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| Coaches: | DS, BP | |
| Area of focus/emphasis | | Defence- Communication  Offence- Using the P&R | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Warm up and Stretch | | Dynamic  Get ready to work  Stretch properly | |
| 10-20 | | P&R warm up drill  *Make 30 roll*  *Make 30 pop*  *Both sides* | | Create Space  Roll hard | |
| 20-30  30-40  40-45 | | 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 side  Guard chooses side to attack, live after first pick  Shoot 10 in pairs give scores to CM | |
| 45-55  55-65  65-75  75-80 | | 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, communication  Communication, active hands, shallow triangles  Communicate through scramble, must close out  Shoot 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 | |  | |