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| Coaches: | DS BP |
| Area of focus/emphasis | Individual development |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Warm up/Intro*Player Led*  |  |
| 10-2020-25 | Short zig zag*Crossover**Through the legs**Behind the back**Mix it up**(Different finishes)*10 Freethrows | LowHead upSharp deliberate movementsAttack the basketHard dribble between each |
| 25-3535-40 | 60 second shooting*Shooter and rebounder**Block to block**Elbow to elbow**Wing to wing**Corner to corner*10 Freethrows | Footwork, step into shotGame like cutsCatch and shootLow to high |
| 40-5050-55 | Guards*5 spot shooting**Either 3s or long 2s**Make 5 and switch*Forwards*Post moves**Drop step**Up and under**Turn and face*10 Free Throws | Everything game likeCatch ball ready to shoot/good passesGood post positionQuick moves Finish strong |
| 55-6565-70 | 1v1*Guards** *King of the court*
* *3 dribble max*
* *First to 5*

*Bigs** *In the post*
* *First to 5*

10 free throws | Be efficient with the dribbleAttack the basketRead what the defence is giving you |
| 70-8080-85 | ScrimmageCooldown and debrief |  |