START HERE

How to use this pack

You do not need to be a basketball expert. Every practice is already planned, minute by minute. Print it, bring a whistle and a smile, and run it.

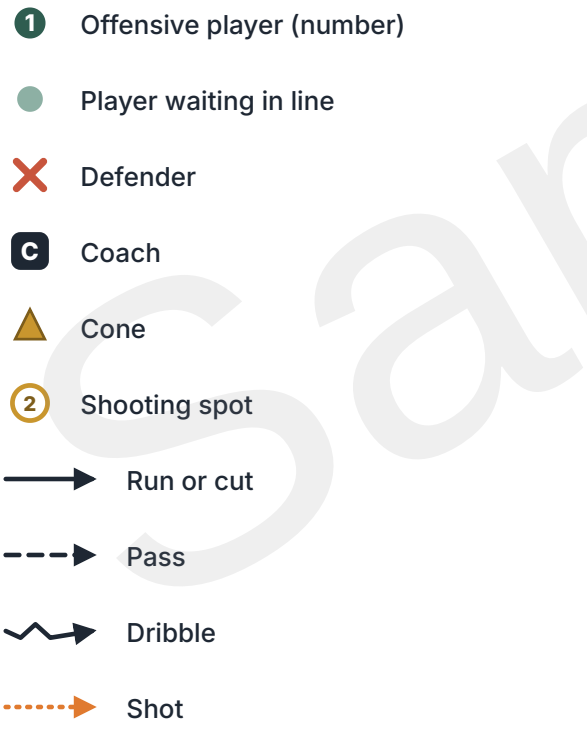
EACH PRACTICE PLAN

- **60 minutes**, timed to the minute, on one page.
- A warm-up, 3–4 drills, a game or scrimmage and a cool-down.
- A **coaching cue of the day**: one short phrase to repeat all practice.
- An equipment list so nothing is forgotten.
- Card numbers point to the drill cards for the full how-to.

EACH DRILL CARD

- A half-court diagram showing where everyone goes.
- Setup, step-by-step how to run it, and coaching points.
- **Make it easier** and **make it harder** options, so one drill works for a 7-year-old and a 14-year-old.
- Grouped by skill with a color for each skill.

DIAGRAM KEY



The basket is always at the top. The bottom edge of each diagram is the half-court line.

A SIMPLE SEASON

1. Hand out the **parent welcome letter** and run the **first team meeting**.
2. Fill in the **season planner**: about 2 practices per week covers all 20 plans in 10 weeks.
3. Run plans 1 to 20 in order. Repeat a plan if the team needs more time. That is normal.
4. Use the **rotation tracker** on game day so playing time stays fair.
5. Finish with the **award certificates**: one for every player.

PRINTING TIPS

Print at 100% (actual size). The Ink-Saver version uses white backgrounds. Slide plans into sheet protectors and write on them with a dry-erase marker.

Sample

Free sample from pagewisestudio.com

PRACTICE 01 OF 20 · PHASE 1 · FUNDAMENTALS

Welcome to the Team

Goal: Learn names, get a ball in every hand, and make practice feel fun from minute one.

COACHING CUE OF THE DAY

"Eyes up, fingertips on the ball."

EQUIPMENT

- Balls (1 per player)
- Water bottles
- Whistle + this plan

0:00–0:08	WARM-UP	**Dynamic Line Warm-Up** Learn names: each player shouts their name at the start of every lap. Baseline to half court and back: jog, high knees, butt kicks, side slides, skips. Keep it fun and loud.	8′
0:08–0:18	DRILL	**Pound and Freeze** Card 1 Cue: Push the ball down with your fingertips, not your palm.	10′
0:18–0:28	DRILL	**One-Hand Form Shooting** Card 11 Very close to the rim. Celebrate good form, not makes.	10′
0:28–0:30	WATER	Water break · quick high-fives	2′
0:30–0:38	DRILL	**Stance and Slide** Card 21 Cue: Feet wider than your shoulders. Sit in a chair.	8′
0:38–0:48	DRILL	**Rhythm Layups Under the Rim** Card 16 Cue: Use the backboard. Aim at the top corner of the small square.	10′
0:48–0:56	GAME	**Red Light, Green Light** Card 39 Finish on a high: everyone gets a turn as the caller.	8′
0:56–1:00	COOL-DOWN	**Stretch and Share** Slow stretches in a circle. Each player says one thing they did well today.	4′

COACH NOTES

AFTER PRACTICE

- [ ] Every player had a ball in their hands most of practice
- [ ] I praised effort out loud at least 5 times
- [ ] We used the cue of the day
- [ ] We ended on a smile

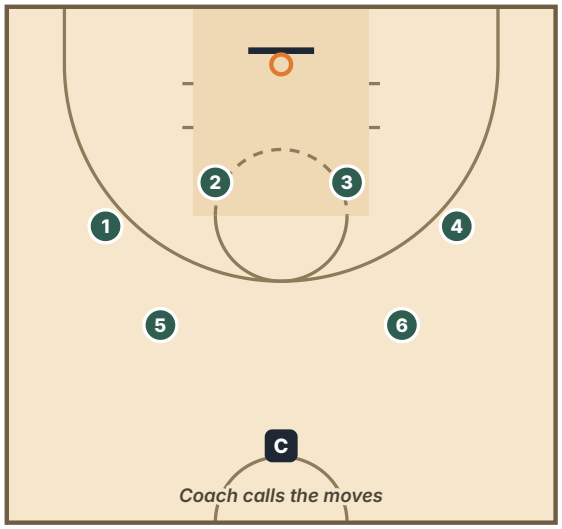
Repeat this plan next time? ☐ Yes ☐ No

Sample

Free sample from pagewisestudio.com

1 Pound and Freeze

BALL HANDLING · 8-10 min · Whole team · All ages



SETUP

Players spread out inside the half court, each with a ball, all facing the coach.

HOW TO RUN IT

1. Everyone pound dribbles hard at waist height with the right hand.
2. Coach calls a new move every 15 seconds: left hand, low, high, side to side, front to back.
3. When the coach yells "Freeze!", players grab the ball and hold it tight on the hip.
4. Anyone still dribbling does 3 quick jumping jacks, then jumps back in.

COACHING POINTS

- Push the ball down with your fingertips, not your palm.
- Knees bent, back flat, eyes on the coach, not the ball.
- Pound it hard. A strong dribble is harder to steal.

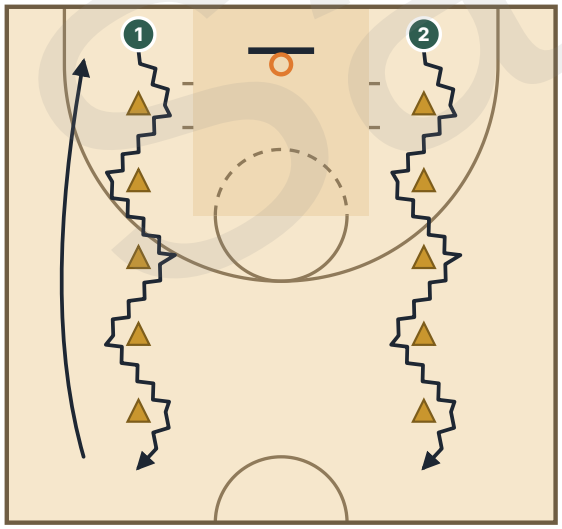
MAKE IT EASIER
Use only the strong hand and slow the calls down.

MAKE IT HARDER
Hold up fingers while they dribble; players shout the number.

Equipment: Balls (1 per player)

2 Cone Weave Dribble

BALL HANDLING · 10 min · 2 lines · All ages



SETUP

Set two rows of 5 cones, about 7 feet apart, from the baseline toward half court. One line behind each row.

HOW TO RUN IT

1. First player weaves through the cones, right hand on the way out.
2. At the last cone, turn and speed dribble back up the outside with the left hand.
3. Hand the ball to the next player, then go to the back of the line.
4. After 3 trips, switch: left hand out, right hand back.

COACHING POINTS

- Use the hand away from the cone, like the cone is a defender.
- Small, quick dribbles near the cones. Long dribbles in open space.
- Look up at the end of the row before you turn.

MAKE IT EASIER
Spread the cones wider and let players walk it first.

MAKE IT HARDER
Add a crossover or between-the-legs move at every cone.

Equipment: Balls (1 per player), Cones (6-10)

Sample

Free sample from pagewisestudio.com