

Westy Futures

1st-2nd Grade 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 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 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: Fundamentals Introduction *Focus: Introduction to Basic Skills*

- **Warm-up (10 minutes):** Light jogging, dynamic stretches.
- **Dribbling (15 minutes):** Stationary dribbling, emphasis on hand-eye coordination and control.
- **Passing (10 minutes):** Chest passes with a partner, focusing on accuracy.
- **Shooting (15 minutes):** Shooting form practice close to the hoop.
- **Defensive Drill (10 minutes):** Mirror defense - one player mimics the movements of the other.

Week 2: Developing Fundamentals *Focus: Improving Basic Skills*

- **Warm-up (10 minutes):** Jumping jacks, Light jogging, dynamic stretches.
- **Dribbling (15 minutes):** Dribbling around cones, focusing on quick changes of direction.
- **Passing (10 minutes):** Bounce passes with a partner, working on timing and accuracy.
- **Shooting (15 minutes):** Layups, introducing the concept of using the backboard.
- **Defensive Drill (10 minutes):** Shadow defense - one player leads while the other follows and tries to stay in front.

Week 3: Skill Enhancement *Focus: Building Confidence*

- **Warm-up (10 minutes):** High knees, arm circles, Light jogging, dynamic stretches.
- **Dribbling (15 minutes):** Dribble relays, adding competition and pressure.
- **Passing (10 minutes):** Overhead passes with a partner, improving technique.
- **Shooting (15 minutes):** Mid-range shots, emphasizing balance and follow-through.
- **Defensive Drill (10 minutes):** Zig-zag defense - player weaves between cones while defending a dribbler.

Week 4: Skill Refinement *Focus: Mastering Basics*

- **Warm-up (10 minutes):** Running in place, arm swings, Light jogging, dynamic stretches.
- **Dribbling (15 minutes):** Dribbling under pressure, controlled 1-on-1 situations.
- **Passing (10 minutes):** Partner passing with movement, working on accuracy while on the move.
- **Shooting (15 minutes):** Free throws, introducing game-like pressure situations.
- **Defensive Drill (10 minutes):** Closeout defense - player defends a shooter, focusing on closing space.

Week 5: Applying Skills *Focus: Game Situations*

- **Warm-up (10 minutes):** Agility ladder drills, quick footwork, Light jogging, dynamic stretches.
- **Dribbling (15 minutes):** Dribble penetration, making decisions under pressure.
- **Passing (10 minutes):** Passing under pressure, incorporating defensive elements.
- **Shooting (15 minutes):** Shooting while moving, catching and shooting off the dribble.
- **Defensive Drill (10 minutes):** 2-on-2 defense, working on communication and teamwork.

Week 6: Game Preparation *Focus: Putting It All Together*

- **Warm-up (10 minutes):** Dynamic stretches, light jogging.
- **Dribbling (15 minutes):** Full-court dribbling, practicing ball control in game-like situations.
- **Passing (10 minutes):** Fast breaks and transition passing, incorporating both offense and defense.
- **Shooting (15 minutes):** Game-like shooting drills, simulating various game scenarios.
- **Defensive Drill (10 minutes):** Scrimmage with modified rules to emphasize defense.

Note: Throughout the weeks, make sure to provide positive reinforcement, encourage teamwork, and foster a fun and inclusive environment. Adjust the difficulty and intensity of drills based on the skill level and progress of the students. Always prioritize safety and ensure that the practice area is safe for young players.