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| Coaches: | DS, BF, BP |
| Area of focus/emphasis | Offence- Ball movement and fast breakDefence- Communication/help and recover |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Intro/Warm up | 2 games left final pushStay togetherFinish the season strong |
| 10-2020-3030-35 | Passing/drive and kick drill*9 mins to get it done**Pull up, backdoor, drive and kick,**Drive kick and kick*3v3v3*No dribble in front court**1 dribble allowed**Free play*Water break and free throws | Quick ball movement, effective passing,Drive hardBall movement is keyWork as a team |
| 35-4545-55 | 2v2 half court*Both sides of the court**Turn from offence straight to defence*5v5 Shell drill*Ball movement and getting to positions**Tag and drive* | Always talkingDon’t over helpClose out with hand upCommunication at all timesActive hands Help lineHelp the helper |
| 55-60 | 5v0 Plays*Transition* | Game paceBall Movement |
| 60-75 | 5v5 Full court games (half court if needed)*If whole team not back on defence offensive team get ball back* | Efficient offence and ball movementDefence all players must talk and get back |
| 75-80 | Cooldown/debrief | Reinforce points made in session |

**Philosophies and focus**

* Every player must be communicating
* No negativity
* One unit
* Team before the individual
* Quick ball movement
* Next month will define our season