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| Coaches: | DS BP |
| Area of focus/emphasis | Offence- Fast breakDefence- Rebounding/Transition |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Intro/Warm up | Reinforce points from previous sessionKeep building |
| 10-1515-2015-2525-3232-35 | 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 aggressivelyOne hand pass out of itGood strong passesQuickNo TurnoversLet the ball do the workKeep it simpleGood looksGood passing, take advantage |
| 35-4040-5050-5555-60 | 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 strongFind your man and make contact, keep them off the ballPlay until score Keep fightingStop ballProtect basketTalk and recoverOffence 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