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| Coaches: | DS BP |
| Area of focus/emphasis | Offence- Off ball movement/TransitionDefence – Transition/rebounding |  |  |
| Time | Organisation/Drill | Key Points- Teaching cues |
| 0-10 | Intro/Warm up*Player led* |  |
| 10-2020-2525-3535-4545-50 | 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 upQuick ball movementPass and moveDrive with purposePlay with intentionLook to score from cutsPush the ballTake advantage  |
| 50-6060-75 | 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 contactHustle and fightDon’t give upPush the ballCommunicate on defenceTake advantage of 5v4Look 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