



**Junior Coaching Kit – Session 1** Date \_\_\_\_\_ Time \_\_\_\_\_

Details – Each player should have their own Basketball & Drink Bottle.

Players Missing: \_\_\_\_\_

Next Game: Vs \_\_\_\_\_ At \_\_\_\_\_ Time \_\_\_\_\_

<b>Time</b>	<b>Drill</b>	<b>Emphasis</b>	<b>Refer</b>
0.00 – 0.10 10 mins	Stationary Dribbling / Stretch - RH & LH - V Dribbles	- Finger tips - Waist high - Eyes up when confident	- Coach Handout 10
0.10 – 0.20 10 mins	Full Court Dribbling - RH & LH Speed - inc Jump & Stride Stops	- Finger tips - Waist high - Eyes up - Keep ball under control - Balanced	- Coach Handout 4 & 5
0.20 – 0.30 10 mins	Partner Passing - Chest pass - Bounce pass  Pepper Passing	- Step into pass - Follow through Receivers: - Call Passer's name - Show targets	- Coach Handout 3  Drills Manual B3
0.30 – 0.40 10 mins	Lay Ups - Both RH & LH - Start with basic 2 step lay up - Increase to 1 dribble	- A High Jump, not a Long Jump! - "Piece of String" from wrist to knee. As wrist rises, so should knee - Use the Backboard	- Coach Handout 1
0.40 – 1.00 20 mins	Skill Games - Dribbling - Passing - Shooting - Scrimmage	- Fun games that re-enforce skills learnt during training	- Drills Manual, Sections A, B & C

Players can drink whenever, as long as they are ready for their turn in the drill.

**Key Thoughts:**

- Have Fun
- Listen and learn
- Have a go