



**Junior Coaching Kit – Session 16** 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	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	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
0.30 – 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 - Shooting(Sevens) - Passing (Passing Relay) - Scrimmage (Eg 4v4)	- Fun games that re-enforce skills learnt during training	- Drills Manual C9, B2

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