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| Coaches: | DS BP | |
| Area of focus/emphasis | | Offence - Sets/Transition  Defence – help the helper | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Warm up/Intro  *Player led* | | Intensity from the start  Big game Wednesday | |
| 10-20  20-30  30-35  35-40 | | 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 ball  Early up  Communicate  Make good decisions  Move the ball  If it breaks down, back to basics  Game pace  Add 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* | | Communicate  Top man must drop  Scramble out of it | |
| 50-55 | | Press Break  *Man*  *Zone* | | Don’t stop  Look to go | |
| 55-60 | | 3 man weave with 2 shooters  *4 mins*  *65 target* | | Quick and effective passing  Make shots | |
| 60-75  75-80 | | 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