

Youth Training Progression Guide

Ages 5-10 - drills, equipment, and season planning

1. Equipment Picks by Age

Ball size: Size 3 (mini) ages 5-8; Size 5 (youth) ages 9-10.

Hoop height: 6 ft ages 5-7; 8 ft ages 8-9; 10 ft ages 10+.

Footwear: low-cut basketball shoes with lateral support.

Court space: driveway OK ages 5-7; half-court recommended from age 8.

2. Drill Progressions

Ages 5-6: stationary dribbling, balloon toss, form shooting, chest pass, freeze game.

Ages 7-8: walking dribble, layup footwork, two-line passing, BEEF shooting, simple 2v2.

Ages 9-10: crossover, catch-and-shoot from elbow, give-and-go, defensive slide footwork, 3v3 half-court with real rules.

3. Season Planning Checklist

- ☐ Equipment sorted a week before first practice
- ☐ 2 practices/week max ages 5-8; 45 min sessions
- ☐ First 2 weeks: fundamentals only no scrimmages
- ☐ Week 3+: 2v2 / 3v3; 5v5 from week 6
- ☐ One rest / recovery week mid-season
- ☐ Post-season: 4-6 weeks off to prevent burnout

Want a coach-ready gameplan your U8-U12 team can run this week?

FloorGeneral generates complete scouting reports, matchups, and play recommendations in under 60 seconds:

floorgeneral.polsia.app/gameplan