PracticePad

FREE FOR COACHES

10U Basketball 4-Week Practice Plan

4 ready-to-run practices, 60 minutes each. Every drill has the setup, how it runs and what to coach.

WEEK 1

Ball handling and dribbling

Dribble with either hand with eyes up and use a change of direction to beat a defender.

WEEK 2

Layups and finishing

Finish layups off the correct foot with either hand and score through light contact.

WEEK 3

Passing and receiving

Make accurate chest, bounce and overhead passes and catch with ready hands and feet.

WEEK 4

Shooting form

Shoot with balanced feet, a straight elbow and a held follow-through from range that fits each player.

Want the rest of the season?

Scan for all 8 weeks on your phone with a practice timer, fair game-day rotations and a parent calendar. Free for coaches.

WEEK 1 · 60 MINUTES

Ball handling and dribbling

Goal: Dribble with either hand with eyes up and use a change of direction to beat a defender.

0:00	**Ball-handling wake-up** Players spread out with a ball each and follow the coach through 30-second rounds: waist wraps, figure eights, right and left pounds, crossovers, between the legs and behind the back. Finish with a 30-second freestyle round of their best combo moves. Coaching points: Pound it hard below the knee. Eyes up the whole time.	12 min
0:12	**Cone weave dribble** Set three lines of five cones about six feet apart. Players dribble through with the outside hand, switching hands at each cone with a crossover. Progress to between-the-legs at each cone and a layup at the end. Coaching points: Change hands in front of you. Explode out of the move.	12 min
0:24	**Partner shadow dribble** Partners each have a ball. The leader dribbles freely in a half court, changing speed, hands and direction. The follower copies every move from a few feet behind. Swap leaders every 45 seconds. Coaching points: Eyes on your partner, not your ball.	10 min
0:34	Water break	2 min
0:36	**1v1 king of the court** Run 1v1 games at every basket. Each game is one possession: score or get a stop to move up a basket, lose and move down. Play rounds of 45 seconds and crown the player who finishes at the top basket. Coaching points: Every possession counts. Make them take a tough shot.	18 min
0:54	**Superstar shot** Everyone lines up at a basket. One at a time, each player takes a final shot from any spot they choose while the team counts down 3, 2, 1 and cheers. End with a team break in the middle. Coaching points: Everyone cheers for everyone.	6 min

Run this practice from your phone with a live timer
PracticePad builds fair rotations and full seasons of practices for you. Free for coaches. practicepad.net

WEEK 2 · 60 MINUTES

Layups and finishing

Goal: Finish layups off the correct foot with either hand and score through light contact.

0:00	**Two-line layups** A shooting line at the right elbow and a rebounding line at the left. Shooter drives in for a right-hand layup, rebounder outlets to the next shooter, and both switch lines. Every two minutes swap sides for left-hand layups, then add pull-ups or reverse finishes. Coaching points: Last step is a strong jump. Use the backboard square.	12 min
0:12	**Big step, little step** Place a cone on the floor a few feet from the basket on the right side. Players hold the ball, take a big step with the right foot, a little step with the left, and lift the right knee as they shoot off the backboard. Add one dribble before the steps, then switch sides. Coaching points: Knee up like a puppet string. Aim for the top corner of the box.	10 min
0:22	**Chaser layups** A dribbler starts at half court with a three-step head start on a chaser. The dribbler races to finish while the chaser tries to contest from behind without fouling. Swap roles and switch sides of the floor. Coaching points: Finish strong, do not float. Chaser, hands up, not down.	10 min
0:32	Water break	2 min
0:34	**Weak-hand finishing battle** Two teams at one basket, one from each wing. On the whistle, the first player in each line drives and must finish with the weak hand, with makes counting a point. Every third round is 1v1 from half court with a chase defender. First team to 15 wins. Coaching points: Weak hand, strong finish. Use the glass.	18 min
0:52	**Free throw cool-down** Split players across the baskets. Each player shoots two free throws while the others stretch calves, hamstrings and quads on the baseline, then rotates. Track team makes on a whiteboard and try to beat the last practice. Coaching points: Same routine every shot. Breathe out before you shoot.	8 min

Run this practice from your phone with a live timer
PracticePad builds fair rotations and full seasons of practices for you. Free for coaches. practicepad.net

WEEK 3 · 60 MINUTES

Passing and receiving

Goal: Make accurate chest, bounce and overhead passes and catch with ready hands and feet.

0:00	**Everybody's it dribble tag** Every player dribbles inside the three point line and tries to tag others while protecting their own ball. Tagged players do five fast dribbles with the weak hand outside the line and jump right back in. Shrink the space to make it harder. Coaching points: Protect with your off arm. Keep dribbling while you tag.	8 min
0:08	**Star passing** Five lines form a star around the half court, about 15 feet apart. Players pass to the line two spots over and follow the pass to the back of that line, so the ball traces a star. Once it runs clean, add a second ball and require a jump stop on every catch. Coaching points: Call the name. Follow your pass.	12 min
0:20	**3-on-2 keep away** Three offensive players try to make five passes in a row against two defenders inside a half court, with no dribbling. When the defense deflects, rotate. Count the best streak. Coaching points: Move to an open lane. Hold for a count of one.	12 min
0:32	Water break	2 min
0:34	**Monkey in the middle** Groups of three with one in the middle. The two passers try to get the ball past the monkey with bounce and lob passes. When the monkey touches the ball, they switch with the passer. Keep groups small so everyone touches the ball. Coaching points: Fake before you pass.	20 min
0:54	**Superstar shot** Everyone lines up at a basket. One at a time, each player takes a final shot from any spot they choose while the team counts down 3, 2, 1 and cheers. End with a team break in the middle. Coaching points: Everyone cheers for everyone.	6 min

Run this practice from your phone with a live timer
PracticePad builds fair rotations and full seasons of practices for you. Free for coaches. practicepad.net

WEEK 4 · 60 MINUTES

Shooting form

Goal: Shoot with balanced feet, a straight elbow and a held follow-through from range that fits each player.

0:00	**Red light, green light** Everyone starts on the baseline with a ball. Green light means dribble forward, yellow means slow and low, red means jump stop and hold the ball in triple threat. Anyone who loses the ball goes back one step, not back to the start, so nobody sits out. Coaching points: Eyes up to see the coach. Low dribble on yellow.	8 min
0:08	**Shoot the square** Players shoot from short angles on either side, aiming for the top corner of the backboard box. Partner rebounds and counts makes. Move from close to a bit farther after each round. Coaching points: Top corner of the box. Soft shot, not a throw.	10 min
0:18	**Partner shooting race** Partners share a ball. One shoots, the other rebounds and passes, and they switch after every shot. The pair that reaches 15 made shots first wins. Use spots inside the arc for younger players. Coaching points: Get the rebound before it bounces.	10 min
0:28	Water break	2 min
0:30	**Team shot count** Every player has a ball and shoots from anywhere inside a marked area for 60 seconds while the team counts makes out loud. Try to beat the score in each round. Add close bank shots worth two points. Coaching points: Shoot, chase, shoot again.	22 min
0:52	**Free throw cool-down** Split players across the baskets. Each player shoots two free throws while the others stretch calves, hamstrings and quads on the baseline, then rotates. Track team makes on a whiteboard and try to beat the last practice. Coaching points: Same routine every shot. Breathe out before you shoot.	8 min

Run this practice from your phone with a live timer
PracticePad builds fair rotations and full seasons of practices for you. Free for coaches. practicepad.net