



3RD/4TH GRADE BASKETBALL PRACTICE PLAN



Westy Futures

3rd-4th 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: Introducing basic basketball skills.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (10 mins):** Teach proper hand placement, basic dribbling while moving around cones.
- **Passing (10 mins):** Chest passes and bounce passes to partners.
- **Shooting (10 mins):** Basic form shooting close to the hoop.
- **Rebounding (10 mins):** Teach positioning for grabbing rebounds.
- **Defensive Drills (15 mins):** Defensive stance, shuffle, and closing out.

Week 2: Building Confidence *Focus: Strengthening foundational skills.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (15 mins):** Dribbling through cones with changes in speed and direction.
- **Passing (15 mins):** Partner passing with movement.
- **Shooting (15 mins):** Form shooting with emphasis on follow-through.
- **Rebounding (5 mins):** Boxing out drills.
- **Defensive Drills (5 mins):** Introduction to defensive slides.

Week 3: Skill Progression *Focus: Advancing skills with moderate complexity.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (15 mins):** Dribbling with both hands, incorporate crossover dribble.
- **Passing (10 mins):** Three-player weave passing drill.
- **Shooting (10 mins):** Mid-range jump shots focusing on balance.
- **Rebounding (10 mins):** Defensive rebounding in game-like situations.
- **Defensive Drills (10 mins):** Closeouts with contesting shots.

Week 4: Skill Refinement *Focus: Enhancing technique and decision-making.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (10 mins):** Two-ball dribbling, incorporate spin moves.
- **Passing (10 mins):** Partner passing with defensive pressure.
- **Shooting (15 mins):** Shooting on the move and off screens.
- **Rebounding (10 mins):** Offensive rebounding and putbacks.
- **Defensive Drills (10 mins):** 1-on-1 defensive drills.

Week 5: Game Situations *Focus: Applying skills in game-like scenarios.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (15 mins):** Dribbling under pressure, change of pace.
- **Passing (10 mins):** Fast break passing and decision-making.
- **Shooting (10 mins):** Game-speed shooting drills from various spots.
- **Rebounding (10 mins):** Transition from defense to offense.
- **Defensive Drills (10 mins):** 2-on-2 defensive rotations.

Week 6: Team Play and Review *Focus: Pulling skills together for teamwork.*

- **Warm-up (5 mins):** Dynamic stretches, light jogging, high-intensity movements.
- **Dribbling (10 mins):** Full-court dribbling with change of direction.
- **Passing (15 mins):** Team passing drills with emphasis on spacing.
- **Shooting (10 mins):** Game-situation shooting under pressure.
- **Rebounding (10 mins):** Team rebounding and outlet passes.
- **Defensive Drills (10 mins):** 3-on-3 defensive positioning and help defense.

Remember, these plans are adaptable based on a players' progress and needs. Always ensure that safety and proper technique are prioritized, increase the complexity of drills as the players become more skilled and comfortable.