

# Basketball Practice Plan

Youth basketball · 75-minute station-based session

My-Team Sports

my-teamsports.com

Team: \_\_\_\_\_ Date: \_\_\_\_\_

Focus of the day: \_\_\_\_\_

| Time      | Block                           | Coaching focus (add your own notes)   |
|-----------|---------------------------------|---|
| 0:00–0:08 | Dynamic warm-up + ball handling | Every kid has a ball: dribble tag, stationary handles, cone weave<br>_____          |
| 0:08–0:20 | Skill stations (rotate x3)      | Layups both hands · form shooting close to rim · passing pairs<br>_____             |
| 0:20–0:32 | Defense block                   | Stance, slides, close-outs — make it a mirror-drill competition<br>_____            |
| 0:32–0:45 | Concept of the week             | One thing only: spacing, give-and-go, or help defense — walk it, then live<br>_____ |
| 0:45–1:05 | Small-sided games               | 3v3 half court — more touches and decisions than 5v5 ever gives<br>_____            |
| 1:05–1:12 | Free throws under fatigue       | 2 shots each, team counts makes — consequences make it game-like<br>_____           |
| 1:12–1:15 | Team talk                       | One takeaway + next-game reminder<br>_____  |

**Golden rule:** no lines longer than 3 kids. Split into more stations before you let anyone stand and wait.