



5TH GRADE BASKETBALL PRACTICE PLAN



Westy Futures

5th 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 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: Fundamentals and Basics

1. Dribbling (15 minutes):

- Stationary dribbling: Players practice dribbling with their dominant hand while keeping their head up.
- Switch to non-dominant hand: Players switch to dribbling with their non-dominant hand to improve coordination.

2. Passing (10 minutes):

- Chest passes: Players practice chest passes to a partner, focusing on accuracy and technique.
- Bounce passes: Introduce bounce passes and practice them.

3. Shooting (15 minutes):

- Form shooting: Players work on their shooting stance, grip, and release close to the hoop.

4. Rebounding (10 minutes):

- Box-out drills: Teach players how to establish position and box out to secure rebounds.

5. Defensive Drills (10 minutes):

- Stance and movement: Players learn basic defensive stance and practice shuffling.

Week 2: Building Skills

1. Dribbling (15 minutes):

- Dribble moves: Introduce simple dribble moves like crossovers and between-the-legs dribbles.

2. Passing (15 minutes):

- Overhead passes: Teach players overhead passes for taller opponents.
- Partner passing with movement: Players pass to a moving partner, improving accuracy and timing.

3. Shooting (15 minutes):

- Mid-range shots: Players work on shooting from a bit further out while maintaining proper form.

4. Rebounding (10 minutes):

- Rebounding in traffic: Players practice grabbing rebounds while dealing with defenders.

5. Defensive Drills (5 minutes):

- Closeout drills: Introduce closing out on shooters and contesting shots.

Week 3: Increasing Complexity

1. Dribbling (15 minutes):

- Change of pace: Teach players how to change speeds while dribbling to keep defenders off balance.

2. Passing (15 minutes):

- Wrap-around passes: Introduce wrap-around passes and practice in pairs.
- Passing under pressure: Players practice passing while facing light defensive pressure.

3. Shooting (10 minutes):

- Three-point shots: Introduce three-point shooting with proper technique.

4. Rebounding (10 minutes):

- Outlet passes: Teach players how to quickly make an outlet pass after grabbing a rebound.

5. Defensive Drills (10 minutes):

- 2-on-2 closeouts: Players practice closing out and defending in a 2-on-2 situation.

Week 4: Skill Application

1. Dribbling (10 minutes):

- Dribbling under pressure: Players practice dribbling with defensive pressure.

2. Passing (15 minutes):

- Fast break passing: Teach players how to make quick and accurate passes on the fast break.

3. Shooting (15 minutes):

- Game-like scenarios: Players practice shooting while moving and off screens.

4. Rebounding (10 minutes):

- Putback shots: Players work on grabbing offensive rebounds and scoring on putbacks.

5. Defensive Drills (10 minutes):

- 1-on-1 defense: Players practice guarding a single opponent in a controlled 1-on-1 setting.

Week 5: Refining Skills

1. Dribbling (15 minutes):

- Dribble combos: Teach players how to combine different dribble moves for more advanced ball-handling.

2. Passing (10 minutes):

- Decision-making: Players work on reading the defense and making the right pass.

3. Shooting (10 minutes):

- Free throws: Introduce free throw shooting and emphasize focus and routine.

4. Rebounding (10 minutes):

- Rebounding in transition: Players practice grabbing rebounds and starting the fast break.

5. Defensive Drills (15 minutes):

- Help defense: Introduce the concept of help defense and rotating to cover open players.

Week 6: Game Situations

1. Dribbling (10 minutes):

- Dribbling in traffic: Players practice navigating through defenders in a controlled scrimmage.

2. Passing (15 minutes):

- Scrimmage situations: Players practice making different passes in game-like scenarios.

3. Shooting (10 minutes):

- Clutch shots: Players practice shooting under pressure and in late-game situations.

4. Rebounding (10 minutes):

- Live rebounding: Players compete for rebounds in a scrimmage setting.

5. Defensive Drills (15 minutes):

- 3-on-3 defense: Players work on team defense and communication in a 3-on-3 game.

Remember to always focus on proper technique and encourage teamwork and sportsmanship throughout the practices. Modify the drills as needed based on the skill level and progress of the players.