

BASKETBALL PRACTICE TRACKER

10-Drill Young Player Progress Sheet

Player Name: _____

Age: _____ Week of: _____

My main goal this week: _____

10-Drill Checklist

Drill	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fingertip Ball Taps	■	■	■	■	■	■	■
Around-the-World	■	■	■	■	■	■	■
Figure 8	■	■	■	■	■	■	■
Right-Hand Dribble	■	■	■	■	■	■	■
Left-Hand Dribble	■	■	■	■	■	■	■
Cone Change of Direction	■	■	■	■	■	■	■
Jump Stop & Pivot	■	■	■	■	■	■	■
Wall Passing	■	■	■	■	■	■	■
Form Shooting	■	■	■	■	■	■	■
Right & Left Layups	■	■	■	■	■	■	■

Skill Progress

Skill	Starting Point	Current	Next Goal
Right-hand control			
Left-hand control			
Cone control			
Passing accuracy			
Form shooting			
Right-hand layups			
Left-hand layups			

Practice Notes

Coach / Parent Notes

Weekly reflection: What felt easier this week? What will I practice next?