FREE COACHING PACK

45-minute mini basketball practice

Six activities, illustrated drill cards and a planning sheet to reuse.

AGES 6-10 10-12 PLAYERS 2 BASKETS

Start with one clear aim: control the ball, find a teammate and enjoy playing together.

START	MIN	ACTIVITY	COACHING FOCUS
00:00	4	**Follow the Leader**	Ball control and changing pace
00:04	5	**Traffic Light Dribbling**	React while staying in control
00:09	6	**Hot Potato Passing**	Show hands and find a target
00:15	2	**Water and reset**	Explain the basket stations
00:17	6	**Two-Line Layups**	Short turns; switch sides halfway
00:23	6	**Three-Spot Points**	Choose a manageable challenge
00:29	2	**Water and reset**	Set up small 2-on-1 lanes
00:31	10	**2-on-1 to the Cone**	Find space and share the ball
00:41	4	**Review and finish**	Ask what helped; celebrate a try

Timings include explanations and transitions. Set out the next activity early; add water breaks when players need them.

Keep the plan with you

Use this pack courtside. Tap a drill link for the full steps, or scan to explore the free Swish Planner library.

swishplanner.com

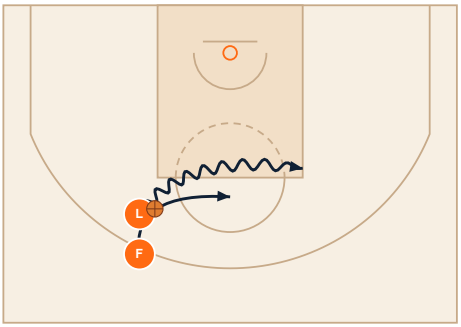
DRILL CARDS

Move and control

Orange = attackers / teammates. Blue = defenders. Solid arrow = move. Dashed = pass.

01 4 MINUTES

Follow the Leader



Example route; live play may vary.

Set up. Pairs, one ball each; leave space between pairs.

Play. The leader dribbles and changes speed, direction or hand. The follower copies a few steps behind.

Score / reset. Count three controlled changes together, then restart. A lost ball is a reset, not elimination.

Rotate. Swap leader every 30-45 seconds.

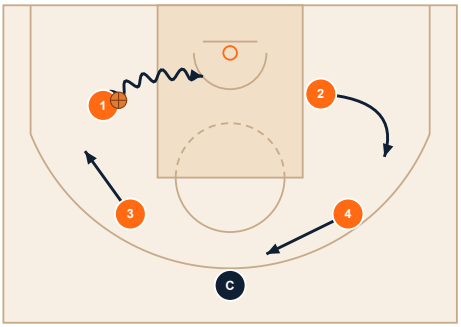
Change it. Begin by walking. Add a hand change when ready.

Full drill + animated steps

Cue: look up and keep your gap.

02 5 MINUTES

Traffic Light Dribbling



Example route; live play may vary.

Set up. One ball each inside a clearly marked area.

Play. Green = move; amber = slow; red = stop and protect a low dribble. Call colours in any order.

Score / reset. Try to react together. Retrieve a lost ball and rejoin.

Rotate. Change direction and starting space each round.

Change it. For new players, hold the ball on red. Later, add a switch-hands call.

Full drill + animated steps

Cue: control before speed.

Session versions: some scoring and rotations are simplified. Use the linked library entries for further progressions.

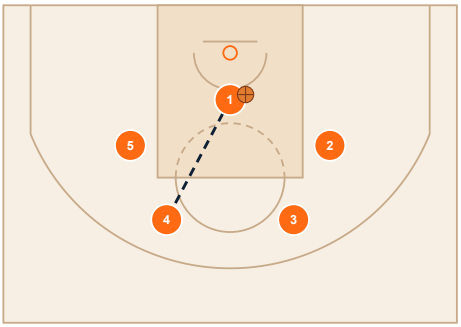
DRILL CARDS

Pass and finish

Orange = attackers / teammates. Blue = defenders. Solid arrow = move. Dashed = pass.

03 6 MINUTES

Hot Potato Passing



Example route; live play may vary.

Set up. Groups of five or six in a circle; one ball.

Play. Pass across the circle, not to the player beside you. Show hands and call a name.

Score / reset. Set a team target of five clean catches. Reset the count after a dropped pass.

Rotate. Change circle positions every minute.

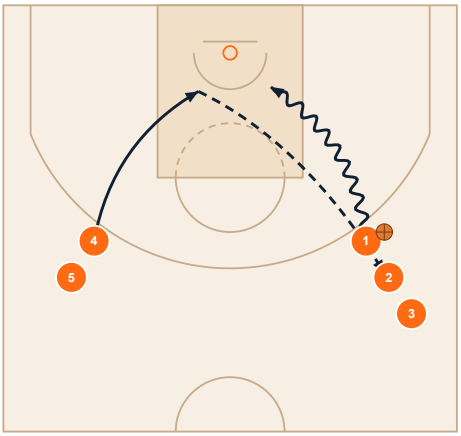
Change it. Start closer. Add a second ball only when catches stay controlled.

Full drill + animated steps

Cue: see the target before passing.

04 6 MINUTES

Two-Line Layups



Example route; live play may vary.

Set up. At each basket, a short shooting line and a rebound line; two balls per basket.

Play. Shoot from the right, rebound from the left and pass to the next shooter. Only one attempt at a time.

Score / reset. Count team makes. A miss still moves to the next turn.

Rotate. Shooters join the rebound line; rebounders join the shooting line. Swap sides halfway.

Change it. Start close with a walk-in finish; add a dribble when ready.

Full drill + diagram online

Cue: finish high off the board.

Session versions: some scoring and rotations are simplified. Use the linked library entries for further progressions.

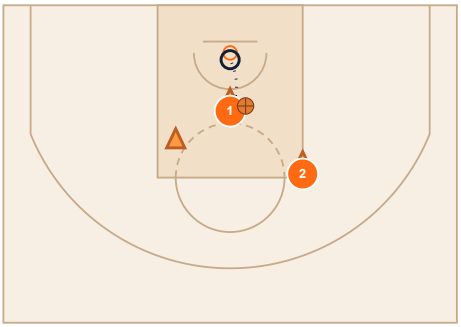
DRILL CARDS

Shoot and play

Orange = attackers / teammates. Blue = defenders. Solid arrow = move. Dashed = pass.

05 6 MINUTES

Three-Spot Points



Example route; live play may vary.

Set up. Three close-range spots per basket, worth 1, 2 and 3 points. One ball per small group.

Play. Choose a spot, shoot, rebound and pass to the next player. All spots must be within reach with good form.

Score / reset. Add makes to a team total. Try to beat that total in the next round.

Rotate. Take one shot each and rejoin the back.

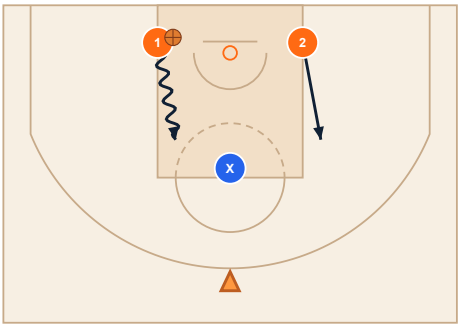
Change it. For ages 6-7, bring every spot close. Move one spot back for confident shooters.

Full drill + animated steps

Cue: choose a shot you can control.

06 10 MINUTES

2-on-1 to the Cone



Example route; live play may vary.

Set up. Groups of three in a short lane: two attackers, one defender, target cone at the far end.

Play. Dribble or pass past the defender. Finish by stopping the ball under control beside the target.

Score / reset. Attackers get 1 for reaching the target. A defensive touch ends the go; reset at the start.

Rotate. Change defender after every go.

Change it. Ages 6-7: use no defender or a walking coach. Ages 8-10: play live.

Full drill + animated steps

Cue: spread out; pass into space.

Session versions: some scoring and rotations are simplified. Use the linked library entries for further progressions.

KEEP THE SESSION MOVING

Adjust the challenge

Change one thing at a time. Watch whether it creates more useful decisions.

Too many lost balls

Try: Slow down or use a shorter route.

Watch: Can players look up and keep control?

Passes rarely connect

Try: Bring receivers closer; use a clear target.

Watch: Are catches controlled, with hands ready?

Shots need a big heave

Try: Move the spot closer; use suitable equipment.

Watch: Can the player finish with balance?

One player dominates

Try: Use smaller groups and alternate first turns.

Watch: Is everyone touching the ball?

The game is too easy

Try: Add a gentle defender or a new route.

Watch: Do players still have more than one option?

Keep the youngest players involved

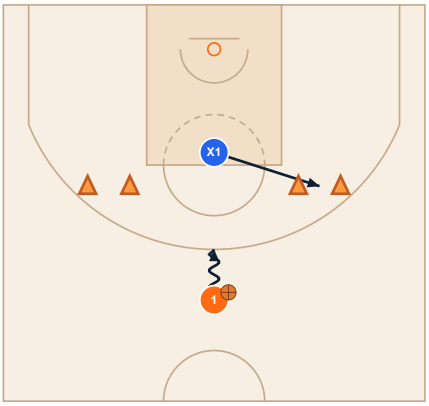
For ages 6-7, begin without opposition, use close targets and demonstrate one rule at a time. For ages 8-10, add choices and gentle pressure when they are ready. Avoid long queues or games where players sit out.

PUT THE PLAN INTO PRACTICE

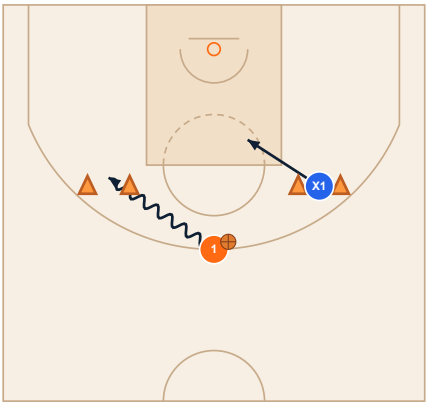
Create animated drills. Share your club's playbook.

Use the free coaching ideas in this pack, then build your own approach in Swish Planner.

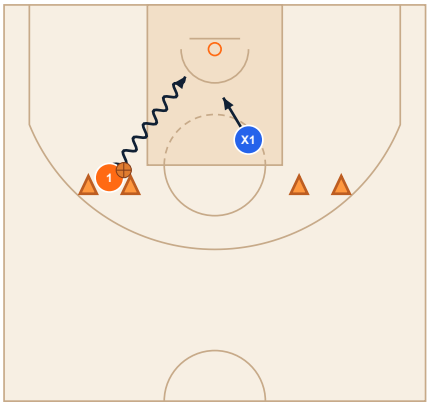
SEE HOW A DRILL DEVELOPS



1. Read the defender



2. Choose the space



3. Attack the opening

Tap to watch the animated example online. Playback is available free; Pro lets you create your own animated diagrams.

PRO

Draw and animate your drills

Edit players, passes and movement, then play through your own drill or set step by step.

PRO

Reuse your best sessions

Save session templates, plan a season and print practice plans. Keep your coaching ideas ready for next time.

CLUB

Share ideas across the club

Share a private drill library and, when enabled, view and copy club team sessions. Club includes Pro for up to 25 coaches and branded plans.

Try Pro free for 14 days

Create your account to try animated diagram authoring, templates and more. No card needed.

Compare Free, Pro and Club at swishplanner.com/pricing

PRINT AND REUSE

Build your next practice

Choose one focus, set the timings, then leave room for what your players need.

TEAM / GROUP

DATE / START TIME

TODAY WE WANT PLAYERS TO...

START	MIN	DRILL / GAME	ONE COACHING CUE

Total minutes: _____ Equipment / setup: _____

AFTER PRACTICE: WHAT WORKED? WHAT WILL YOU CHANGE?