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| Coaches: | DS BP | |
| Area of focus/emphasis | | Offence- Fast break  Defence- Rebounding/Transition | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Intro/Warm up | | Reinforce points from previous session  Keep building | |
| 10-15  15-20  15-25  25-32  32-35 | | Drive and kick  *Reinforce points from Monday*  *Baseline and middle*  *Both sides make 10*  3 man fast break  *Make 10*  *Left and right*  3v2 continuous  *5 mins normal*  *5 mins add defender running in to make 3v3*  2v2 Fast drill  *Games to 11*  Free throws/water break | | Attack aggressively  One hand pass out of it  Good strong passes  Quick  No Turnovers  Let the ball do the work  Keep it simple  Good looks  Good passing, take advantage | |
| 35-40  40-50  50-55  55-60 | | Box out ball on the floor  *Ball in the middle of circle*  *Defensive team inside, offensive outside*  *Circle up*  *Whistle goes compete for the ball*  2v2 box out  *Offensive team on the 3 defensive on the baseline*  *Coach kicks defensive team close out and box out*  *1 pt defensive score*  *2pt offensive score*  *4 mins each*  Transition  *5v5 running 1*  *Whistle goes offensive team puts ball down, must recover.*  *Defensive team look to break*  5v5 Transition  *Offence on baseline, defence on Free throw line*  *Coach passes to player and calls number*  *Number touches baseline and recovers*  *First to 5* | | Low and strong  Find your man and make contact, keep them off the ball  Play until score  Keep fighting  Stop ball  Protect basket  Talk and recover  Offence take advantage of 5v4 | |
| 60-67 | | Fast break build up drill  *Freethrow, 2v1, 3v2, 4v3, 5v4, 5v5* | |  | |
| 67-75 | | 5v5 full court | |  | |
| 75-80 | | Cool down/debrief | |  | |

**Philosophies and focus**

* Always talking and communicating
* Stop ball and protect basket
* TEAM
* Positivity