



**Junior Coaching Kit – Session 12** 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	Sevens / Stretch - Different spots	- BEEF technique - Chase rebound - Good passes	- Drills Manual C9
0.10 – 0.20 10 mins	Stationary Shooting - 3 spots - Close shooting to ring - Increase distance, put in 1 or more dribbles	- BEEF technique - Hold follow through - Don't worry about outcome	- Coach Handout 2
0.20 – 0.30 10 mins	Change of Direction Lay Ups - Both RH & LH	- High Jump, not Long Jump - Use Backboard - Piece of String - Correct Footwork	- Drills Manual C8
0.30 – 0.40 10 mins	V-Cutting - 2 O Players, Wing & Point - Wing player runs into Key, near Ring, shows 10 fingers - Change of Speed back out to receive Ball - After learning, proceed into a Lay Up/Jump Shot	- Change of speed - On catch, get into Triple Threat - Correct footwork on lay up - Use dribbles for the Jump Shot	- Drills Manual E2
0.40 – 1.00 20 mins	Skill Games - Passing (Bull in the ring) - Dribbling (Ring of Fire) - Scrimmage (Eg 4v4)	- Fun games that re-enforce skills learnt during training	- Drills Manual B10, 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