90-MINUTE YOUTH BASKETBALL PRACTICE

TEAM / DATE: _____ TODAY'S MAIN GOAL: _____

O = offense / X = defense / C = coach

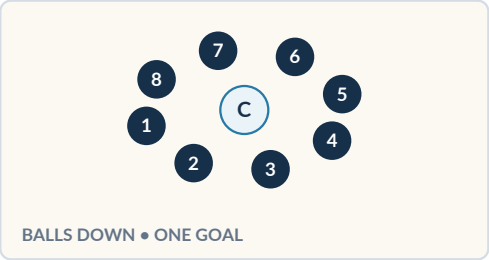
QUICK-RUN TIMELINE

Use the numbered instructions below / on pages 2-3

01	0:00	Huddle
02	0:05	Warm-up + ball
03	0:15	Dribble Traffic
04	0:25	Pass / pivot / cut
05	0:35	Layups both sides
06	0:45	Form + catch / shoot
07	0:55	Water
08	1:00	Closeout + rebound
09	1:10	3v3 paint touch
10	1:20	BLOB play
11	1:25	Recap / praise

0:00-0:05 Huddle: pick one goal

5 MIN



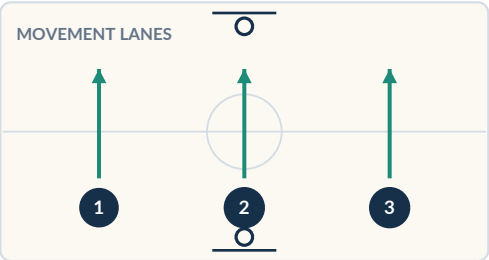
SETUP Gather players in a semicircle at half court; balls on the floor.

DO IT Name today's theme (example: pass, cut, and space). Ask one player to repeat it. Give your one-sentence standard for effort.

WATCH Limit talk to about 60 seconds; get everyone moving fast.

0:05-0:15 Dynamic warm-up + ball

10 MIN



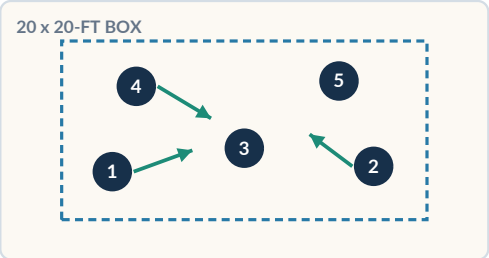
SETUP One ball per player; use three lanes from baseline to half court.

DO IT 0-3 min: jog, slide, jump-stop and pivot. 3-7 min: stationary low/high and weak-hand dribbles. 7-10 min: zigzag dribble through lanes.

WATCH Eyes up, bent knees, controlled stops; avoid collisions.

0:15-0:25 Dribble Traffic

10 MIN



SETUP Mark a 20 x 20-ft square with cones. One ball each; space players throughout.

DO IT Dribble continuously. Every 30-45 sec call: weak hand, change speed, crossover, or retreat. Pause briefly, then repeat.

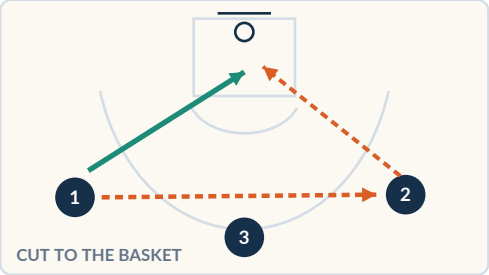
WATCH Eyes up and protect space. No knocking away others' balls.

BUILD THE SKILLS

The court drawings show player positions. Solid GREEN arrows = cuts/movement; dashed ORANGE = passes. **O = offense / X = defense / C = coach**

0:25-0:35 Passing, pivoting + cutting

10 MIN



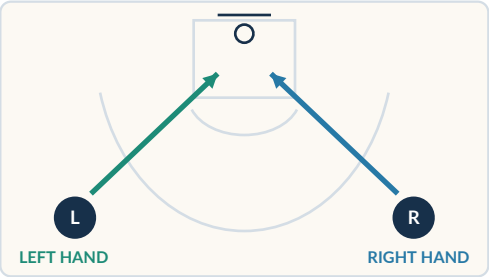
SETUP 0-4 min: pairs 10-12 ft apart. 4-10 min: groups of three, one basket if available.

DO IT Pairs: catch, pivot away from pressure, pass. Then: 1 passes to 2 and cuts to rim; 2 feeds cutter for layup; 3 rebounds. Rotate.

WATCH Show a target, step to pass, cut hard; avoid long lines.

0:35-0:45 Layups from BOTH sides

10 MIN



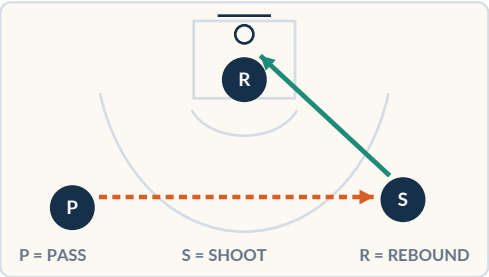
SETUP Two short lines, one at each wing. Assign a rebounder / outlet at each side; use a second hoop if available.

DO IT 0-5 min: right side, right hand. 5-10 min: left side, left hand. Attack from a cone, finish, rebound and switch jobs.

WATCH Correct footwork, use backboard, finish softly; add light pressure for advanced players.

0:45-0:55 Form + catch-and-shoot

10 MIN



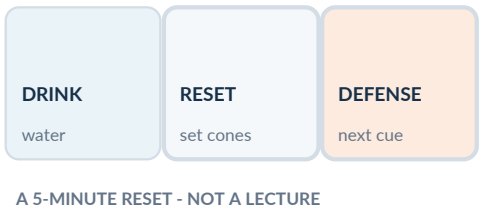
SETUP 0-4 min: partners close to hoop. 4-10 min: groups of three (P passer, S shooter, R rebounder).

DO IT Make form shots from comfortable range. Then S moves to an open spot, catches P's pass and shoots. R collects; rotate every 3 shots.

WATCH Balanced feet, ready hands, follow-through; no forced long shots.

0:55-1:00 Water + coaching reset

5 MIN



SETUP Water available at the sideline; start setting cones for defensive work.

DO IT Players drink and recover. Coach gives ONE brief correction from offense, then previews the next drill. Reset partners and stations.

WATCH Make additional water stops whenever needed; do not withhold water.

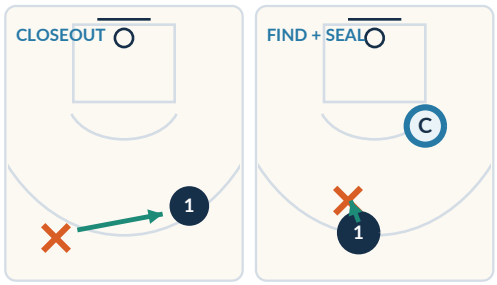
DEFEND, COMPETE & FINISH

Solid GREEN arrows = player cuts/movement; dashed ORANGE = passes. Allow extra water breaks.

O = offense / X = defense / C = coach

1:00-1:10 Closeouts + rebounding

10 MIN



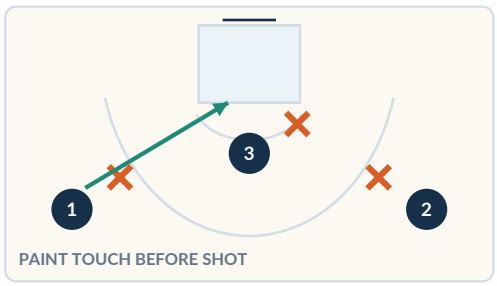
SETUP 0-5 min: defender starts under hoop, attacker on wing. 5-10 min: 2-on-2 near rim with coach shooting.

DO IT Closeout: sprint partway, slow to short steps, contain 2 dribbles. Rebound: find opponent, seal legally, pursue ball, outlet.

WATCH Stay balanced; defend without fouling or pushing to box out.

1:10-1:20 3-on-3 Paint-Touch game

10 MIN



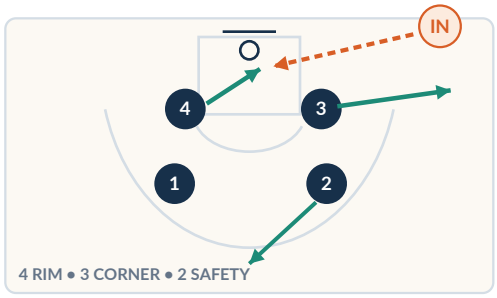
SETUP Groups of six at half court. Mark the paint; have teams waiting rotate in quickly.

DO IT Offense MUST dribble or pass into the paint before a score counts. Play quick games to 3; switch offense/defense after a stop.

WATCH Create spacing, cut when a teammate drives; help and recover on defense.

1:20-1:25 BLOB: Box-to-Basket

5 MIN



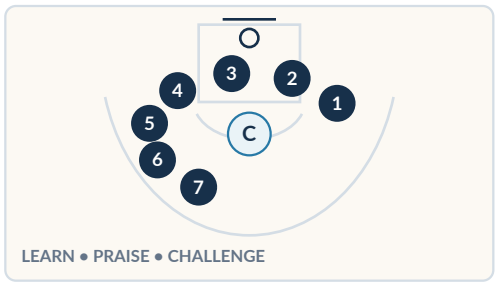
SETUP Inbounder on baseline; 1/2 at elbows, 3/4 at low blocks. Inbound side is RIGHT in diagram.

DO IT 3 pops to near corner. 4 cuts across the lane to rim. 2 shifts toward top for safety. Inbounder reads 4, then 3, then 2.

WATCH No moving screens. Practice first without defenders, then 5-on-5 live.

1:25-1:30 Recap + recognition

5 MIN



SETUP Bring players back into a semicircle; basketballs down.

DO IT Ask: "What did we get better at?" Hear two answers. Praise one specific effort and one smart team play. Name next skill challenge.

WATCH End on time; dismiss with encouragement and clean the gym.