

U10 Youth Practice Plan Template

Fundamentals & Fun - a full 60-minute session for beginner groups



FREE TEMPLATE · 1
OF 3

60 MIN

8-12 PLAYERS

AGES 8-10

EQUIPMENT: 1 ball per kid · 8 cones · 2 hoops · 4 pinnies



Coach Duncan: "At U10 the job is simple - every kid touches the ball a couple hundred times and leaves smiling. Stations, not lines. Nobody stands still for more than 30 seconds. Run this as written once, then make it yours."



0-10' Body-Ball Tag (dynamic warm-up)

MEDIUM

PURPOSE Handles under chaos + heart rate up - warm-up and ball-handling in one block.

SETUP Half court marked with cones. Every kid dribbles a ball; two taggers wear pinnies and dribble too. Tagged = you're a tagger.

- "Eyes up - if you're staring at the ball, the tagger's already got you."
- "Change SPEED, not just direction."
- Rotate taggers every 90 seconds so nobody hides.

Common mistake: kids hug the sideline and never get chased. Fix: shrink the square every 2 minutes - less space, more touches.

Easier: walking only. **Harder:** weak hand only.

10-25' Skill Stations ×3 (5-minute rotations)

MEDIUM

PURPOSE Maximum reps, zero standing. Three groups, one coach or parent helper per station.

SETUP Station 1: two-foot layups, both sides of the rim. Station 2: partner passing - "10 clean" chest passes, then 10 bounce. Station 3: red-light-green-light dribbling between cones.

- Layups: "Outside-inside footwork - jump off two, soft off the square."
- Passing: "Thumbs down on the follow-through, hit the target's hands."
- Dribbling: "Pound it, don't pat it - the ball should bounce back to you."

Common mistake: lines of four or more kids. Fix: split the station - two balls, two lines of two. Waiting is the enemy at this age.

Easier: layups from a standstill. **Harder:** weak-hand layups, passing on the move.

25-40' 2-on-2 Half-Court Games

HIGH

PURPOSE First decisions and spacing basics - without the panic of a full court.

SETUP Both baskets, games to 3 points, winners stay (max 2 wins, then rotate). Rule: no stealing off the dribble - defense earns the ball on shots and passes only.

- "Catch, look, THEN decide - one second of eyes before the dribble."
- "When your teammate drives, slide away - space is how you help."

Common mistake: coaching every dribble. At this age, coach exactly two things - spacing and effort - and let the game teach the rest.

Easier: defense gives 3 seconds on every catch. **Harder:** must pass before every shot.

40-55' 3-on-3 Make-It-Take-It

HIGH

PURPOSE Apply everything in real play. This is the block they come to practice for - protect it.

SETUP Full court if numbers allow, otherwise half. Mix the teams every week so nobody owns a "bad team" label.

- "First pass up the floor beats the defense - look ahead before you dribble."
- Score a loud team point for every great pass, not just baskets.

Common mistake: stopping play to lecture. One teaching freeze per game, ten seconds maximum.

55-60' Free-Throw Circle (cool-down)

LOW

PURPOSE End on a shared win and a calm heart rate.

SETUP Whole team around one lane. Each kid shoots one free throw; the team counts total makes out loud and tries to beat last week's number.

- Same routine every week - the streak becomes the tradition kids talk about.

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One hour, one ball per kid,
zero laps.