

Youth Basketball Tips

Kindergarten 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.

0-4 (4 min): Welcome and space check | Each child beside a floor spot | Cue: Walk to a free spot

4-9 (5 min): Move and freeze | No ball at first; adult shows movement | Cue: Stop before the next player

9-11 (2 min): Water and settle | Balls remain in the activity area | Cue: Walk with an adult

11-17 (6 min): Roll and collect | Pairs use a short clear lane | Cue: Roll to waiting hands

17-23 (6 min): Reachable target game | Floor or low target; take turns | Cue: Look, then send the ball

23-25 (2 min): Water and tidy | Adults collect loose balls | Cue: Stop before you fetch

25-28 (3 min): Group follow-and-stop | All move in the same direction | Cue: Copy the slow leader

28-30 (2 min): Closing choice | Ask which activity to repeat | Cue: Use one short answer

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

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

Youth Basketball Tips

Blank worksheet: Kindergarten 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.

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

Manual total: _____ minutes, including water and transitions.

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

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