

KINDERGARTEN PRACTICE PLAN

Ages 5 – 6 · 30 Minutes

Team: _____ Date: _____ Practice Length: 30 minutes

GOAL(S) FOR THIS PRACTICE

Players leave the gym having had fun, having moved a lot, and wanting to come back next week.

TIME	DRILL	COACHING POINTS
0:00 – 0:05	Follow the Leader – Every player has a ball. The coach dribbles around the court (walking, hopping, changing direction) and players copy.	• It's a warm-up disguised as a game. • Change speed and direction often. • Keep every ball bouncing.
0:05 – 0:10	Red Light, Green Light – Players dribble on “green light” and stop with the ball on “red light.”	• Stopping with control is the actual skill being taught. • Eyes up, not on the ball.
0:10 – 0:18	Sharks and Minnows – Minnows dribble from one end to the other while sharks try to knock their ball away.	• Protect the ball with your body. • Restart rounds quickly so nobody sits out for long.
0:18 – 0:23	Partner Passing – Pairs, a few feet apart, alternating chest passes and bounce passes.	• Move the pairs closer than you think you need to. • Show target hands.
0:23 – 0:30	Shooting – Every player shooting, constantly, from close range.	• Make sure you use low rings. • Celebrate every make.

PRACTICE NOTES
