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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
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