

Youth Basketball Tips

Middle School 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.

0-7 (7 min): Movement with decisions | Pairs; marked travel lanes | Cue: See the space before you move

7-17 (10 min): Ball pressure and escape | Three-player groups; controlled defender | Cue: Protect, then find an outlet

17-19 (2 min): Water and station reset | Balls off travel routes | Cue: Walk to your next group

19-29 (10 min): Pass, cut and refill | Triangles, then a passive defender | Cue: Clear the lane after the pass

29-39 (10 min): Help-and-recover teaching | Half court, five walking positions | Cue: See ball and your player

39-42 (3 min): Water and game briefing | Explain the observation task | Cue: Ask one player to repeat it

42-56 (14 min): Small-sided decision game | Three-on-three; short rotations | Cue: Pass toward an open window

56-60 (4 min): Review and next session | Anonymous group observations | Cue: Say what the defense allowed

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

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

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Blank worksheet: Middle School Basketball Practice Plan

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Activity / elapsed minutes / duration: _____

Setup and adult rotation: _____

Cue and group observation: _____

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Cue and group observation: _____

Manual total: _____ minutes, including water and transitions.

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