



Pass and Cut: Basketball Practice for 5th & 6th Grade Boys

9 activities · 90 min total

#	TIME	ACTIVITY	TYPE	MIN
1	09:00–09:08	Traffic Lights	Opening	8
2	09:08–09:15	Dribble Tag	Energizer	7
3	09:15–09:25	I Do, We Do Demonstration	Activity	10
4	09:25–09:30	Movement Break	Break	5
5	09:30–09:45	Rotating Skill Stations	Activity	15
6	09:45–10:02	Small-Sided Game: Three Passes Before You Shoot	Activity	17
7	10:02–10:10	Solo Skill Challenge	Activity	8
8	10:10–10:25	"I Used to Think... Now I Think..."	Reflection	15
9	10:25–10:30	Check-Out	Closing	5

ACTIVITY DETAIL — click an activity to open it

1. Traffic Lights

09:00–09:08 · 8 min · Opening

Say your name and a move you love, then colour your traffic light for passing and write one thing you want to get better at today.

OUTCOMES

- Each player can say his name and one basketball move he likes.
- Each player can rate his own passing confidence with a colour.
- Each player can write one specific thing he wants to improve.

STEPS

1. Circle up — Stand in the circle and say your name and one basketball move you love watching or doing.

2. Colour your light — On your Player Passport: Before Practice, colour the traffic light for 'I can pass to a teammate who is moving'. Red is not yet, yellow is sometimes, green is most of the time.
3. Write your goal — Finish the sentence 'Today I want to get better at ___' on your Player Passport, then hold it up so your teammates can see you are done.

FACILITATOR TIPS

- Play music as boys arrive, and turn it down when you call the circle.
- Bring extra pencils; a marker or pencil always goes missing.
- Model the honest answer: say your own yellow light for something out loud.
- If a boy struggles to write, let him tell a buddy and write one word.

MATERIALS

Player Passport: Before Practice

2. Dribble Tag

09:08–09:15 · 7 min · Energizer

Dribble inside the lines while trying to tag others without losing your own ball, and switch hands when the whistle blows.

OUTCOMES

- Maintain control of a basketball at hip height while actively scanning the court for moving defenders and open floor space.
- Switch dribbling hands smoothly and instinctively without stopping ball movement upon hearing an auditory whistle cue.
- Demonstrate resilient on-court habits by executing immediate five-dribble recoveries whenever a ball is deflected or lost.

STEPS

1. Warm Up Your Handle — Grab a basketball, find personal space inside the half-court lines, and begin low control dribbles with your dominant hand while keeping your chin and eyes up.
2. Evade and Tag — Dribble continuously inside the boundary lines while trying to tag teammates with your free hand; switch hands immediately whenever you hear the whistle, and if you lose control, complete five stationary dribbles on the spot before returning to play.
3. Record Warmup Rating — Jog to the sideline bench and mark your warmup focus score and ball-control rating on your Dribble Tag Worksheet.

FACILITATOR TIPS

- Distribute the Dribble Tag Worksheet and pencils along the sideline bench before Step 3 so the boys can log their quick ratings without losing training momentum.
- Shrink the playing boundary to inside the three-point arc if boys are easily avoiding each other, forcing quicker visual reactions.
- Blow your whistle every 30 to 45 seconds to prompt instant hand switches and prevent boys from favoring only their strong hand.
- Praise players who immediately drop into five quick stationary dribbles and rejoin the game after losing their handle rather than giving up.

- Switch to Sharks and Minnows as a backup energizer if you notice energy dipping or boys struggling with tag spacing.

MATERIALS

Dribble Tag Worksheet, 12 basketballs (size 28.5 / size 6), Pencils and clipboards, Whistle, Cones for boundary markings

3. I Do, We Do Demonstration

09:15–09:25 · 10 min · Activity

Watch a pass and cut, learn three short cues, then practise in the air with a partner and show a thumbs-up when ready.

OUTCOMES

- Each player can name the three cues for a good pass and cut.
- Each player can copy a chest pass and a bounce pass without a defender.

STEPS

1. Watch the move — Watch the demo of a chest pass, a bounce pass and a cut to open space while you follow the arrows on the Pass-and-Cut Cue Card.
2. Say the cues — Repeat the three cues out loud with the group: eyes up, step and snap, fake and show target hands.
3. Try it with a partner — With a partner and one ball, make ten passes and cuts at walking speed, using your cues.
4. Show me — Give a thumbs-up if you can do all three cues, a flat hand if you want one more look.

FACILITATOR TIPS

- Post the cue card diagram on the wall or a cone before boys arrive.
- Demo at real speed once, then slow down.
- Stand where every boy can see your feet.
- Stop at exactly 10 minutes so the water break stays on time.

MATERIALS

Pass-and-Cut Cue Card

4. Movement Break

09:25–09:30 · 5 min · Break

Get water, catch your breath and check the station diagram on the wall.

5. Rotating Skill Stations

09:30–09:45 · 15 min · Activity

Choose a captain, rotate through three pass-and-cut stations in your foursome, and show your best pass-and-cut at the end.

OUTCOMES

- Each player completes at least 15 passes with the correct cues.
- Each player can cut to open space after passing.

- Each group can demonstrate a pass-and-cut sequence.

STEPS

1. Pick your captain — Choose one captain in your foursome who will call 'rotate' at each whistle.
2. Station 1: Chest and bounce pass — Stand 10 feet apart in pairs and alternate chest and bounce passes, saying 'step and snap' quietly with each one.
3. Station 2: Pass and cut — Pass to a teammate, fake, cut to open space, and show target hands to get the ball back.
4. Station 3: Pass, cut, catch, shoot — Add a pass, cut, catch and a shot at the basket, rotating who passes.
5. Show your best — Show your best pass-and-cut to another foursome and tell them which cue you used.

FACILITATOR TIPS

- Draw the station layout on a flip chart or diagram before the break so the boys can see it.
- Use the Coach Skill Observation Sheet: one cue and a 1 to 3 rating per boy.
- Watch the quietest boys; note who hides in the back of the line.
- Blow the whistle at 4 minutes exactly per station.

MATERIALS

Coach Skill Observation Sheet

6. Small-Sided Game: Three Passes Before You Shoot

09:45–10:02 · 17 min · Activity

Play 4-on-4 where your team must complete three passes before shooting, and count passes and cuts when your team is the stat crew.

OUTCOMES

- Each player uses at least one pass-and-cut in a live game.
- Each player can count and record passes and cuts as part of the stat crew.

STEPS

1. Captains and teams — Stay in your foursome, choose a captain, and hear the rule: three passes before any shot.
2. Game 1 — Team A plays Team B while Team C counts passes and cuts on the Game Tally Sheet.
3. Game 2 — Team B plays Team C while Team A is the stat crew and tallies on the Game Tally Sheet.
4. Game 3 — Team C plays Team A while Team B is the stat crew and tallies on the Game Tally Sheet.
5. Huddle — In your huddle, share your team's best pass or cut and how many passes you counted.

FACILITATOR TIPS

- Give each stat crew a clipboard and pencil and show one filled example.
- Count aloud on the 1st, 2nd and 3rd pass so boys hear the rhythm.
- Stop play to praise a good cut rather than a good shot.
- Have water bottles sideline for quick sips during rotations.

MATERIALS

Game Tally Sheet

7. Solo Skill Challenge

10:02–10:10 · 8 min · Activity

Guess your score, pass against the wall for 60 seconds, then change one thing and try to beat your own number.

OUTCOMES

- Each player records a score and a prediction.
- Each player names one change that helps improve the second round.

STEPS

1. Guess your score — Write your guess for how many passes you can make in 60 seconds on your Wall-Pass Score Card.
2. Round 1 — Pass to the wall for 60 seconds, count your good passes, and write your score on the card.
3. Round 2 — Write one thing you will change, such as distance or a quicker step, then try again and record your new score.

FACILITATOR TIPS

- Space boys out along the wall so they do not interfere.
- Use a stopwatch and call 'go' and 'stop' together for every boy.
- Praise any boy who changes something, even if the score does not rise.
- Collect the cards at the end to compare with the coach sheets.

MATERIALS

Wall-Pass Score Card

8. "I Used to Think... Now I Think..."

10:10–10:25 · 15 min · Reflection

Colour your traffic light again, finish 'I used to think... now I think...' about passing, write a goal for next practice, and share with a partner.

OUTCOMES

- Each player can compare his before and after traffic light.
- Each player can describe one shift in his thinking about passing.
- Each player can name one goal for next practice.

STEPS

1. Colour your light again — On your Player Passport: After Practice, colour the traffic light for passing to a moving teammate and compare it with Side 1.
2. I used to think... now I think... — Finish the sentences 'I used to think passing was ___' and 'Now I think passing is ___'.
3. My goal for next practice — Write one goal, such as 'I will cut after every pass', and one thing you will practise at home.
4. Share with a partner — Take turns reading your sentences and your goal to a partner; the partner says one thing they liked.

FACILITATOR TIPS

- Ask your quietest boy to share first in the group round.
- Read one example out loud to show what a good sentence looks like.
- Keep boys sitting in the same spot to avoid a chaotic transition.
- Collect passports at the end to compare with the coach sheets.

MATERIALS

Player Passport: After Practice

9. Check-Out

10:25–10:30 · 5 min · Closing

Say one word for how practice felt, hand in your passport, and finish with a team cheer.

OUTCOMES

- Each player can express in one word how practice went.
- Each player hands in his passport for the coach.

STEPS

1. One word round — Say one word for how practice felt, starting with the boy on your left.
2. Hand in your passport — Give your Player Passport and Wall-Pass Score Card to the coach as you gather your gear.
3. Team cheer — Put a hand in the middle and cheer together on three.

FACILITATOR TIPS

- Fill in the Coach Debrief Sheet while boys pack up: two lines only.
- Note any boy whose word sounds low and check in privately.
- Tell the boys the goal for next practice will be on the wall.
- End on time so parents are not kept waiting.

MATERIALS

Coach Debrief Sheet