SACTOWN SPORTS / COACHES' CORNER

60-minute Hoops practice

A worked example for a new coach

Team Grades 4–6 • 10 players

Space Half court

Goal Get open after a pass

Word of the day Teamwork

Gear Basketballs, cones, pinnies, water

Water Between blocks and as needed

What teamwork looks like After you pass, move so your teammate has an open option.

TIME	PRACTICE BLOCK	ACTIVITY / COACHING CUE
0:00–0:05	**Huddle**	Word of the day is teamwork. Tell players the goal and show one pass-and-move rep. **"Pass, then move to space."**
0:05–0:13	**Warm-up**	Play red light, green light in the half court. Walk, then jog, then add controlled stops and changes of direction. **"Eyes up. Give each other room."**
0:13–0:25	**Skills and drills**	In pairs, pass, move to an open cone, show hands, and catch the return pass. Switch starting spots often. **"Move as soon as the ball leaves your hands."**
0:25–0:42	**Game situation**	Start with 2-on-1 to the basket. Rotate roles after each rep. Finish with 3-on-3 and give one bonus point for a pass-and-cut that gets a teammate open. **"Where's the open space?"**
0:42–0:55	**Contest or relay**	In groups of three, count clean passes in 60 seconds. Move to a new cone after each pass. Try to beat your own score and rotate who starts. **"Clean passes count. Everybody gets a turn."**
0:55–1:00	**Closing huddle**	Name a teamwork moment you saw. Ask players to show where they moved after passing and name a teammate who helped them. **"Show me one place you could move after a pass."**

Notes for next time