



Junior Coaching Kit – Session 10 Date _____ Time _____

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

Players Missing: _____

Next Game: Vs _____ At _____ Time _____

| Time | Drill | Emphasis | Refer |
|------------------------|---|--|--|
| 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 | Dribble Relays - Use Drill, or perform your own Dribble relays | - Eyes up - Keep ball under control | - Drills Manual A6 |
| 0.20 – 0.30 10 mins | Two Ball Dribbling - Simultaneous Dribbling - Alternating Dribbling | - Finger tips - Waist high - Eyes up when confident | - Drills Manual A10 (without the Relay) |
| 0.30 – 0.40 10 mins | Full Court Line Dribbling - Jump & Stride Stops - Dribble RH & LH, (perform 1 of above stops at Foul Line, Half Way & Foul Line) - Zig Zag crossovers | - Finger tips - Waist high - Eyes up - Keep ball under control - Balance on Stop - Triple Threat | - Drills Manual A1 |
| 0.40 – 1.00 20 mins | Skill Games - Shooting (Around the World) - Dribbling (Ring of Fire) - Scrimmage (Eg 4v4) | - Fun games that re-enforce skills learnt during training | - Drills Manual C2, A11 |

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