



**Junior Coaching Kit – Session 15** 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 | Popcorn Dribbling /<br>Stretch   | - Finger tips<br>- Eyes up<br>- No fouls   | - Drills<br>Manual A2                                      |
| 0.10 – 0.20<br>10 mins | Red Light/Green Light<br>- Everyone on Baseline<br>- Coach calls either Green<br>or Red light<br>- Green light = everyone<br>moves towards opposite<br>end<br>- Red light = everyone<br>must come to Jump/Stride<br>Stop<br>- Overbalance, back to<br>start, 1 <sup>st</sup> to other end wins | - Composed<br>running, not too<br>slow, not too fast<br>- Balanced stop  | - Do the same<br>drill but<br>players must<br>also dribble |
| 0.20 – 0.30<br>10 mins | Chicken Dribbling<br>- Slow at first, then<br>quicken when comfortable<br>- RH to LH & LH to RH<br>- Retreat into Cross over   | - Slow at first<br>- Finger tips<br>- Waist high<br>- <b>Eyes up</b><br>- Ball under control   | - Drills<br>Manual A3                                      |
| 0.30 – 0.40<br>10 mins | Cincinnati Lay Up Drill<br>- Both RH & LH  | - Make it a High<br>Jump, not a Long<br>Jump!<br>- “Piece of Strong”<br>from wrist to knee.<br>As wrist rises, so<br>should knee<br>- Use the<br>Backboard | - Drills<br>Manual B9                                      |
| 0.40 – 1.00<br>20 mins | Skill Games<br>- Shooting(Knockout)<br>- Shooting (Around the<br>World)<br>- Scrimmage (Eg 4v4)  | - Fun games that<br>re-enforce skills<br>learnt during<br>training   | - Drills<br>Manual C5,<br>C2                               |

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