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| 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 shoulder  Set 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 | |
| 50-60  60-70  70-80 | | 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 | |  | |