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| Coaches: | DS, BF, BP | |
| Area of focus/emphasis | | Offence- Ball movement and fast break  Defence- Communication/help and recover | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Intro/Warm up | | 2 games left final push  Stay together  Finish the season strong | |
| 10-20  20-30  30-35 | | 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 hard  Ball movement is key  Work as a team | |
| 35-45  45-55 | | 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 talking  Don’t over help  Close out with hand up  Communication at all times  Active hands  Help line  Help the helper | |
| 55-60 | | 5v0 Plays  *Transition* | | Game pace  Ball 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 movement  Defence 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