



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



Player: _____ Team / Group: _____ Date: _____

1

Traffic Light Assessment: Passing to a Moving Teammate

Colour your status after today's drills and compare your confidence with your pre-practice rating.

Side 1: Before Practice

Where were you when you walked onto the court today?



RED

Hesitant /
Unsure



AMBER

Getting There



GREEN

Ready & Fluid

Key observation from start of session:

Side 2: After Practice (Current)

Colour in your rating now after working on the drill:



RED

Still Learning



AMBER

More Consistent



GREEN

Fully Locked In

What difference did you notice during gameplay?

2

Shift in Thinking About Passing

Complete each prompt below to capture how your understanding of passing evolved today.

"I used to think passing was..."

Describe your previous habits, assumptions, or mindset:

"Now I think passing is..."

Describe your breakthrough or new tactical awareness:



Player: _____ Practice Session: _____ Partner: _____

3

🎯 Action Goals: Next Practice & Home

Set one specific on-court commitment and one skill to rehearse at home before next session.

🏆 Next Practice Commitment

Example: "I will cut immediately after every pass without hesitating."

🏠 One Thing I Will Practise at Home

Example: "100 wall passes with both hands focusing on snap & accuracy."

4

👥 Partner Exchange & Peer Feedback

Read your sentences and goals aloud to your partner. Listen to their responses and record feedback below.

Partner's Response

👍 One Thing My Partner Liked About My Plan

Have your partner share what impressed them about your shift or goal:

Teammate Check

🛡️ How We Will Hold Each Other Accountable

How can your partner remind or support you during the next scrimmage?



Pass & Cut Execution Standard

Technical quick-reference job aid for 5th & 6th Grade Boys Basketball • I Do, We Do Demonstration

CUE 01

Snap & Step

Step toward target; push wrists through and finish with thumbs pointing down.

CUE 02

Give & Go

Pass the ball, then explode instantly toward the rim. Do not stand and watch.

CUE 03

Show Hands

Present 10 open fingers at chest height, creating a clear target window for return.

↔ Passing Mechanics (No-Defender Form)

🕒 Chest Pass (Direct Air Delivery)

- **Grip:** Fingers spread on the sides/back of the ball.
- **Release:** Snap wrists outward; thumbs down, palms out.
- **Flight:** Straight line delivered directly to teammate's chest.

🔙 Bounce Pass (Under-Defense Delivery)

- **Strike Point:** Hits the floor 2/3 of the way to the receiver.
- **Height:** Rises up to receiver's waist/chest level cleanly.
- **Power:** Sharp downward push, maintaining crisp velocity.

🏀 4-Step Cutting Sequence

- 1 **Deliver the Pass:** Step directly toward your teammate and release a crisp chest or bounce pass.
- 2 **Freeze the Defender:** Give a quick quarter-second hesitation or jab-step away from the rim.
- 3 **Burst to the Basket:** Plant hard off the outside foot and sprint straight into the key along the rim line.
- 4 **Flash Target Hands:** Keep eyes locked on the passer; present both open palms ready to receive and lay up.

✅ Do's (Execution Keys)

- ✓ **Step into the pass:** Use forward momentum to create power without winding up.
- ✓ **Cut immediately:** Treat the pass release like a starter gun; burst the moment it leaves your fingers.
- ✓ **Cut with speed:** Change gears from stationary to full sprint to beat the defender across their face.
- ✓ **Call teammate's name:** Communicate before passing to ensure eye contact.

❌ Don'ts (Common Faults)

- ✗ **Don't "spectate":** Never stand and watch the flight of your pass after releasing it.
- ✗ **Don't jump when passing:** Keep your pivot foot grounded to avoid traveling violations.
- ✗ **Don't bounce midway:** Avoid hitting 50% distance—the ball bounces too late and gets stolen.
- ✗ **Don't drift outward:** Cut directly to the basket, not diagonally toward the corner baseline.

📖 Key Terminology & Definitions

Give-and-Go: The offensive maneuver of delivering a pass to a teammate and instantly sprinting past one's defender toward the basket to receive a return pass.

Lead Pass: A pass placed ahead of a moving cutter into open space, allowing them to catch the ball in stride without slowing down.

Target Hands: Both hands held up with open palms facing the passer at chest height, signaling readiness to catch and shoot or finish.

Face Cut: Cutting across the front (chest side) of the defender when they lose sight of you or turn their head toward the ball.



Coach's Rule of Thumb: *"Change of pace beats pure speed."* Hesitate for a split second right after passing so the defender relaxes, then accelerate at 100% past their hip to the basket!



1

Team Setup & Rules of Engagement

Court Assignment & Roles

-  Organize into 4-player squads. Assign one captain per team. Every shot attempt requires at least three verified passes before release.

SQUAD ROSTER & ASSIGNMENT

Team Letter: _____ Court #: _____

Captain: _____

Player 2: _____

Player 3: _____

Player 4: _____

MANDATORY LIVE-PLAY CRITERIA

- ✓ **Three Passes Rule:** Offense must complete ≥ 3 consecutive passes prior to any shot.
- ✓ **Pass-and-Cut Target:** Pass the ball and immediately execute a hard cut to open space.
- ✓ **Active Stat Crew:** Resting team records every pass and cut in real time.

2

Game Tally Sheet — Stat Crew Rotations

Real-Time Data Collection

-  When your team is the resting stat crew, count each completed pass and explosive cut using hash marks (| | | |).

Round 1: Team A vs B

Stat Crew: Team C

COMPLETED PASSES (| | | |)

Use hash marks for every valid pass...

Total Passes: _____

PASS-AND-CUT ACTIONS (| | | |)

Record cuts toward basket...

Total Cuts: _____

Shots with ≥ 3 passes:

☐ Yes ☐ Infraction

Round 2: Team B vs C

Stat Crew: Team A

COMPLETED PASSES (| | | |)

Use hash marks for every valid pass...

Total Passes: _____

PASS-AND-CUT ACTIONS (| | | |)

Record cuts toward basket...

Total Cuts: _____

Shots with ≥ 3 passes:

☐ Yes ☐ Infraction

Round 3: Team C vs A

Stat Crew: Team B

COMPLETED PASSES (| | | |)

Use hash marks for every valid pass...

Total Passes: _____

PASS-AND-CUT ACTIONS (| | | |)

Record cuts toward basket...

Total Cuts: _____

Shots with ≥ 3 passes:

☐ Yes ☐ Infraction



3

Individual Pass-and-Cut Verification

Live Game Learning Outcome Check



Target Outcome: Each player must execute at least one intentional pass-and-cut in live play. Record specific execution details below.

 **Player 1: Captain**

☐ Cut Executed

CUT TYPE (GIVE-AND-GO / BACKDOOR / FLARE) & RESULT:

.....
.....

 **Player 2: Name**

☐ Cut Executed

CUT TYPE (GIVE-AND-GO / BACKDOOR / FLARE) & RESULT:

.....
.....

 **Player 3: Name**

☐ Cut Executed

CUT TYPE (GIVE-AND-GO / BACKDOOR / FLARE) & RESULT:

.....
.....

 **Player 4: Name**

☐ Cut Executed

CUT TYPE (GIVE-AND-GO / BACKDOOR / FLARE) & RESULT:

.....
.....

4

Team Huddle Debrief & Data Review

Tactical Discussion (Final 3 Minutes)



Convene in your foursome huddle: compare your recorded stat tallies and identify your single best team cut.

 **Our Team's Best Pass or Cut Highlight**

Describe the play: Who delivered the pass, who made the cut, and how it created an open shot:

.....
.....
.....
.....

 **Data Synthesis**

Total passes counted as crew: _____

Total passes completed on offense: _____

PRIMARY TACTICAL TAKEAWAY:

.....
.....