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| **Time** | **Drill/Activity** | **Key Points** |
| 10 Minutes | Warm-up | * Player Led |
| 10 Minutes | 3 Line Passing (no lay-up)  3 Line Passing with Lay-up | * Solid Chest passes * Ball doesn’t touch the floor * Ball doesn’t touch the floor * 3 minutes |
| 10 Minutes | Zig Zag dribbling with a defender  (5 mins)  Full court 1v1  (5 mins) | * Be low on defence * Beat man to the sport * Chest not hands * Push each other * Pressure the whole time * 1pt for score/2pt for forcing t/o |
| 7 minutes | Blood drill (first level) | * Offensively attack and one shot * Defensively meet at the half way line * 3 and a half minutes each way |
| 20 minutes | Shooting  -V-cut shooting  -Drive and kick | * Make 20 catch and shoot * Make 20 one dribble * 20 Baseline * 20 Middle |
| 10 minutes | Shell drill  Shell drill live | * 4v4 * Move with the ball * Talk * 24 seconds * Full rotation then live * 3 stops rotate |
| 5-10 minutes | Cut throat | * 4v4 * First to 5 defensive stops * Quick changes * Half court |
| 10 minutes | Transition drill | * 5v5 * 5 on baseline 5 on freethrow line * Communication * First to 5/7 |
| 20 minutes | 5v5 | * Games to 11 * Competitive |
| 10 minutes | Cool down/talk | * Player led |