

Youth Basketball Tips

Basketball Practice Plan

Version 1 | 2026-10-15 | US Letter, fit to A4 if needed

Editable authored example, not official duration guidance.

Keep only anonymous group observations. No child names, images or rosters.

0-6 (6 min): Arrive, move and stop | Pairs share a lane; one ball per pair | Cue: Walk, then stop with space

6-14 (8 min): Control and scan | Individual dribbling in separate lanes | Cue: Look up before the next bounce

14-16 (2 min): Water and reset | Balls parked beside the coach | Cue: Walk to the next spot

16-26 (10 min): Pass, receive and move | Groups of three at triangle markers | Cue: Show hands before the pass

26-36 (10 min): Close-range finishing | Two shooting groups if baskets allow | Cue: Land in the same clear lane

36-39 (3 min): Water and game setup | Explain one scoring constraint | Cue: Listen with the ball still

39-55 (16 min): Three-on-three decisions | Short games; rotate resting group | Cue: Find a free teammate

55-60 (5 min): Review and calm close | Whole group; no player rankings | Cue: Name the next team task

Sources checked 2026-10-15: youthguidelines.nba.com; usab.com coaching resources.

Owner: <https://youth-basketball-tips.com/basketball-practice-plan/>

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Blank worksheet: Basketball Practice Plan

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Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

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Setup and adult rotation: _____

Cue and group observation: _____

Manual total: _____ minutes, including water and transitions.

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