PracticePad

FREE FOR COACHES

# 8U Basketball 4-Week Practice Plan

4 ready-to-run practices, 50 minutes each. Every drill has the setup, how it runs and what to coach.

WEEK 1

## Ball handling and dribbling

Dribble with either hand with eyes up and use a change of direction to beat a defender.

WEEK 2

## Footwork, stops and pivots

Jump stop under control, pivot without traveling and use triple-threat footwork to shoot, drive or pass.

WEEK 3

## Layups and finishing

Finish layups off the correct foot with either hand and score through light contact.

WEEK 4

## Passing and receiving

Make accurate chest, bounce and overhead passes and catch with ready hands and feet.


## Want the rest of the season?

Scan for all 8 weeks on your phone with a practice timer, fair game-day rotations and a parent calendar. Free for coaches.

WEEK 1 · 50 MINUTES

# Ball handling and dribbling

**Goal:** Dribble with either hand with eyes up and use a change of direction to beat a defender.

| | | |
|---|---|---|
| 0:00 | **Dribble zoo**<br>Each player has a ball inside the half court. The coach calls an animal and players dribble like it: giraffe is tall and fast, crab is low and sideways, snail is slow with the weak hand, kangaroo is a jump stop. Change animals every 15 to 20 seconds and let players invent one. Coaching points: Fingertips, not palms. Keep the ball beside you. | 8 min |
| 0:08 | **Cone weave dribble**<br>Set three lines of five cones about six feet apart. Players dribble through with the outside hand, switching hands at each cone with a crossover. Progress to between-the-legs at each cone and a layup at the end. Coaching points: Change hands in front of you. Explode out of the move. | 12 min |
| 0:20 | **Stop the dribbler**<br>Dribblers start on one baseline and try to dribble to the other end through a zone guarded by three or four defenders in stance. A defender who gets in front and stops a dribbler swaps roles with them. No reaching, only moving feet to stop the dribble. Coaching points: Stay in front. Feet first, then hands. | 11 min |
| 0:31 | Water break | 2 min |
| 0:33 | **Pivot tag**<br>Everyone dribbles inside the half court while two taggers with pinnies chase. A tagged player must jump stop and do three pivots before getting back in the game. Switch taggers every minute so everyone gets a turn. Coaching points: Two-foot jump stop. Hold the ball tight on the pivot. | 11 min |
| 0:44 | **Superstar shot**<br>Everyone lines up at a basket. One at a time, each player takes a final shot from any spot they choose while the team counts down 3, 2, 1 and cheers. End with a team break in the middle. Coaching points: Everyone cheers for everyone. | 6 min |

**Run this practice from your phone with a live timer**
PracticePad builds fair rotations and full seasons of practices for you. Free for coaches. practicepad.net

WEEK 2 · 50 MINUTES

# Footwork, stops and pivots

**Goal:** Jump stop under control, pivot without traveling and use triple-threat footwork to shoot, drive or pass.

| | | |
|---|---|---|
| 0:00 | **Red light, green light**<br>Everyone starts on the baseline with a ball. Green light means dribble forward, yellow means slow and low, red means jump stop and hold the ball in triple threat. Anyone who loses the ball goes back one step, not back to the start, so nobody sits out. Coaching points: Eyes up to see the coach. Low dribble on yellow. | 8 min |
| 0:08 | **Jump stop and pivot**<br>Players jog or dribble around the half court. On the whistle they jump stop with two feet landing together, then the coach calls front pivot or back pivot. Add a pass to a partner after the pivot for older players. Coaching points: Land on two feet at once. Keep your pivot foot stuck. | 10 min |
| 0:18 | **Pivot tag**<br>Everyone dribbles inside the half court while two taggers with pinnies chase. A tagged player must jump stop and do three pivots before getting back in the game. Switch taggers every minute so everyone gets a turn. Coaching points: Two-foot jump stop. Hold the ball tight on the pivot. | 12 min |
| 0:30 | Water break | 2 min |
| 0:32 | **Pivot passing relay**<br>Teams of four or five stand in a line about eight feet apart. The ball travels down the line, and each player must catch, jump stop if moving, pivot all the way around and pass to the next teammate. First team to get the ball down and back wins, and a travel means that pass starts over. Coaching points: Catch, stop, pivot, pass. Pivot foot stays glued. | 11 min |
| 0:43 | **Stretch circle and shout-outs**<br>Players sit in a circle and hold easy stretches for legs, back and shoulders. While they stretch, each player names one teammate who did something great today. The coach closes with one thing to practice at home. Coaching points: Slow breaths. Be specific with shout-outs. | 7 min |

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WEEK 3 · 50 MINUTES

# Layups and finishing

**Goal:** Finish layups off the correct foot with either hand and score through light contact.

| | | |
|---|---|---|
| 0:00 | **Everybody's it dribble tag**<br>Every player dribbles inside the three point line and tries to tag others while protecting their own ball. Tagged players do five fast dribbles with the weak hand outside the line and jump right back in. Shrink the space to make it harder. Coaching points: Protect with your off arm. Keep dribbling while you tag. | 8 min |
| 0:08 | **Big step, little step**<br>Place a cone on the floor a few feet from the basket on the right side. Players hold the ball, take a big step with the right foot, a little step with the left, and lift the right knee as they shoot off the backboard. Add one dribble before the steps, then switch sides. Coaching points: Knee up like a puppet string. Aim for the top corner of the box. | 10 min |
| 0:18 | **Beat the clock layups**<br>The whole team runs layups at one basket from both sides for 60 seconds while the coach counts makes. Write the number down and try to beat it in round two and three. For U12, left side must be left hand. Coaching points: Hustle back to the line. Right side right hand. | 10 min |
| 0:28 | Water break | 2 min |
| 0:30 | **Layup race**<br>Two teams at two baskets. Each player takes a layup, rebounds and passes to the next teammate. First team to 10 makes wins. Play a round with the weak hand only and give extra points for using the backboard. Coaching points: Quick feet, slow finish. | 14 min |
| 0:44 | **Superstar shot**<br>Everyone lines up at a basket. One at a time, each player takes a final shot from any spot they choose while the team counts down 3, 2, 1 and cheers. End with a team break in the middle. Coaching points: Everyone cheers for everyone. | 6 min |

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WEEK 4 · 50 MINUTES

# Passing and receiving

**Goal:** Make accurate chest, bounce and overhead passes and catch with ready hands and feet.

| | | |
|---|---|---|
| 0:00 | **Red light, green light**<br>Everyone starts on the baseline with a ball. Green light means dribble forward, yellow means slow and low, red means jump stop and hold the ball in triple threat. Anyone who loses the ball goes back one step, not back to the start, so nobody sits out. Coaching points: Eyes up to see the coach. Low dribble on yellow. | 8 min |
| 0:08 | **Get open for a catch**<br>A coach has the ball at the top. Each player tries to get open for a pass while a shadow defender follows them around. Award points for clean catches, and switch roles after each catch. Coaching points: Move to space. Show a target hand. | 10 min |
| 0:18 | **Monkey in the middle**<br>Groups of three with one in the middle. The two passers try to get the ball past the monkey with bounce and lob passes. When the monkey touches the ball, they switch with the passer. Keep groups small so everyone touches the ball. Coaching points: Fake before you pass. | 10 min |
| 0:28 | Water break | 2 min |
| 0:30 | **Pivot passing relay**<br>Teams of four or five stand in a line about eight feet apart. The ball travels down the line, and each player must catch, jump stop if moving, pivot all the way around and pass to the next teammate. First team to get the ball down and back wins, and a travel means that pass starts over. Coaching points: Catch, stop, pivot, pass. Pivot foot stays glued. | 13 min |
| 0:43 | **Stretch circle and shout-outs**<br>Players sit in a circle and hold easy stretches for legs, back and shoulders. While they stretch, each player names one teammate who did something great today. The coach closes with one thing to practice at home. Coaching points: Slow breaths. Be specific with shout-outs. | 7 min |

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