

Youth Basketball Drills & Sample Practice Plans

Coordination & Conditioning Drills

Basketball is a sport of constant motion. If a player is not in the proper condition, they will find it difficult to keep up with other players, and the offense and especially defense will suffer. It is essential that your players be in good physical condition. While many younger players can run all day long and seem to never get tired, many children today are out of shape. Conditioning should be part of every practice.

1. Circle Basketball Around Waist

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the player circles the basketball around their waist. After a few times, have the players stop and then circle the ball in the opposite direction. This drill may seem very easy, but you will be surprised how difficult yet fun it is for small players.



2. Circle Basketball Around Legs

This is a variation of the "Circle Basketball Around Waist Drill". Once again, the players stand facing the coach. On the coach's command, the player circles the basketball in and out of their legs in a figure 8 pattern. Have the players stop and then circle the ball in the opposite direction.

3. Throw ball in air & catch

In this drill the players stand facing the coach, holding their basketball with both hands, waist high. On the coach's command the players throw the ball up in the air and then catch it. Have the players start by throwing the ball up only a foot or two into the air. Once they master this, have the players increase the height of the throw.

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Jordan C. Blake



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Well-Prepared Coach - 30 Youth Basketball Practice Plans Michael O'Halloran, 2010-07 This book will provide youth basketball coaches a roadmap with thorough directions on how to conduct a season's worth of basketball practices. Be prepared to teach your players not only individual and team basketball skills but also some important life lessons: the value of hard work, the importance of sportsmanship, and the power and magic of teamwork. Perfect for 4th-8th grade basketball teams, both boys and girls. Includes 30 ninety-minute practice plans, Exercises, explanations, and teaching points, 30 agendas, and talking points for pre-court time meetings. A Driveway Workout for your players' off-season efforts. The Special Play, a simple play that results in a surprising number of open lay-ups in games. Your players will be prepared for the first game and engaged throughout the season. Make the best use of your time together.

Hoops and Dreams: How to Coach Youth Basketball Phil Locke, Welcome to the world of youth basketball coaching. Whether you're a seasoned veteran or a first-time volunteer, the task of guiding young players can be both rewarding and challenging. This book, *Hoops and Dreams*, is designed to equip you with the knowledge and strategies necessary to excel in this crucial role. More than just teaching the fundamentals of basketball, we'll delve into the art of fostering a positive team environment, building character, and promoting the development of well-rounded individuals. We'll explore age-appropriate training methods, effective communication strategies for players and parents, and practical techniques for managing your team. We'll cover everything from planning and implementing effective practice sessions to creating individualized development plans for your players. This isn't just about winning games; it's about creating lasting memories, developing vital life skills, and instilling a lifelong love for the game. You'll learn how to assess player skills, identify potential, and provide constructive feedback. We'll address the importance of fostering teamwork, sportsmanship, and leadership qualities in your players. And because the success of a youth basketball program relies heavily on clear and effective communication, we will explore building strong relationships with players, parents, and other stakeholders. Prepare to be challenged, inspired, and equipped with the tools you need to create a truly memorable and impactful experience for your players. Let's begin this exciting journey of growth, development, and ultimately, hoops and dreams. Get ready to make a difference.

The Complete Youth Basketball Coach's Playbook Evan T. Hayes, 2025-10-30 Whether you're stepping into your first season or looking to sharpen your coaching game, *The Complete Youth Basketball Coach's Playbook* delivers a clear, structured roadmap for coaching success, designed specifically for working with youth athletes of all skill levels. This all-in-one guide combines coaching fundamentals with advanced player development strategies so you can build confident athletes, cohesive teams, and winning seasons. Backed by decades of coaching experience, this book goes far beyond drills and diagrams; it teaches you how to lead, motivate, and leave a lasting impact on young lives. Inside this game-changing playbook, you'll discover coaching foundations for success. Learn how to manage different skill levels, foster a positive team culture, and establish rules, boundaries, and respect. Complete player development. Master the stages of player growth from ages 7-18 with age-appropriate training, communication tips, and long

term development strategies Proven practice planning Create effective daily and weekly schedules with sample 60 minute practice templates by age group Fundamental skill instruction Teach shooting passing ball handling rebounding and defense with step by step progressions and drills Advanced basketball IQ development Introduce position specific training decision making games situational scrimmages and leadership activities Offensive defensive systems Break down motion offense fast breaks zone breaking strategies press defense and help side rotations Game time coaching Manage substitutions fouls timeouts and post game reviews with professionalism and composure Tournament readiness and seasonal planning Navigate pre season tryouts mid season adjustments playoff prep and end of season evaluations Bonus chapter with 30 essential drills Includes skill based game like and team building drills designed to energize every practice Whether you re coaching elementary school beginners or high school hopefuls this book gives you the confidence structure and tools to lead with excellence If you ve ever felt overwhelmed underprepared or unsure where to start this is the complete solution Perfect for coaches PE teachers volunteers and even parents looking to support youth basketball development Unlock your coaching potential Build champions on and off the court

Coaching Kids For Dummies Rick Wolff,2000-04-07 What could be easier or more fun than coaching youth sports How complicated could it be it s all fun and games right Unfortunately coaching kids isn t that simple If you ve ever watched a youth league game you know that all sorts of pressures worries concerns and emotions come into play when your kid is out on the field In fact it s not unusual to witness at least one ugly incident at a game where a coach or parent has gotten out of control The good news is as a coach you can guarantee that kids have fun get the physical and psychological boost they need and want to play on your team next year And now this book shows you how Written by a nationally recognized sports parenting expert coach and author who is also a former professional baseball player Coaching Kids For Dummies shows you step by step how to make sports a positive experience for kids of all ages Packed with practical advice for coaches and parents it shows you how to Help kids select the best sports for them Communicate effectively with your young athletes Deal with losses and wins Provide encouragement without pushing too hard Motivate kids and boost performance Foster good sportsmanship Prevent sports burnout Handle irate parents Evaluate travel teams No matter what your prior experience with youth league sports even if you weren t in one yourself as a kid Coaching Kids For Dummies coaches you in all the essentials Topics you ll explore include What every parent should know about youth sports including the right age to get them started how leagues work and what your kid and you can expect Basic coaching tasks and responsibilities such as pregame preparation practice sessions team meetings with kids and parents and more Communication and motivational skills every coach needs to develop Coaching challenges including scheduling hostile parents dealing with injuries and coaching your own kids Loaded with tested in the trenches strategies for helping kids get the most out of sports Coaching Kids For Dummies is every youth league coach s survival guide

Youth Basketball Practice Plans Dates Shelby's Sports Journals and Notebooks,2019-07-04 Includes 12 individual calendar pages for noting each month

year Includes Index of Games pages to keep track of Opponent Date Location W L and Score Includes Player Roster pages
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 diagram plays Includes Notes pages Great coaches gift for Christmas holiday birthday back to school season opening or
 season close Also makes a great gift for a coworker or yourself *Survival Guide for Coaching Youth Basketball* Keith
 Miniscalco,Greg Kot,2015-08-20 You volunteered to coach the basketball team but are you really ready How will you teach
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 and players that grow fast Dominate the fundamentals Inspire your team Coach like a pro *Teach'n Beginning Offensive*
Basketball Drills, Plays, and Games Free Flow Handbook Bob Swope,2012-11 This is a practical Handbook for youth
 Basketball coaches and parents It has over 110 individual pictures and illustration variations to look at All the skill activities
 and drills are numbered for easy reference between coaches and parents Complete with diagram illustration and explanation
 for each one It covers all the fundamentals you will need to get started in offensive youth basketball It also has training
 games to play sample practice schedules strategies to use and many plays to run to get your team started **Youth**
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A Youth Basketball Coaching Guide Danford Chamness, 2000-10-12 This book is written for you who are coaching children in basketball We stress how to teach children this complex game and to have fun doing it The book covers all facets of the game from how to dribble to strategies and tactics Coaching children should be fun for everyone for you for the parents and for the children As a coach we cover the teaching attitude and methods We always keep in mind that the game is for the children and not for the adults Winning isn't everything but learning to play well and wanting to win is We take the children from first through the eighth grades and break them into four categories In each category we discuss the player's needs and abilities what they are capable of in both the physical and emotional sense and their limitations We have defined the coach's role the parent's role and the player's role

Coaching Youth Basketball Coach Education, 2012-06-21 Coaching Youth Basketball Fifth Edition will help you run organized practices as you develop your players' fundamental skills Written by the American Sport Education Program ASEP in conjunction with expert coach Don Showalter of USA Basketball this book covers all aspects of player development that you need to know Preparing for and conducting efficient age specific practices Teaching and developing skills Providing a safe playing environment Identifying and correcting errors in performance Communicating with and encouraging players You'll also gain court tested tips on running your team communicating with players officials parents and other coaches providing basic first aid and keeping it all fun The book contains drills and coaching tips that are sure to jump start your practices and improve players' performance In addition you receive many photos and diagrams to facilitate your understanding of the skills and drills Ideal for coaches of players ages 5 to 14 the fifth edition of Coaching Youth Basketball will help you focus on long term athlete development by creating an environment in which your players can learn progress in their skill development increase their understanding of the game and most important have fun

Teach'n Beginning Defensive Basketball Drills, Plays, and Games Free Flow Handbook Bob Swope, 2012-12 This is a practical Handbook for youth Basketball coaches and parents It has over 90 individual pictures and illustration variations to look at All the skill activities and drills are numbered for easy reference between coaches and parents Complete with diagram illustration and explanation for each one It covers all the fundamentals you will need to get started in youth defensive basketball It also has training games to play sample practice schedules many strategies and tactics to use and many plays to run to get your team started

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Basketball Practice Plans Lucy M. Lapaglia, 2019-10-10 Basketball Coach Drills Skills Planner Are you taking on the task of teaching youth and children how to dribble shoot and score and you need to make a plan and organizer your plan of attack This basketball coaches notebook features all you need to keep your team on the right path Add To Cart Now This basketball coaching notepad keeps all of your vital player Information and plays right at your fingertips Features Undated Calendar Blank basketball court pages Team Roster Game Statistics Blank note pages Product Description 8 5x11 110 pages Uniquely designed matte cover High quality heavy paper We have lots of great trackers and journals so be sure to check out our other listings by clicking on the Author Name link just below the title of this tracker Ideas On How To Use This Planner Basketball Coaches Gift Back To School Gift Coach Thank You Gift **Youth Basketball** Karen Garchow, Amy Dickinson, 1992

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