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| Coaches: | DS BP | |
| Area of focus/emphasis | | Offence- Transition Movements  Defence- 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 | |
| 55-70  70-80 | | 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 sideline  Trap comes from behind  Wait 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 ball  PG head up early the ball up  Spacing | |
| 100-115 | | 5v5 full court | | Transition positioning | |
| 115-120 | | Cooldown and debrief | |  | |