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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* | |  | |
| 10-20  20-25 | | Short zig zag  *Crossover*  *Through the legs*  *Behind the back*  *Mix it up*  *(Different finishes)*  10 Freethrows | | Low  Head up  Sharp deliberate movements  Attack the basket  Hard dribble between each | |
| 25-35  35-40 | | 60 second shooting  *Shooter and rebounder*  *Block to block*  *Elbow to elbow*  *Wing to wing*  *Corner to corner*  10 Freethrows | | Footwork, step into shot  Game like cuts  Catch and shoot  Low to high | |
| 40-50  50-55 | | 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 like  Catch ball ready to shoot/good passes  Good post position  Quick moves  Finish strong | |
| 55-65  65-70 | | 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 dribble  Attack the basket  Read what the defence is giving you | |
| 70-80  80-85 | | Scrimmage  Cooldown and debrief | |  | |