

SYB FUNDAMENTALS
MIDGETS EXAMPLE PRACTICE
PLAN
SKILLS FOCUS BY WEEK
 draft updated 11/8/10

Practice Session >>>>	1	2	3	4	5	6	7	8	9	10
Basics of the Game	XX	XX	X							
Individual Foundation Skills										
• Dribble	XXX	XXX	XX	XX	XX	X	X	X	X	X
• Pass	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX	XX
• Shoot	XX	XXX	XXX	XXX	XX	XX	XX	XX	XX	XX
• Layup	X	XX	XXX	XXX	XXX	XX	XX	XX	X	X
• Pivoting & Triple Threat			X	XXX	XXX	XXX	XX	XX	XX	X
• Man Defense		XX	XX	XXX	XXX	XXX	XX	XX	XX	XX
• Rebound		X	XX	XX	XXX	XXX	XXX	XX	XX	XX
• Mental Focus and Hustle				X	X	X	X	X	X	X
Team Skills										
• Moving Without the Ball			XX	XX	XX	XXX	XXX	XXX	XX	XX
• Pick and Roll		XX	XX	XX	XX	XXX	XXX	XXX	XX	XX
• Give and Go			XX	XX	XX	XXX	XXX	XXX	XX	XX
• Getting to the Basket: 1-1 Moves				XX	XX	XX	XX	XXX	XXX	XXX
Offense Concepts - Play Sets						XX	XX	XXX	XXX	XXX
Fun Stuff (end of practice)	X	X	X	X	X	X	X	X	X	X

XXX = MAJOR FOCUS
 XX= SOME FOCUS
 X = SMALLER FOCUS