

Youth Basketball Practice Plan

Date: _____

Time	Focus	Emphasis	Notes
Pre-practice	Set-up court	Have your notes/schedule ready. Know what you want to cover.	
0:00	Open warm-up – free shooting time for the kids	Get players loose, ready for practice. Let them burn off initial energy.	
0:05	Organized warm-up – Layups, ballhandling, stretching	Doing reps correctly. Staying organized and structured. Highlight practice emphasis for the day.	
0:10	Shooting Drills	Split bigs/guards Work on form, technique	
0:15			
Water break			
0:20	Defense	Work on staying down, quick feet. Positional defense and blocking out	
0:25			
0:30	Offense	Good ball movement, positional knowledge, screens	
0:35			
Water break			
0:40	Fun game	Winner gets reward	
0:45	Scrimmage	Equal reps, rotate positions	
0:50			
0:55	Cool Down	Final run, player of day, notes for next game.	
Post-Practice	Parent and player reminders	Cover additional details, questions. Work with players needing help Gather equipment and wait until all kids have been picked-up.	

For next practice/game: