



# MIDDLE SCHOOL BASKETBALL PRACTICE PLAN



# Westy Futures

## Middle School Basketball

Welcome to the Westy Futures Basketball Program!

We extend our heartfelt gratitude for joining our Westy Futures program as a coach. Your commitment to investing your time and knowledge in nurturing young talent is truly commendable. As we embark on this exciting journey together, we are thrilled to share with you our vision and mission.

At Westy Futures, the primary goal of our D league is to develop the skills of our students, honing their abilities and preparing them for high school athletics. We firmly believe in cultivating not only their basketball talents but also instilling values like teamwork, discipline, and perseverance that will serve them well in all aspects of life.

In our D league, we place a strong emphasis on the development of players. We want to ensure that each student-athlete receives the guidance and support necessary to propel them to the next level of their basketball journey. Whether their aspirations lie in making the high school team, or securing college scholarships, we are dedicated to helping them lay the foundation for success.

To aid you in your coaching journey, we have prepared a sample practice plan below. This plan can serve as a starting point for your sessions, providing structure and direction. However, we also encourage you to bring your creativity and ideas into the mix, tailoring practices to the unique needs and talents of our young athletes.

Thank you once again for being an integral part of our Westy Futures Basketball Program. Let's make this season one filled with growth, camaraderie, and memorable achievements.

## Practice Plan

### Week 1

#### Practice 1:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Basic stationary dribbling drills to work on ball control and hand-eye coordination (e.g., stationary dribbles with both hands, figure-eight dribbles).
- **Passing: (10 mins)** Focus on chest passes and bounce passes against a wall or to a partner.
- **Shooting: (15 mins)** Practice shooting form and technique with stationary shooting from close range (e.g., free throws).
- **Rebounding: (10 mins)** Introduce box-out fundamentals.
- **Defense: (10 mins)** Teach basic defensive stance and footwork.

#### Practice 2:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Continue with stationary dribbling drills, but add in some movement (e.g., dribbling while walking, jogging, or zig-zagging).

- **Passing: (10 mins)** Work on more advanced passes like overhead passes and baseball passes.
- **Shooting: (15 mins)** Progress to shooting while on the move (e.g., layups, jump shots off the dribble).
- **Rebounding: (10 mins)** Practice offensive and defensive rebounding in game-like scenarios.
- **Defense: (10 mins)** Introduce one-on-one defensive drills.

## Week 2:

### Practice 1:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Incorporate dribbling with changes of direction (e.g., crossovers, between-the-legs dribbles).
- **Passing: (10 mins)** Focus on passing in transition and under pressure.
- **Shooting: (15 mins)** Continue with shooting on the move, and add in some shooting drills that involve screens.
- **Rebounding: (10 mins)** Work on offensive and defensive rebounding in competitive situations.
- **Defense: (10 mins)** Progress to two-on-two defensive drills.

### Practice 2:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Work on dribble moves and combinations to beat defenders.
- **Passing: (10 mins)** Introduce fast break passing and outlet passes.
- **Shooting: (15 mins)** Practice shooting off screens and from different spots on the court.
- **Rebounding: (10 mins)** Add in more complex rebounding drills with multiple players involved.
- **Defense: (10 mins)** Teach help defense principles and work on three-on-three defensive drills.

## Week 3: Practice 1:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Focus on handling the ball in tight spaces and against defensive pressure.
- **Passing: (10 mins)** Work on advanced passing techniques like skip passes in an offensive set.
- **Shooting: (15 mins)** Incorporate shooting off the dribble from various distances.
- **Rebounding: (10 mins)** Continue with challenging rebounding drills involving multiple players.
- **Defense: (10 mins)** Progress to full-court defensive drills and emphasize communication.

### Practice 2:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.

- **Dribbling: (10 mins)** Practice dribbling with both hands simultaneously and work on advanced dribble combinations.
- **Passing: (10 mins)** Emphasize quick passing and decision-making in fast-paced situations.
- **Shooting: (15 mins)** Introduce shooting under pressure with defenders contesting shots.
- **Rebounding: (10 mins)** Add more game-like scenarios to the rebounding drills.
- **Defense: (10 mins)** Focus on team defense principles and introduce defensive rotations.

#### Week 4: Practice 1:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Incorporate dribbling with changes of speed and direction.
- **Passing: (10 mins)** Work on passing out of traps and double teams.
- **Shooting: (15 mins)** Practice shooting in various game scenarios, such as catch-and-shoot and off the dribble.
- **Rebounding: (10 mins)** Continue with challenging rebounding drills in competitive situations.
- **Defense: (10 mins)** Work on defending against pick-and-roll situations.

#### Practice 2:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Emphasize ball control and dribbling with a purpose.
- **Passing: (10 mins)** Work on entry passes into the post
- **Shooting: (15 mins)** Practice shooting off screens and in transition.
- **Rebounding: (10 mins)** Add more complexity to the rebounding drills with offensive putbacks.
- **Defense: (10 mins)** Introduce defensive strategies for defending specific positions (e.g., guards, forwards, centers).

#### Week 5: Practice 1:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Incorporate dribble moves with change of pace and direction to create separation from defenders.
- **Passing: (10 mins)** Work on reading the defense and making smart passing decisions.
- **Shooting: (15 mins)** Practice shooting in high-pressure situations and incorporate game-like drills.
- **Rebounding: (10 mins)** Continue to work on offensive and defensive rebounding in competitive settings.
- **Defense: (10 mins)** Focus on team defensive rotations and communication.

#### Practice 2:

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Introduce dribbling with defensive pressure and incorporate defensive reactions.
- **Passing: (10 mins)** Emphasize quick and accurate passing in transition.
- **Shooting: (15 mins)** Practice shooting under pressure with limited time on the clock.
- **Rebounding: (10 mins)** Add complexity to the rebounding drills with offensive putbacks and contested rebounds.
- **Defense: (10 mins)** Work on defending against specific offensive sets often seen in games. Ex: 5 out, pass and cut.

#### **Week 6: Practice 1:**

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Focus on advanced ball-handling drills, incorporating multiple dribble moves in succession.
- **Passing: (10 mins)** Practice advanced passing techniques in different game scenarios.
- **Shooting: (15 mins)** Emphasize shooting under high-pressure situations and simulate game-winning shots.
- **Rebounding: (10 mins)** Continue to work on offensive and defensive rebounding with increased intensity.
- **Defense: (10 mins)** Implement full-court press and other advanced defensive strategies.

#### **Practice 2:**

- **Warm-up: (5 mins)** Begin with light jogging, dynamic stretching (leg swings, arm circles, etc.), and basic agility drills like ladder drills.
- **Dribbling: (10 mins)** Review all dribble moves and emphasize using them effectively in games.
- **Passing: (10 mins)** Work on making split-second passing decisions in game-like situations.
- **Shooting: (15 mins)** Continue to practice shooting under pressure and from various positions on the court.
- **Rebounding: (10 mins)** Incorporate complex rebounding drills with multiple players competing for the ball.
- **Defense: (10 mins)** Review all defensive principles and strategies learned throughout the six weeks.

**Remember this practice plan is simply to aid you in your practices, as games begin and you realize what your team needs to work on you may adjust the practice plan as needed to focus on certain areas of improvement.**

**To adjust the difficulty of drills according to the skill level of the middle school students and provide appropriate feedback and encouragement throughout the practices. The key to a successful practice plan is repetition, consistency, and progressively building on the fundamentals as the players improve their skills. Good luck with your basketball season!**