

Panther Basketball Practice Plan

6th-8th Grade | 90 Minutes

Practice Goal: Skill development, decision making and team play

Practice at a Glance

Time	Activity	Focus
0-10 min.	Dynamic Warm-Up + Ball Handling	Pace and control
10-25 min.	Passing & Advantage Drills	Passing, cutting, decision making
25-40 min.	Shooting	Game-speed shooting
40-52 min.	Defense	1-on-1, help, closeouts
52-62 min.	Rebounding & Transition	Finish possessions
62-75 min.	Team Concept	Offense/defense
75-87 min.	Controlled Scrimmage	Apply concepts
87-90 min.	Huddle	Review + next step

Coach Notes

0-10: Dynamic Warm-Up + Ball Handling

- Use movement-based warm-ups.
- Progress into ball handling at game speed.
- Emphasize control, pace and changes of direction.

10-25: Passing & Advantage Drills

- Use drills that create a defender or decision.
- Work on passing, cutting and attacking space.
- Encourage players to recognize when to shoot, drive or pass.

25-40: Shooting

- Use game-speed shooting.
- Include shots off the catch, cuts and drives.
- Track makes when appropriate to add competition.

40-52: Defense

- 1-on-1 closeouts
- Help and recover
- Defensive positioning
- Transition defense

52-62: Rebounding & Transition

- Teach players to find a player, make contact and pursue the ball.
- Immediately transition from rebound to offense.
- Add competition to finish possessions.

62-75: Team Concept

- Choose one concept for the day.
- Example: transition defense.
- Show where players should run.
- Walk through positions, run 3-on-2, add a trailer, then play live 5-on-5.

75-87: Controlled Scrimmage

- Play 5-on-5 with a specific focus.

- Stop briefly to reinforce the teaching point when necessary.
- Allow players to solve problems rather than coaching every possession.

87-90: Huddle

- Review the day's focus.
- Identify one thing the team did well.
- Give players one clear next step.

Coach Reminder

Teach it. Practice it. Play it. Keep players moving, limit long lines, and give players opportunities to use skills in game situations.

Panther Basketball Coach Resources