



Pee Wee Junior Mites Practice Plan

Practice Schedule:

- **Practice Days:** Monday/Wednesday or Tuesday/Thursday
- **Practice Time:** 5:35 pm - 6:35 pm

Practice 1: Dribbling Basics

1. Warm-Up (5 minutes)

- a. Light jogging in place
- b. Arm circles
- c. Leg swings

2. Dribbling Drills (20 minutes)

- a. **Dribbling in Place** (5 minutes)
 - i. Focus on using finger pads, waist-height bounces, and keeping the ball to the side.
- b. **Dribbling While Moving** (5 minutes)
 - i. Dribble up and down the court (driveway or sidewalk).
 - ii. Encourage using non-dominant hand and switching hands.
- c. **Dribbling Through Cones** (5 minutes)
 - i. Set up cones in a zig-zag pattern.
 - ii. Dribble around each cone using both hands.
- d. **Rolling Ball Around Cones** (5 minutes)
 - i. Control the ball while moving it around cones.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (hamstrings, calves, arms)

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Practice 2: Passing and Catching

1. Warm-Up (5 minutes)

- a. Jumping jacks
- b. Arm swings
- c. Toe touches

2. Passing Drills (20 minutes)

- a. **Bounce Pass** (5 minutes)
 - i. Teach proper technique (step toward target, chest-level pass).
 - ii. Practice with a partner.
- b. **Chest Pass** (5 minutes)
 - i. Emphasize starting with the ball by the chest.
 - ii. Pass to a partner.
- c. **Catch and Pass Relay** (10 minutes)
 - i. Divide players into two lines.
 - ii. Pass the ball down the line, emphasizing catching and passing.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (quads, shoulders, back)

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Practice 3: Shooting Basics

1. Warm-Up (5 minutes)

- a. High knees
- b. Arm circles
- c. Leg kicks

2. Shooting Drills (20 minutes)

a. Layup Drills (10 minutes)

- i. Demonstrate layup technique (one-handed, off the backboard).
- ii. Practice layups with assistance.

b. Free Throws (10 minutes)

- i. Use a lower hoop or a designated spot.
- ii. Focus on form and follow-through.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (calves, wrists, neck)

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Practice 4: Defense and Footwork

1. Warm-Up (5 minutes)

- a. Side shuffles
- b. Arm swings
- c. Leg swings

2. Defense Drills (20 minutes)

- a. **Mirror Defense** (10 minutes)
 - i. Pair players up.
 - ii. One player leads, and the other mirrors their movements.
- b. **Footwork Drills** (10 minutes)
 - i. Teach basic defensive stance and lateral movement.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (groin, ankles, wrists)

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Practice 5: Teamwork and Passing

1. Warm-Up (5 minutes)

- a. Butt kicks
- b. Arm circles
- c. Leg kicks

2. Teamwork Drills (20 minutes)

- a. **Passing Circles** (10 minutes)
 - i. Players form a circle and pass the ball around.
 - ii. Encourage communication and teamwork.
- b. **Three-Person Weave** (10 minutes)
 - i. Players weave through each other while passing the ball.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (hamstrings, shoulders, wrists)

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Practice 6: Game Simulation

1. Warm-Up (5 minutes)

- a. Jumping jacks
- b. Arm swings
- c. Leg kicks

2. Game Simulation (30 minutes)

- a. Divide players into two teams.
- b. Play mini-games (3-on-3 or 4-on-4) with simplified rules.
- c. Focus on applying skills learned in previous practices.

3. Cool Down (5 minutes)

- a. Light jogging
- b. Stretching (full-body)