

Panther Basketball Practice Plan

6th-8th Grade | 60 Minutes

Practice Goal: Skill development, decision making and team play

Practice at a Glance

Time	Activity	Focus
0-8 min.	Dynamic Warm-Up + Ball Handling	Movement and control
8-18 min.	Passing & Decision Making	Passing under pressure
18-30 min.	Shooting	Game-speed shooting
30-40 min.	Defense	Closeouts, help defense, transition
40-50 min.	Team Concept	Offense or transition
50-58 min.	Competitive Game	3-on-3/4-on-4/5-on-5
58-60 min.	Huddle	Review

Coach Notes

0-8: Dynamic Warm-Up + Ball Handling

- Use movement-based warm-ups and ball handling.
- Emphasize pace, control and changing speed.

8-18: Passing & Decision Making

- Use passing drills that require players to read defenders.
- Add cutting and movement.
- Emphasize: "Catch. Read the defender. Shoot, drive or pass."

18-30: Shooting

- Use game-speed shooting.
- Include shots after cuts, passes and drives.
- Emphasize footwork and balance.

30-40: Defense

- Closeouts
- Help defense
- Defensive transition
- Use live defensive situations instead of only doing stationary slides.

40-50: Team Concept

- Choose one team concept, such as transition offense or defense.
- Teach it, walk through it, then add live competition.

50-58: Competitive Game

- Use 3-on-3, 4-on-4 or 5-on-5.
- Give players a specific objective tied to the day's teaching point.
- Reward good decisions, not just made shots.

58-60: Huddle

- What worked today?
- What needs more work?
- Give players one clear focus for the 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