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| Coaches: | DS, BP |
| Area of focus/emphasis | Defence- CommunicationOffence- Using the P&R |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Warm up and Stretch | DynamicGet ready to workStretch properly |
| 10-20 | P&R warm up drill*Make 30 roll* *Make 30 pop**Both sides* | Create SpaceRoll hard |
| 20-3030-4040-45 | 2 v 2 Pick and roll from the wing*If you score stay on offence, first to 7*3v3 Pick and roll from the top (horns)Water Free throws | Read defence (roll or pop)Stay on one sideGuard chooses side to attack, live after first pickShoot 10 in pairs give scores to CM |
| 45-5555-6565-7575-80 | 3v3 Close out drill*Live on final pass*4 v 4 Shell drill*Add cuts in**Live after full rotation*Shell drill forced rotation*On ball defender has backed turned. Drive middle or baseline, rotation happens, live on rotation**1pt for stop, 1 pt for offensive reb. First to 7*Water Free Throws | Hands high, communicationCommunication, active hands, shallow trianglesCommunicate through scramble, must close outShoot 10 in pairs, scores to CM |
| 80-95 | 4 v 4 Cut Throat*1 pt for stop, 1 pt for off. Reb.* *First team to 7**Off defence if- No stance, no communication, allow offensive board, no closeout, no active hands**Game 1- No screens**Game 2- Screens allowed* | Positioning, communication, next play mentality, box out |
| 95-110 | 5 v 5 full court*Games to 7* | Spacing, using P&R correctly |
| 110-120 | Cool down/debrief |  |