static stretches (back, wrists).

Mighty Mites Basketball Practice Plan

Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 4: Offensive Moves and Decision-Making

1. Warm-Up (10 minutes)

- a. Dynamic movements (skips, side shuffles).

2. Offensive Drills (25 minutes)

- a. **Triple Threat Position** (5 minutes)

- i. Teach players to square up to the basket.
- ii. Work on jab steps and shot fakes.

- b. **1-on-1 Moves** (10 minutes)

- i. Teach basic moves (crossovers, spin moves).
- ii. Players take turns attacking the basket.

- c. **Pass and Cut** (10 minutes)

- i. Players pass and immediately cut to receive a return pass.

3. Game Awareness (10 minutes)

- a. **3-on-3 Scenarios**

- i. Controlled 3-on-3 or 4-on-4 scrimmage.
 1. Focus on applying skills learned.

- b. **End-of-Practice Scrimmage** (5 minutes)

- i. Full-court or half-court scrimmage.

Mighty Mites Basketball Practice Plan
Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 5: Defensive Fundamentals and Game Awareness

1. Warm-Up (10 minutes)

- a. Dynamic stretches (leg swings, arm circles).
- b. Light jogging with changes of direction.

2. Defensive Drills (25 minutes)

- a. **Closeout and Contest** (10 minutes)
 - i. Players start at the free-throw line.
 - ii. Coach calls "closeout," and players sprint to contest an imaginary shooter.
 - iii. Focus on closing out under control and challenging the shot.
- b. **Help Defense** (10 minutes)
 - i. Divide players into offense and defense.
 - ii. Coach passes the ball to an offensive player.
 - iii. Defenders practice sliding to help and recovering.
- c. **3-on-2 Transition Defense** (5 minutes)
 - i. Offense starts with a 3-on-2 advantage.
 - ii. Defenders work on stopping the fast break.

3. Game Awareness (10 minutes)

- a. **Scrimmage Situations**

- i. Set up game scenarios (fast breaks, pick-and-roll, off-ball screens).
- ii. Coach guides players through decision-making.

4. **Cool Down (5 minutes)**

- a. Light jogging and static stretches (groin, shoulders).

Mighty Mites Basketball Practice Plan
Practice Details:

- **Division:** Mighty Mites (ages 6-8 years old)
- **Practice Time:** 6:45 pm - 7:45 pm
- **Structure:** Coach-led practice
- **Equipment:** Cones, basketballs, scrimmage jerseys

Practice 6: Teamwork and Scrimmage Strategies

1. Warm-Up (10 minutes)

- a. Jumping jacks and dynamic stretches.
- b. Quick lateral movements (shuffle side to side).

2. Teamwork Drills (25 minutes)

- a. **Passing Circles with Movement** (10 minutes)
 - i. Players form a circle and pass the ball while moving around.
 - ii. Encourage communication and quick decision-making.
- b. **Screening Techniques** (10 minutes)
 - i. Teach basic screens (down screens, ball screens).
 - ii. Players practice setting screens and using them effectively.
- c. **2-on-2 Cut and Score** (5 minutes)
 - i. Pair players for controlled 2-on-2 play.
 - ii. Focus on cutting, passing, and scoring.

3. Scrimmage Strategies (10 minutes)

- a. **Half-Court Scrimmage** (5 minutes)
 - i. Focus on offensive spacing and ball movement.
 - ii. Coach provides feedback during play.
- b. **Full-Court Scrimmage** (5 minutes)

- i. Emphasize transition offense and defense.
- ii. Encourage fast breaks and teamwork.

4. **Cool Down (5 minutes)**

- a. Light jogging and static stretches (hamstrings, wrists).