

MIDDLE SCHOOL PRACTICE PLAN

Ages 11 – 14 · 90 Minutes · Designed for a full-court

Team: _____ Date: _____ Practice Length: 90 minutes

GOAL(S) FOR THIS PRACTICE

1. Passing decision-making. 2. Transition defense. (Share both with the players before entering the court.)

TIME	DRILL	COACHING POINTS
0:00 – 0:10	Dynamic Warm-Up	• To win back court time, run the warm-up off the court before your practice starts.
0:10 – 0:20	3v2 Around the Key – Three offensive players around the key against two defenders. Coach passes to any offensive player; play until a score or the defense has the ball, then reset.	• Focus on the decision-making of their passing. • Coach to the goals of training — too many different messages are hard to take in.
0:20 – 0:35	'Call Names' 3v3 – Normal 3v3, but the ball-handler must call the name of the teammate they're passing to before passing, or before picking up their dribble. Otherwise it's a turnover.	• Forces passing decisions while dribbling, not after the dribble is finished.
0:35 – 0:45	1v1 Chase Down – On the whistle, the offense speed dribbles for the far basket and the trailing defender sprints to get in front. Play until a score or the defense has the ball.	• Pair players by speed. • Adjust starting gaps until the chase is competitive.
0:45 – 0:55	Balance the Floor 3v3 – Normal 3v3 until a shot goes up: below the free-throw line, crash the boards; above it, sprint back. When the defense gets the ball, everybody freezes.	• Use the freeze to check how the new defense has balanced the floor.
0:55 – 1:10	Team Strategy	• Keep it short — don't steal minutes from skill development.
1:10 – 1:25	"Baseline Touch" Scrimmage – Full-court game with as many players as you have (5v5, 4v4, or 3v3). If you shoot the ball, you must touch the baseline before rejoining play.	• The rule pressures transition defense. • The momentary 5v4 shows their passing decision-making.
1:25 – 1:30	Cool Down – Jog to the other end and back, walk it, then sit down for static stretches.	• Use the stretching time to talk with the players.

PRACTICE NOTES
