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| Coaches: | DS BP |
| Area of focus/emphasis | Offence- Transition MovementsDefence- Press/Trap |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Warm-up |  |
| 10-55 | Individual Work* Dribbling (15 mins)
* Attacking the basket (15 mins)
* Shooting (15 mins)
 | BR and CM to organise |
| 55-7070-80 | 2v2 full court*2nd player can’t go ahead of the ball*4v4 shell drill*5 mins 2 rotations then live**5 mins start with dribble penetration* | Ball pressure force to the sidelineTrap comes from behindWait for player to turn before jumping |
| 80-100 | 5v0 transition*Quick recap of wings and first big**Bring in trail big and PG roles**Look at continuation* | Push the ballPG head up early the ball upSpacing |
| 100-115 | 5v5 full court | Transition positioning |
| 115-120 | Cooldown and debrief |  |