

YOUTH PRACTICE PLAN

Ages 7 – 10 · 60 Minutes · Designed for a half-court

Team: _____ Date: _____ Practice Length: 60 minutes

GOAL(S) FOR THIS PRACTICE

Bringing the ball up the court against pressure.

TIME	DRILL	COACHING POINTS
0:00 – 0:10	Dynamic Warm-Up – To half-court and back: high knees, butt flicks, grape vine, high jumps with a quiet landing, zig zag cuts. Dynamic stretching: lunges, squats, in-to-outs, toe grabs. Run throughs at 50%, 70%, 80%, 90%, 95%.	• Land as quietly and softly as possible on the high jumps. • To win back court time, run the warm-up off the court before your practice starts.
0:10 – 0:20	Retreat Dribble Drill – Pairs, one ball. The defender gets in front of the dribbler. The dribbler plants the front foot, hops back to create space, and changes direction.	• The defender isn't trying to steal the ball — they're only showing the dribbler when to make the move. • Switch jobs every 30 – 45 seconds.
0:20 – 0:35	1v1 Dribbling Drill – Pairs, split the court in half. Starting on the baseline, the offensive player must dribble across the half-court line against a live defender.	• Pair players of similar skill level. • Steals go back to the offense; lost balls restart where control was lost.
0:35 – 0:45	Team Strategy	• Keep it short — this is the least important section of a youth practice. • Teach players how to play, not spots to run to.
0:45 – 0:55	3-on-3 “Touchdown” – Offense inbounds and advances to half court, places the ball on the line, a teammate sprints to retrieve it and attacks the basket while the defense touches the baseline.	• Give limited feedback — spend most of your time observing. • How they play here should shape your next practice plan.
0:55 – 1:00	Cool Down – Jog to the other end and back, walk it, then sit down for static stretches.	• Use the stretching time to talk about training or the next opponent.

PRACTICE NOTES
