

7-Week Youth Basketball Practice Plan (5th–6th Grade)

Designed for teams with 1 weekly 60-min practice and 1 weekly game

PRACTICE FORMAT

Segment	Time	Focus
Warm-up	5 min	Ball handling + movement
Core Skill Block	20 min	Technique & fundamentals
Game Application	15 min	Small-sided/live constraint drills
Scrimmage	15 min	Situational + competitive
Wrap-up	5 min	Game focus + team cue

WEEKLY BREAKDOWN

Week 1: Ball Handling Under Pressure

- **Skills:** Stationary dribble (change speed/height), live dribble vs. partner
- **Application:** 1v1 full-court, zigzag pressure drills
- **Scrimmage:** 3v3 with dribble limits (3 max)
- **Game Focus:** Protect the ball, eyes up, control speed

Week 2: Passing on the Move + Spacing

- **Skills:** Pass and cut, skip passes, pivot passing
- **Application:** 4-corner passing, 3-man weave
- **Scrimmage:** 3v3 where movement after pass is required
- **Game Focus:** Move after pass, don't ball-watch, maintain spacing

Week 3: Finishing at the Rim

- **Skills:** Layups from both sides, euro steps, reverse, floaters
- **Application:** Finishing w/ contact pad, chase-down defender
- **Scrimmage:** 2v2 from wing with forced drive to hoop
- **Game Focus:** Use backboard, finish through contact, no fear near rim

Week 4: On-Ball and Help Defense

- **Skills:** Defensive slides, closeouts, help/recover
- **Application:** Shell drill 4v4, 1v1 closeout live
- **Scrimmage:** 4v4 half-court; defense earns bonus possession for stop
- **Game Focus:** Stay low, hands up, communicate help

Week 5: Shooting in Rhythm

- **Skills:** Catch-and-shoot, shooting off dribble, relocation
- **Application:** Partner shooting with passes, 3-spot shooting circuits
- **Scrimmage:** 3v3, points only from assisted shots
- **Game Focus:** Quality looks over forced shots, follow-through

Week 6: Transition Offense + Defense

- **Skills:** Outlet to lanes, 2-on-1 and 3-on-2 decisions
- **Application:** Continuous fast break drill (3-on-2 to 2-on-1)
- **Scrimmage:** Full-court controlled transition (off miss)
- **Game Focus:** Sprint lanes, make 1 early pass, stop ball on D

Week 7: Game Scenarios + Review

- **Skills:** Inbounds plays, press break concepts, clock awareness
- **Application:** Situational drills (up/down 1, last possession)
- **Scrimmage:** Tournament format, rotating opponents
- **Game Focus:** Smart decisions, team roles, situational awareness

COACHING PRINCIPLES

- Emphasize intensity + effort over perfection
- Require communication (defensive talk, calling screens, etc.)
- Rotate positions: all players should try guard and forward roles
- Freeze scrimmage selectively to correct habits (not outcomes)
- Prioritize decision-making in drills over raw reps

Need advanced drill diagrams or printable cue cards next?