



**Junior Coaching Kit – Session 17** 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	Stationary Dribbling / Stretch - RH & LH - V Dribbles	- Finger tips - Waist high - Eyes up when confident	- Coach Handout 10
0.10 – 0.20 10 mins	Dribbling Games - Popcorn - Line Tiggy - Dribble Relays	- Eyes up - Have fun	- Drills Manual A2, A5 & A6
0.20 – 0.30 10 mins	Shooting Games - Around the World - Knockout - Sevens	- BEEF Tech. - Have fun	- Drills Manual C2, C5 & C10
0.30 – 0.40 10 mins	Passing Games - Passing Relays - Piggy in the Middle - 50 Passes	- Target Hands - Have fun	- Drills Manual B2, B5 & B11
0.40 – 1.00 20 mins	Scrimmage (Eg 4v4) - Coach both Offence & Defence	- Finish the season with a long game	

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

Congratulate every player on completing the season, and congratulations to you the Coach. Hopefully these session plans have helped you become more comfortable in your coaching role, given you some things to work on with your players whilst also giving you the freedom that you want as a coach.

Well done and good luck for next season!