



Junior Coaching Kit – Session 14 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	Two Ball Dribbling / Stretch - Simultaneous Dribbling - Alternating Dribbling	- Finger tips - Waist high - Eyes up when confident	- Drills Manual A10 (without the Relay)
0.10 – 0.20 10 mins	Line Dribbling - RH & LH Speed - Crossover - Retreat - Change of Pace	- Finger tips - Waist high - Eyes up - Keep ball under control	- Drills Manual A1
0.20 – 0.30 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
0.30 – 0.40 10 mins	Basket Cut - As above - As soon as passed the ball, passer to make a cut towards the Ring - V-Cutter to pass back to cutter for lay up	- Triple Threat on catch - Target hands - Hard cuts - Concentrate on lay ups	- Drills Manual E4 (without the replace)
0.40 – 1.00 20 mins	Skill Games - Dribbling / Defence (Sharks & Minnows) - Shooting (Around the World) - 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