FREE COACHING PACK

60-minute youth basketball practice

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

AGES 11-14 | 10-12 PLAYERS | 2 BASKETS

Start with one clear aim: recognise space, make a decision and recover to defend.

START	MIN	ACTIVITY	COACHING FOCUS
00:00	5	Circle Tag	Read movement and change pace
00:05	8	Cross the River Passing	Find a passing window
00:13	8	1v1 Through the Gate	Read the defender; attack space
00:21	2	Water and reset	Set up finishing pairs
00:23	8	No-Dribble Rim Finishing	Use pivots and fakes
00:31	8	Seven-Second 1v1	Make decisions under pressure
00:39	2	Water and reset	Choose one focus for the game
00:41	15	Floor Is Lava	Apply spacing, cutting and defense
00:56	4	Review and finish	Name one decision to repeat

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

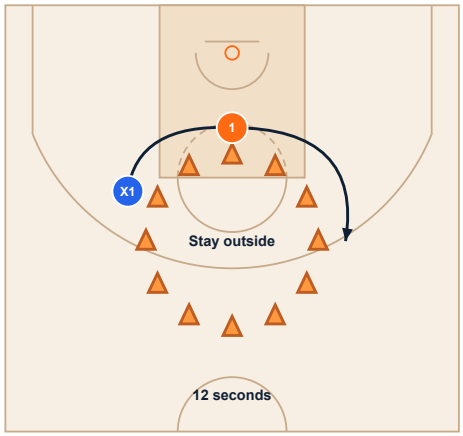
DRILL CARDS

Move and connect

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

01 5 MINUTES

Circle Tag



Example route; live play may vary.

Full drill + animated steps

Set up. Pairs outside a 4-metre circle. Runner starts about 2 metres ahead.

Play. The tagger has 12 seconds to touch a shoulder or upper back. Stay near the circle edge; never cut through it.

Score / reset. Tag = tagger 1. Time expires = runner 1. Walk back to the starting gap.

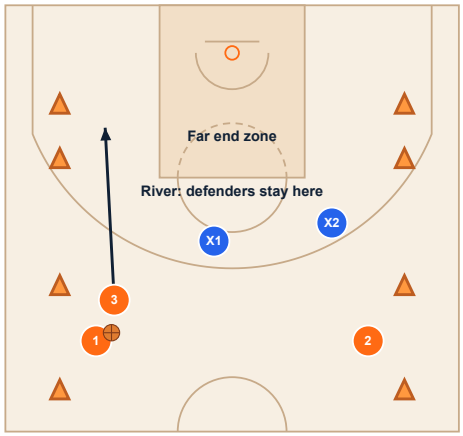
Rotate. Swap runner and tagger after each round.

Change it. Add a basketball each, or adjust the starting gap.

Cue: change pace before direction.

02 8 MINUTES

Cross the River Passing



Example route; live play may vary.

Full drill + animated steps

Set up. Three attackers start in an end zone; two defenders stay in a central river.

Play. No dribbling. Off-ball attackers may cross the river; the ballholder pivots and finds a pass.

Score / reset. A catch beyond the river = attack 1. Any defensive touch or violation = defense 1. Reset all attackers.

Rotate. After five tries, exchange two attackers with the defenders.

Change it. Allow one dribble per catch to help the attackers.

Cue: move into a passing window.

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

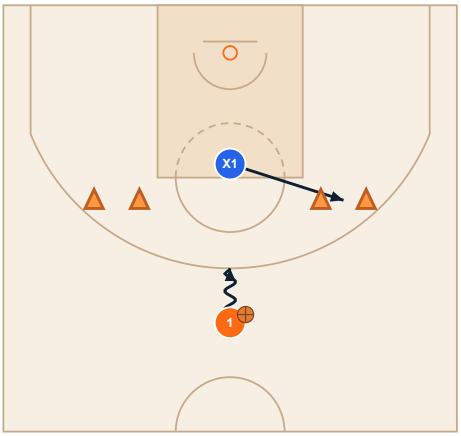
DRILL CARDS

Attack and finish

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

03 8 MINUTES

1v1 Through the Gate



Example route; live play may vary.

Full drill + animated steps

Set up. Two cone gates inside the arc. Attacker above the arc; defender between the gates.

Play. On the first dribble, defense commits to one gate. Attack through the other; both are now live. Three dribbles total.

Score / reset. First shot ends the rep. Make within the rules = attack 1; otherwise defense 1.

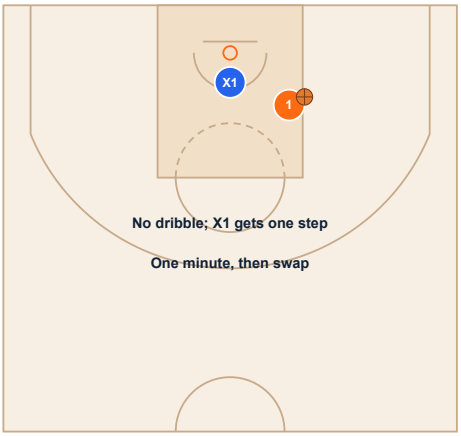
Rotate. Swap roles each rep. Waiting pairs count dribbles and score.

Change it. Use four dribbles first, then return to three.

Cue: read the gate before you go.

04 8 MINUTES

No-Dribble Rim Finishing



Example route; live play may vary.

Full drill + animated steps

Set up. Pairs close to the rim. Defender starts inside the small arc under the basket.

Play. Attack has four seconds, no dribble. Pivot or fake to finish. Defense gets one step and cannot jump.

Score / reset. Count makes. First shot ends the attempt; rebound and reset at a new angle.

Rotate. One minute attacking each, then swap pairs at the basket.

Change it. Allow one defensive jump OR one attacking dribble.

Cue: keep a legal pivot foot.

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

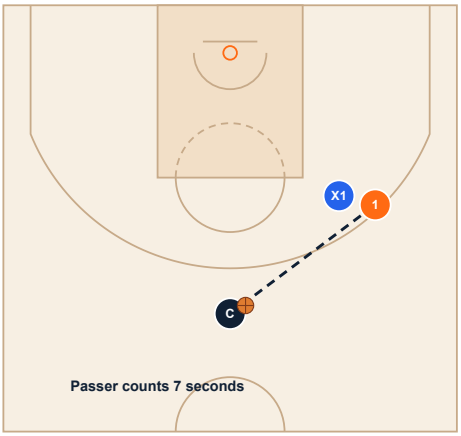
DRILL CARDS

Defend and play

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

05 8 MINUTES

Seven-Second 1v1



Example route; live play may vary.

Full drill + animated steps

Set up. One passer, an attacker on the wing and a matched defender.

Play. The catch starts seven seconds. Play to a basket, turnover, defensive rebound or the clock. Rebounds use the same clock.

Score / reset. Session version: 1 point for a basket or stop. The website gives an optional weighted scoring system.

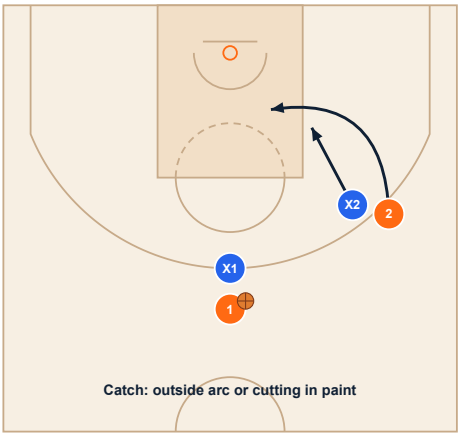
Rotate. Attack to defense to passer to queue; next player enters after every rep.

Change it. Allow one pass back while keeping the same clock.

Cue: finish the stop with a rebound.

06 15 MINUTES

Floor Is Lava



Example route; live play may vary.

Full drill + animated steps

Set up. Play 2v2 or 3v3 on each half court. Check the ball outside the arc.

Play. Catch only outside the arc or on a moving cut into the paint. A midrange or static paint catch is a turnover.

Score / reset. Inside basket = 1; outside = 2. Check at the top after a change of possession. Rebounds are exempt.

Rotate. Use short rounds; rotate a waiting player each minute.

Change it. Start with normal catches, then add the lava rule.

Cue: cut from space, then clear out.

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.

Passers cannot find a target

Try: Widen the area or allow one dribble.

Watch: Do passing windows become visible?

Attack wins every 1v1

Try: Reduce the head start or use a later gate read.

Watch: Can the defender recover into the play?

Attack never gets a shot

Try: Add space or an extra dribble.

Watch: Is there a realistic opening to recognise?

Players stand after passing

Try: Reward a score from a cut or relocation.

Watch: Does movement create a better catch?

A rule overwhelms the game

Try: Remove that rule for one round, then reintroduce it.

Watch: Can players explain the problem?

Organise the numbers before you start

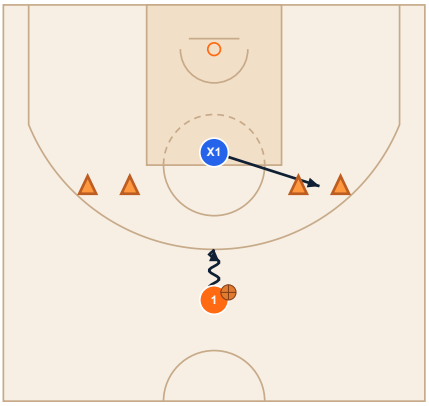
With 10 players, use two groups of five and rotate waiting players after each rep. With 12, use groups of six and finish with 3v3 at each basket. Timings include explanations and transitions. Offer extra water breaks whenever needed.

PUT THE PLAN INTO PRACTICE

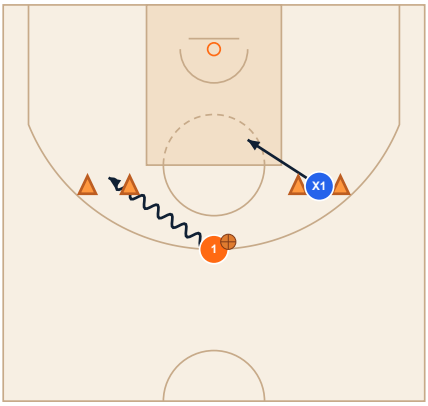
Create animated drills. Share your club's playbook.

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

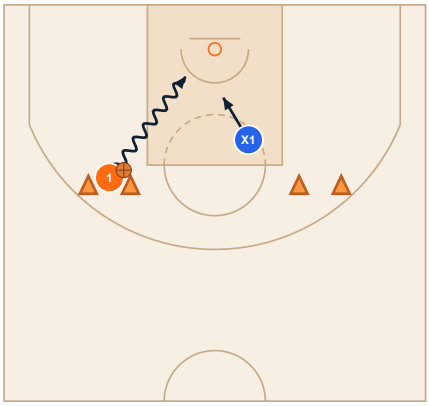
SEE HOW A DRILL DEVELOPS



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?