

Panther Basketball Practice Plan

3rd-5th Grade | 90 Minutes

Practice Goal: Fundamentals plus introducing team concepts

Practice at a Glance

Time	Activity	Focus
0-10 min.	Warm-Up & Ball Handling	Movement and control
10-25 min.	Passing & Cutting	Passing, spacing, movement
25-40 min.	Shooting & Finishing	Form, layups, finishing
40-50 min.	Defense	Stance, slides, closeouts
50-60 min.	Rebounding	Box out, pursue the ball
60-75 min.	Team Concept	Spacing, transition, basic offense
75-87 min.	3-on-3/4-on-4/5-on-5	Apply skills
87-90 min.	Huddle	Review + positive takeaway

Coach Notes

0-10: Warm-Up & Ball Handling

- Start with movement and ball-handling activities that keep players active and engaged.

10-25: Passing & Cutting

- Work on chest passes and bounce passes.
- Add movement, cutting and spacing.
- Keep lines short and players moving.

25-40: Shooting & Finishing

- Form shooting (BEEF – Base, Eyes, Elbow, Follow-through)
- Layups from both sides
- Short-range shooting
- Finishing through light defensive pressure

40-50: Defense

- Defensive stance
- Lateral slides
- Closeouts
- Staying between the ball and the basket

50-60: Rebounding

- Teach players to find a player, make contact and pursue the ball.
- Finish with a competitive rebounding drill.

60-75: Team Concept

- Choose one simple concept, such as spacing.
- Teach: "If your teammate has the ball, do not stand next to them."
- Walk through the concept, then practice it.

75-87: Small-Sided or Full-Court Game

- Use 3-on-3, 4-on-4 or 5-on-5.
- Give the players a specific objective tied to the team concept.
- Stop briefly when needed to reinforce the teaching point.

87-90: Huddle

- Review what the team worked on.
- Ask players for one positive takeaway.
- Identify one thing to work on next practice.

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