

7-Week Youth Basketball Practice Plan (3rd–4th Grade)

Designed for teams that have 1 weekly 60-min practice and 1 weekly game

OVERALL STRUCTURE

Each practice: - 5 min warm-up - 20 min skill work (focus of week) - 15 min applied small-sided drills - 15 min situational scrimmage - 5 min wrap-up + gameday focus

Each week introduces 1–2 core concepts reinforced in that week's game.

WEEKLY BREAKDOWN

Week 1: Dribbling + Body Control

- **Skill Work:** Stationary dribble (R/L/crossover), cone dribble w/ changes of direction
- **Game Application:** Dribble tag, 1v1 vs token defender
- **Scrimmage:** 3v3 half-court, max 3 dribbles per player
- **Focus for Game:** Avoid traveling, keep eyes up

Week 2: Passing + Catching

- **Skill Work:** Chest, bounce, overhead passing (with partners); pivot and pass drill
- **Game Application:** 3-player weave, pass-and-cut drills
- **Scrimmage:** 3v3 where team must complete 3 passes before shooting
- **Focus for Game:** Don't dribble first; move the ball to open players

Week 3: Layups + Shooting Form

- **Skill Work:** BEEF form shooting, layup footwork, partner shooting
- **Game Application:** Layups with passive trailing defender, shooting off a cut
- **Scrimmage:** 2v2 half-court with coach feeding passes for layups
- **Focus for Game:** Use backboard on layups, crash for rebounds

Week 4: Defense Basics

- **Skill Work:** Defensive stance, mirror drill, closeout technique
- **Game Application:** 1v1 live from wing, shell drill (2-on-2, then 3-on-3 spacing)
- **Scrimmage:** 3v3 with coach freeze-and-correct moments
- **Focus for Game:** Stay between man and hoop, hands up

Week 5: Spacing + Off-ball Movement

- **Skill Work:** V-cuts, backdoor cuts, give-and-go
- **Game Application:** 3v0 motion reps, live 3v3 emphasizing space and movement
- **Scrimmage:** 3v3 full-court, reward off-ball cuts with extra possessions

- **Focus for Game:** Don't crowd the ball, move when you pass

Week 6: Transition + Team Play

- **Skill Work:** Fast break lanes, 3-lane drills, outlet and fill
- **Game Application:** 3v2 + 2v1 continuous transition drill
- **Scrimmage:** Controlled 4v4 with emphasis on communication and spacing
- **Focus for Game:** Fill lanes on fast breaks, talk on court

Week 7: Review + Situational IQ

- **Skill Work:** Stations: dribbling, passing, shooting, defense
- **Game Application:** End-of-game scenarios (down 1, up 2, last possession)
- **Scrimmage:** Mini tournament (half-court games w/ subs)
- **Focus for Game:** Apply everything learned + play smart

COACHING NOTES

- Keep kids moving: avoid lines >3 players
- Reinforce loud effort, quiet correction
- Demonstrate drills slowly once, then cue during reps
- In scrimmages, pause briefly to give 1 clear teaching point (max 10 sec)
- Consider pairing newer kids with stronger ones for confidence boost

Want printed drill cards or visual diagrams for any of these drills?