



**Junior Coaching Kit – Session 13** 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	Sharks & Minnows / Stretch	- Eyes up - Hard Dribbles - Good Defence	- Drills Manual A14
0.10 – 0.20 10 mins	4 Corner, Dribble, Pivot & Pass - Both RH & LH dribble	- Eyes up - Balanced stop - Good pass	- Drills Manual F1
0.20 – 0.30 10 mins	Defence - Full court sliding - Slide the key	- Knees bent - Feet shoulder width - Slide “Big to Bigger”	- Drills Manual D5 & D2
0.30 – 0.40 10 mins	1 v 1 Full Court Sliding - Stay down a wing of the court, not cross the whole width of court	- Remember Defensive Drill - Slide “Big to Bigger”	- Drills Manual D8
0.40 – 1.00 20 mins	Skill Games - Offence / Defence (50 Passes) - Defence (Defend the Gateway) - Scrimmage (Eg 4v4)	- Fun games that re-enforce skills learnt during training	- Drills Manual B11, D9

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