

Panther Basketball Practice Plan

3rd-5th Grade | 60 Minutes

Practice Goal: Ball handling, passing, shooting, defense and having fun

Practice at a Glance

Time	Activity	Focus
0-5 min.	Warm-Up: Dribble Tag	Get players moving while handling the ball
5-15 min.	Ball Handling	Right/left hand, crossovers, change of speed
15-25 min.	Passing & Movement	Chest passes, bounce passes, pass-and-cut
25-40 min.	Shooting Stations	Form shooting, layups, short-range shooting
40-50 min.	Defense	Stance, defensive slides, closeouts
50-58 min.	Small-Sided Game	3-on-3 or 4-on-4
58-60 min.	Team Huddle	One thing learned + one thing to work on

Coach Notes

0-5: Dribble Tag

- Everyone dribbles inside a designated area.
- Players try to tag other players while protecting their ball.
- If tagged, perform five ball-handling moves before getting back in.

5-15: Ball Handling

- Right-hand dribble
- Left-hand dribble
- Crossover
- Change of speed
- Dribble with eyes up
- Finish with a short relay or competition.

15-25: Passing & Movement

- Pair players up for chest passes and bounce passes.
- Add passing while moving.
- Introduce a simple three-player pass-and-cut drill.

25-40: Shooting

- Form shooting
- Layups
- Shooting from short distances
- Catch-and-shoot
- Emphasize good shooting technique over long-distance shooting.

40-50: Defense

- Teach an athletic stance.
- Practice sliding left and right.
- Stay between your player and the basket.
- Close out under control.

- Finish with a 1-on-1 defensive game.

50-58: Small-Sided Game

- Use 3-on-3 or 4-on-4.
- Give players a simple objective, such as: "Before you shoot, try to make at least one pass."
- Or: "Everyone needs to touch the ball before you shoot."

58-60: Huddle

- What did we work on today?
- What is one thing you did better today?
- Keep the huddle positive and brief.

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