

|  |  |
| --- | --- |
| Coaches: | DS BP |
| Area of focus/emphasis | Offence - Sets/TransitionDefence – help the helper |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Warm up/Intro*Player led* | Intensity from the startBig game Wednesday  |
| 10-2020-3030-3535-40 | 5v0*5 man break**1**Red**5 times every player scores*5v0 into 5v5 half*Fast break one way**On return half court defence added**3 mins 1**3 mins Red**4 minsAnything*Baseline/sideline*3**44**2**Heat*Freethrows/water break | Push the ballEarly upCommunicateMake good decisionsMove the ballIf it breaks down, back to basicsGame paceAdd defence in |
| 40-50 | Shell tag drill*Either 5v5 or 4v4**Swing ball full rotation and back**Defensive player must tag coach and recover**Offensive player must attack**First to 7 stops* | CommunicateTop man must dropScramble out of it |
| 50-55 | Press Break*Man**Zone* | Don’t stopLook to go |
| 55-60 | 3 man weave with 2 shooters*4 mins**65 target* | Quick and effective passingMake shots |
| 60-7575-80 | 5v5*Full court (half court if needed)**Games to 5*Cool down/debrief | Play hard, keep intensity at the right level |

**Philosophies and focus**

Everything is done at game pace (coaches to encourage)

Team not the individual

Ball movement

Create for others

Togetherness

Communication at all times

Intensity and hustle