

EPBBA - K-5 In-House Practice Plan by Week

Practice Week #	1 and 2	3 and 4	4 to 8	9 to 10 (K) 9 to 12 (1-3)
Drills	35 minutes	20 minutes	30 minutes	
Stationary Ball Handling	5 minutes			
Ball Handling(Intensity Drill): Hesitation, Cross-Over, Fake Cross-over	5 minutes			
Dribble Pivot Pass OR Partner Passes OR Two Player Shuffle Pass	5 minutes			
Bison Passing OR Pickle in the Middle	5 minutes			
Passing on the Move	5 minutes			
Left Hand, Right Hand Lay Ups	5 minutes			
Form / Technique Shooting	5 minutes			
Games & Contests	25 minutes	20 minutes		
Relay Races (Passing & Dribbling)	5 minutes			
Ships Across the Ocean OR Sharks and Minnows	5 minutes			
Shooting Contest: Lightning, First team to 5, etc.	5 minutes			
Knock out or Dribble relay	5 minutes			
1 v. 1 v. 1 - Make it, Take it	5 minutes			
Team Offense		10 minutes		
Give and Go				
Spacing				
Ball screen				
Team Defense		10 minutes		
Defensive slides				
Shuffle Drill OR Passing Lane Drill OR Barnyard Drill OR Box Out Drill				
Shell (Video)				
2 v 2 Close-out (Video)				
Controlled Scrimmage			30 minutes	60 minutes
Review violations			x	x
Offense and defense positioning			x	x
Review man to man defense			x	x
Review moving without the ball			x	x

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Homework (every week)				
Stationary Ball Handling	30	30	30	30
Dribbling up and down the court (left and right hand)	30	30	30	30
Lay ups (right and left hand)	30	30	30	30
Proper Shooting Technique	30	30	30	30