

|  |  |
| --- | --- |
| Coaches: | DS BP |
| Area of focus/emphasis | Offence- 1 and Blue (using picks)Defence- Screens and Team |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Warm up |  |
| 10-20 | Pick and roll/Flex Screen*Make 20* | Shoulder to shoulderSet the man up |
| 20-40 | 5 v 0 *1 and blue (game pace)**Introduce defence at 10 mins, passive then proper* | Timing and spacing |
| 40-50 | 2v2 defence screen*Jam and follow**Leave gap and under* | Make contact on the hip, don’t give up basket |
| 50-6060-7070-80 | 5v4 defence*Communication and scramble**Ball pressure, help*4v4 shell *Start with penetration from the wing to force the help*Transition D 5v5*One player touches the baseline and recovers, we must talk* | Communication, active hands, move on the pass not after the pass.Safety and ball |
| 80-110 | 5v5*Game just using 1**Game using blue**Game mix it up* |  |
| 110-120 | Cool down and Debrief |  |