



**Junior Coaching Kit – Session 11** 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<br>10 mins | Ball Skills / Stretch<br>- Body Wraps<br>- Ball Taps                                       | - Finger tips<br>- Eyes up when confident  | - Coach Handout 10                        |
| 0.10 – 0.20<br>10 mins | Partner Passing<br>- Chest pass<br>- Bounce pass<br><br>Pepper Passing                     | - Step into pass<br>- Follow through<br>Receivers:<br>- Call Passer’s name<br>- Show targets   | - Coach Handout 3<br><br>Drills Manual B3 |
| 0.20 – 0.30<br>10 mins | Piggy in the Middle<br>- Count number of times Defender gets deflections on passes         | - Fake the pass to make the pass<br>- No loopy passes  | - Drills Manual B5                        |
| 0.30 – 0.40<br>10 mins | Cincinnati Lay Up Drill<br>- Both RH & LH  | - Make it a High Jump, not a Long Jump!<br>- “Piece of Strong” from wrist to knee. As wrist rises, so should knee<br>- Use the Backboard | - Drills Manual B9                        |
| 0.40 – 1.00<br>20 mins | Skill Games<br>- Shooting (Knockout)<br>- Dribbling (Ring of Fire)<br>- Scrimmage (Eg 4v4) | - Fun games that re-enforce skills learnt during training  | - Drills Manual C5, 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