

PLAYBALL: BEGINNER COACHING PLAN 8 WEEKS



Here is a **complete 8-week season plan** designed specifically for **parent coaches with little basketball experience** coaching **5–7 year olds**. *(Chat GPT inquiry – result)*

The focus:

- 🏀 Fun
- 🏀 Fundamental movement skills
- 🏀 Confidence
- 🏀 Simple game understanding

Each practice assumes **45–60 minutes, once per week**.

📅 8-Week Youth Basketball Season Plan

Ages: 5–7 | Beginner Level

🟢 Week 1 – Introduction to Basketball

Theme: “Having Fun With the Ball”

Focus Skills

- Athletic stance
- Basic dribbling (control)
- Listening & team rules

Practice Structure

- Warm-up: Freeze tag (no ball)
- Dribbling: Stationary dribble (right & left hand)
- Game: Dribble freeze
- Mini scrimmage: 3v3, no score kept

Coaching Emphasis

- Teach 3 team rules:
 1. Listen
 2. Try your best
 3. Be kind
 - Praise effort constantly
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🟡 Week 2 – Dribbling Control

Theme: “Ball Control Champions”

Focus Skills

PLAYBALL: BEGINNER COACHING PLAN 8 WEEKS



- Dribble with head up
- Change speed
- Protecting the ball

Practice Additions

- Red Light / Green Light dribble
- Obstacle course dribbling
- Dribble tag

Mini-Game

- 1v1 “dribble to the cone” races

Coaching Emphasis

- Keep ball below waist
 - No fancy moves needed
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● Week 3 – Passing Basics

Theme: “Sharing the Ball”

Focus Skills

- Chest pass
- Bounce pass
- Stepping toward target

Teaching Cue

“Step – Push – Snap”

Games

- Partner passing challenge
- Knock down cones with passes
- 3-player pass & move

Scrimmage Rule

Team must complete 2 passes before shooting

● Week 4 – Shooting Close to the Basket

Theme: “Score From Up Close”

Focus Skills

- Balance
- Eyes on target

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- Simple push shot

Drills

- Close-range shooting
- Form shooting (one hand)
- Around the world (short distance)

Game

- Shooting relay (short shots only)

Coaching Reminder

Do not over-correct form — strength limits mechanics at this age.

● Week 5 – Defence Basics

Theme: “Stay Between & Move Your Feet”

Focus Skills

- Hands out
- Slide feet
- Guard one player

Games

- Mirror drill
- Sharks & Minnows (defensive version)
- 1v1 stay-in-front challenge

Scrimmage Focus

Celebrate defensive effort loudly

● Week 6 – Combining Skills

Theme: “Dribble, Pass, Shoot!”

Focus Skills

- Dribble → pass
- Pass → move
- Catch & shoot

Drills

- 2v1 advantage drill
- Pass and cut (simplified)
- Small-sided 2v2 games

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Coaching Emphasis

Teach spacing:

“Don’t stand next to your teammate.”

● Week 7 – Game Understanding

Theme: “Learning to Play Together”

Focus Skills

- Spacing
- Taking turns
- Basic transition (run back on defence)

Activities

- 3v3 with coaching pauses
- Freeze moments to teach spacing
- Fast break races (3 on 0)

Scrimmage

Light scorekeeping

Sub every 3–4 minutes

🏆 Week 8 – Celebration Week

Theme: “Show What You’ve Learned!”

Focus

- Review all skills
- Confidence
- Fun competition

Practice Plan

- Skill stations (dribble, pass, shoot)
- Team challenges
- Extended scrimmage
- End-of-season celebration

Optional:

- Give small certificates
 - Highlight one strength per player
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Weekly Practice Template (Use All Season)

1. Warm-up game (5–8 min)
 2. Skill 1 (8 min)
 3. Skill 2 (8 min)
 4. Small-sided game (10–15 min)
 5. Scrimmage (10 min)
 6. Team huddle (3 min)
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Season Coaching Goals

By end of 8 weeks, players should:

- Dribble without constantly looking down
 - Make basic chest passes
 - Shoot close-range shots with balance
 - Understand offense vs defense
 - Show confidence and enjoyment
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Parent Communication Plan

Week 1 Email:

Focus on fun and equal playing time.

Mid-Season Reminder (Week 4):

Highlight improvement, not wins.

Week 8:

Celebrate effort and growth.

Common Mistakes to Avoid

- Long lines
 - Long speeches
 - Eliminating players from games
 - Yelling instructions constantly during scrimmage
 - Focusing on winning
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