FREE COACHING GUIDE

Practice planning cheat sheets

A flexible framework for youth coaches, from first sessions to more experienced teams.

Start with the players. Choose one useful focus, match the difficulty to their experience, and plan how everyone will stay involved. Age is a starting point; confidence and skill matter too.

CHOOSE A SESSION LENGTH

PRACTICE BLOCK	45 MIN	60 MIN	90 MIN
Movement and warm-up	5	8	10
Ball control	5	7	10
Passing and decisions	6	8	12
Finishing and shooting	8	10	15
Small-sided games	12	18	28
Water and resets	5	5	8
Review and finish	4	4	7
TOTAL	**45**	**60**	**90**

These are planning budgets, not a requirement to fill every minute. Include defense in opposed passing and games. Spread water and resets through the session, and shorten a block if learning or energy drops.

Find the right drill

Explore drills by skill and age, with diagrams and coaching points.

DESIGN THE PROBLEM

Use one useful constraint

A constraint changes the choices in a game. Keep the rule simple enough for players to explain.

More passing options

Change: Widen the playing area.

Watch: Do players create new passing angles?

Better shot selection

Change: Change the shooting distance or reward a clear chance.

Watch: Are players finding shots they can control?

Movement after a pass

Change: Reward a score from a cut or relocation.

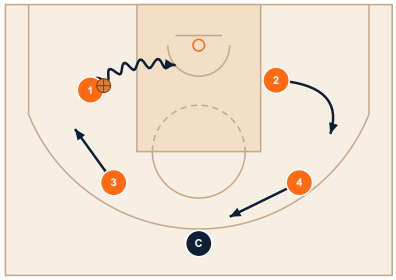
Watch: Does moving create space for someone else?

Quicker decisions

Change: Add a short possession clock.

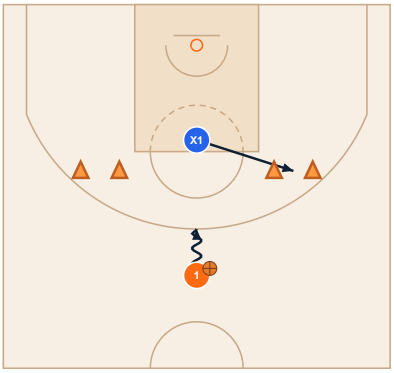
Watch: Can players still see more than one option?

SAME IDEA, DIFFERENT LEVEL OF CHALLENGE



New players
React to a colour call while keeping control.

Traffic Light Dribbling



Ready for opposition
Read a defender and choose the open gate.

1v1 Through the Gate

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?

BEFORE, DURING AND AFTER

Keep the learning clear

A short checklist to use alongside any practice plan.

BEFORE PRACTICE

One focus. What should players recognise or do better by the end?

Space and numbers. Where will each group work, and who rotates next?

Equipment. Set out balls, markers and bibs before explaining the first game.

DURING PRACTICE

Explain the problem. Show the starting positions, scoring and the reset. Then let them play.

Observe before changing. If the task is too easy or too hard, change one rule or one distance.

Keep turns short. Use pairs or small groups. Give waiting players a clear next turn.

AFTER PRACTICE

Ask one question. What helped you find a good shot, a pass or some space?

Record one observation. Name a decision you saw improve, rather than only counting baskets.

Choose one next step. Repeat a useful game with one adjustment at the next session.

Make the next plan your own

Browse the free library. Create a free account to combine drills into a timed session and open your plan courtside.

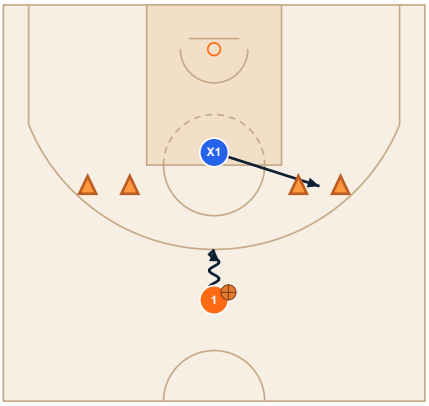
swishplanner.com

PUT THE PLAN INTO PRACTICE

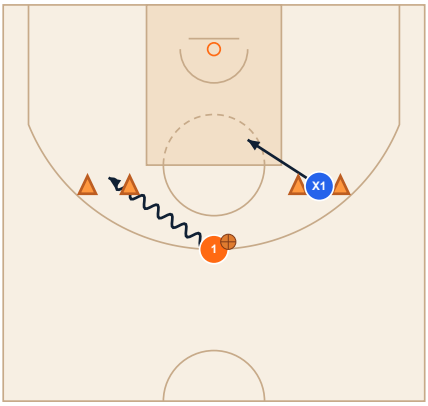
Create animated drills. Share your club's playbook.

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

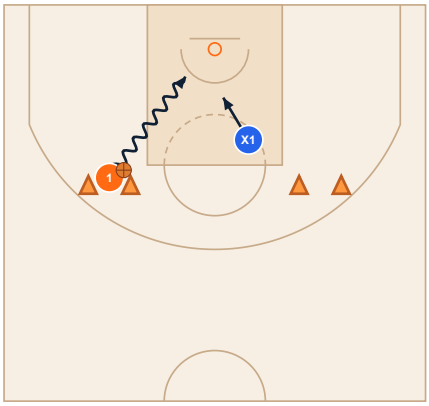
SEE HOW A DRILL DEVELOPS



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