

# 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.

# U13 Practice Plan Template

5-Out Motion Offense - Install Week 1, full 90-minute session



NEXTPLAY

FREE TEMPLATE · 2  
OF 3

90 MIN

10-14 PLAYERS

AGES 12-14

EQUIPMENT: 6+ balls · whiteboard · cones for spots



**Coach Duncan:** "Install week one is about two habits: pass-and-cut, and filling the empty spot. Don't chase perfection this week - chase pattern recognition. You'll see ugly. Good. Ugly with the right spacing beats pretty iso ball every day of the week."

10'

20'

30'

20'

10'

Warm-up

Skills

5-Out install

Scrimmage

Review

0-10'

## Dynamic Warm-Up + Ball-Handling Ladder

MEDIUM

**PURPOSE** Game-ready, not gassed - save the legs for the install.

**SETUP** Baseline to half court: high knees, side shuffles, sprint-backpedal. Then 2' stationary two-ball dribbling, 2' crossover-between-behind series on the move.

- "Warm-up pace is game pace by the last rep - build into it."

**Common mistake:** a 20-minute warm-up that steals install time. Ten minutes, done, move.

10-30'

## Skill Work: Pass-Cut-Fill + Catch-and-Face

MEDIUM

**PURPOSE** Drill the two actions 5-out lives on, before they see the whole picture.

**SETUP** First 10': three-man groups - pass, basket cut, fill the empty spot, continuous. Second 10': catch-and-face triple threat - every catch, eyes to the rim before anything else.

- "Cut HARD to the rim, then decide - a lazy cut tells the defense everything."
- "Fill with a sprint, not a drift - the spot is yours, go take it."
- "Catch and face. Rim first. Every single catch."

**Common mistake:** cutters curling back to the ball. Fix: put a cone at the rim - touch it on every cut for the first week.

**Harder:** add a token defender at 50% - cutters read, not memorize.

## 30-60' Team Concepts: 5-Out Structure

MED-HIGH

**PURPOSE** Pattern first, defense later - the shape has to live in their legs before Saturday.

**SETUP** 10': walk the five spots on the whiteboard and the floor (cones on the spots). 10': 5-on-0 pass-cut-fill reps, half speed then full. 10': 5-on-5 shell with one rule - **you MUST cut after every pass.**

- "Five spots, always full - if you can see an empty spot, someone's late."
- "The pass is a trigger, not a rest - pass means GO."

**Common mistake:** letting the shell turn into a scrimmage. Defense stays at 75% this week - the offense is the student.

## 60-80' Constraint Scrimmage

HIGH

**PURPOSE** Force the offense to breathe inside the new shape under real pressure.

**SETUP** Full court 5-on-5. Two rules: no dribble until the third pass of the possession, and a basket scored off a cut counts double.

- "The rules aren't punishment - they're pointing at what wins."
- Count cut-baskets out loud from the sideline - what you count is what they chase.

**Easier:** two passes before the dribble. **Harder:** every player touches the ball before a shot.

## 80-90' Cool-Down + One-Read Review

LOW

**PURPOSE** Lock in the why. Memory is built in the last ten minutes.

**SETUP** Easy free throws in pairs. Then a circle: every player names ONE read they made tonight ("I cut because my defender turned his head").

- Nobody passes on the question - "I don't know" gets a gentle redo, not a skip.

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[trynextplay.app/practice-planner](https://trynextplay.app/practice-planner)

Install week: chase pattern recognition, not perfection.

# High School Practice Plan Template



Game Prep: Transition Defense & Press Break - full 90-minute session

FREE TEMPLATE · 3  
OF 3

90 MIN

VARSITY / JV

12 PLAYERS

EQUIPMENT: 6+ balls · pinnies for scout team · whiteboard



**Coach Duncan:** "Saturday's opponent wants the game decided in the five seconds after a made basket. So that's where we live all week - every block is sprint-back or press-break. And cap it at 90: if you're tempted to add a sixth block, you're training fatigue into them, not out of them."

10'

20'

30'

20'

10'

Warm-up

Numbers-down

Press break

Make-it-press-it

FTs

0-10'

## Dynamic Warm-Up + Full-Court Outlet Passing

MEDIUM

**PURPOSE** Prime the exact patterns Saturday needs - rebound, outlet, sprint the floor.

**SETUP** Standard dynamic series (5'), then outlet lines: rebounder to outlet to rim-runner, ball never touches the floor, both sides (5').

- "Outlet to the EAR of the receiver - lead him up the floor."
- "The rim-runner's first three steps decide everything."

10-30'

## 2-on-1 Continuous (10') → 3-on-2 to 2-on-1 (10')

HIGH

**PURPOSE** Numbers-down decisions at full speed - both creating them and killing them.

**SETUP** 2-on-1: attackers score or lose the ball, defender sprints out to attack the other way, continuous. Then 3-on-2 flowing into a 2-on-1 counter.

- Defense: "Sprint back, STOP THE BALL, talk - one word, loud: BALL or SHOT."
- "Protect the rim first, steal second - a layup given is two points, a gamble missed is four."
- Offense: "Attack the free-throw line and make the defender choose."

**Common mistake:** defenders backpedaling politely. Fix: time the sprint-back - under 3 seconds baseline-to-paint or the rep doesn't count.

## 30-60' Press Break vs. Their 1-2-1-1

MED-HIGH

**PURPOSE** Rehearse Saturday's exact picture until the press feels slow.

**SETUP** 10': walk the alignment on whiteboard + floor (inbounder, two flankers, middle, deep). 20': live 5-on-5, scout team in pinnies pressing after every made basket.

- "Inbound in under 3 seconds - the press sets in five."
- "MIDDLE FIRST, sideline last. The middle catch breaks the whole thing."
- "Meet the pass - never wait for it in the corner. That's their trap, not your catch."
- "Never dribble into the corner. The corner is where possessions go to die."

**Common mistake:** the inbounder panics in make-and-press chaos. Fix: one non-negotiable read order - middle, flanker, deep - and rep it ten times straight.

**Harder:** scout team may trap the first pass - forces the second read.

## 60-80' "Make-It-Press-It" Scrimmage

HIGH

**PURPOSE** Rehearse Saturday's exact rhythm until it's boring - score, get pressed, break it, repeat.

**SETUP** Full court 5-on-5, every made basket triggers the press. Losing team owns sprint-back duty for the next segment.

- Track ONE stat out loud: clean press breaks vs. turnovers. Target: 4-to-1.
- "Celebrate the middle catch as loudly as the layup it creates."

## 80-90' Cool-Down + Free Throws on Tired Legs

LOW

**PURPOSE** Recovery, plus the shots that decide close games - practiced exactly when they'll be shot on Saturday: tired.

**SETUP** Two at the line, rest walking the sideline. Everyone shoots 6. Team target on the board.

- Same routine, every rep: breath, bounce, eyes, shot.

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Cap it at 90. Go harder inside the window, then go home.