


5th & 6th

Dribbling

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Work Ethic/Hardwork		
#	5		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:34	Dribbling	Taps Stationary 2-Ball Retreat Drill Agility Ladder Course	Warm hands and fingers up, not holding the ball Low Med High Protect the ball, Eyes up Footwork and Eyes Up	3 Minutes 5 Minutes 5 Minutes 10 Minutes	Video Assistance Video Assistance Video Assistance Video Assistance
WATERBREAK					
:35-43	Dribbling	Retreat Drill	Arm Guarding ball, Eyes up	8 Minutes	Video Assistance
WATERBREAK					
:44-:54	Dribbling	Battle Royal	Encourage quick decision-making and court vision	10 Minutes	Video Assistance
WATERBREAK					
:54-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Age Appropriate Basketball (28.5)
- Cones
- Agility Ladder

5th & 6th

Shooting

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Confidence		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Shooting	Lay Ups Chase Lay up	Proper Footwork and Using the backboard Encourage proper form and concentration	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:22-:42	Shooting	Form Shooting Catch & Shoot 7 Spot	Emphasize accuracy over power Emphasize catching the ball in shooting position and quickly getting the shot off. Focus on maintaining balance and footwork while shooting on the move.	5 Minutes 5 Minutes 10 Minutes	Video Assistance Video Assistance Video Assistance
WATERBREAK					
:43-55	Game	Scrimmage Free Throws	Form and making free throws when tired	10 Minutes 2 Minutes	
WATERBREAK					
:55-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Age Appropriate Basketball (28.5)
- Cones
- Pinnies

5th & 6th

Defense

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Teamwork		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Defensive Stance & Footwork	Stance Spot/Slides	Stable Base & Feet Straight Ahead , Hips Back & Knees Bent Stand on the Balls, Drop Your Hips and Bend Your Knees	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:22-:27	Close outs	Close out drills	Set up cones or markers on the perimeter. Players start in the paint and close out on the cones, working on proper technique and closing out under control.	5 Minutes	Video Assistance STOP @ 0:43
WATERBREAK					
:28-:38	Rebounding	Form Boxes Partner box out	Boxing out techniques and securing rebounds. Making contact, Stay big	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:39-:44	Defense	Switch Up	Choppy feet, Slide and Positioning	5 Minutes	Video Assistance
WATERBREAK					
:45-:55	Games	Scrimmage	Apply learned defensive skills	10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones
Pinnies

5th & 6th

Passing & Defense

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Determination		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Passing Fundamentals	Demonstration	Basic passing and reciving techniques		
		Bounce Pass	Encourage them to aim for the midsection of their partner and use a controlled bounce	5 Minutes	Video Assistance STOP @ 1:17
		Chest Pass	Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down	5 Minutes	Video Assistance STOP @ 2:08
		Overhead Pass	Emphasize using both hands, extending the arms fully, and making accurate passes	5 Minutes	Video Assistance STOP @ 3:11
		15	Strong confident passes focusing on fundamentals	5 Minutes	Video Assistance STOP @ 2:15
WATERBREAK					
:32-:47	Defense	Stance & Footwork	Knees slightly bent, arms active, and feet shoulder-width apart	5 Minutes	Video Assisatnce STOP @ 2:09
		Mirror	Active hands and quick reactions.	5 Minutes	Video Assistance
WATERBREAK					
:31-:39	Games	Endzone	Quick Decision making strong passes	10 Minutes	Video Assistance
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones
Pinnies

5th & 6th

Passing & Shooting

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Respect		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Passing	Passing Fundamentals Partner Passing	Chest Bounce Overhead Focus on strong accurate passes to partners	5 Minutes 5 Minutes	Video Assistance STOP @ 1:17 Video Assistance STOP @ 2:08
WATERBREAK					
:21-:41	Shooting	Form Shooting Post Pass Drill Quickdraw	Focusing on footwork, hand placement, and follow-through Strong Pass, Hard Cuts Quick Decision making, Proper shooting for,	5 Minutes 5 Minutes 10 Minutes	Video Assistance Video Assistance Video Assistance
WATERBREAK					
:42-:52	Games	Scrimmage		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

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Fundamentals

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	FUN		
#	3		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:11	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:19	Dribbling	Taps Stationary 2-Ball	Warm hands and fingers up, not holding the ball Low Med High	3 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:20-:35	Passing	Bounce Pass Chest Pass Diamond Passing	Encourage them to aim for the midsection of their partner and use a controlled bounce Accuracy and proper technique, including stepping into the pass and using both hands. Thumbs Down Focus on accurate passes and correct pivoting	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP @ 1:17 Video Assistance STOP @ 2:08 Video Assistance
WATERBREAK					
:36-:46	Shooting	Lay Ups Form Shooting	Proper Footwork and Using the backboard Emphasize accuracy over power	5 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:47-:55	Defense	Spot/Slides Switch Up	Stand on the Balls, Drop Your Hips and Bend Your Choppy feet, Slide and Positioning	3 Minutes 5 Minutes	Video Assistance Video Assistance
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones

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Games & Situations

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Perseverance		
#	1		

Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Ball handling	Jailbreak		10 Minutes	Video Assistance
WATERBREAK					
	Defense	King/Queen of the Court		10 Minutes	
WATERBREAK					
:21-:35	Passing & Communication	3 Lane Rush	Passing while moving, Leading the pass, Good Finish	10 Minutes	Video Assistance
WATERBREAK					
:31-:39	Games	Scrimmage		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Basketball (28.5)
Cones
Pinnies