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| Coaches: | DS BP | |
| Area of focus/emphasis | | Offence- Off ball movement/Transition  Defence – Transition/rebounding | |  |  |
| Time | | Organisation/Drill | | Key Points- Teaching cues | |
| 0-10 | | Intro/Warm up  *Player led* | |  | |
| 10-20  20-25  25-35  35-45  45-50 | | 3v0  *Pass and cut*  *Pass and screen away*  *Pass, drive and kick*  4v0  *Pass cut and replace*  *Pass and screen away*  3v3/4v4 half court  *No ball screens*  *Game to 5*  3v2 continous/ UCLA  *Teams game to 7*  Free throws and water break | | Cut hard, set man up  Quick ball movement  Pass and move  Drive with purpose  Play with intention  Look to score from cuts  Push the ball  Take advantage | |
| 50-60  60-75 | | 2v2 rebounding/box out  *2 pts offensive score*  *1pt defensive score*  *Each team gets 4 mins on defence*  *Coach kicks to shooter*  Transition 5v5  *Offence on baseline*  *Defence on free throw line*  *Coach passes to offence and calls number*  *Defence number touches base and recovers*  *Game to 5* | | Low, initiate the contact  Hustle and fight  Don’t give up  Push the ball  Communicate on defence  Take advantage of 5v4  Look after the ball (no turnovers) | |
| 75-80 | | Cool down and debrief | | What have we achieved this week?  Have we got better?  What do you we want to achieve next week?  Aims and goals | |

**Philosophies and focus**

Hustle and intensity from the start

Always communicating

One unit

Team before the individual

Desire