



Junior Coaching Kit – Session 2 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	Ball Skills / Stretch - Body Wraps - Ball Taps	- Finger tips - Eyes up when confident	- Coach Handout 10
0.10 – 0.20 10 mins	Full Court Dribbling - Zig Zag in lanes of court (for lanes see Coach Handout 12) - Cross over on every change of direction	- Finger tips - Waist high - Eyes up - Keep ball under control - Push Ball across body on change	- Coach Handout 4
0.20 – 0.30 10 mins	Stationary Shooting - Partner Shooting - Close shooting to ring	- BEEF technique - Hold follow through - Don't worry about outcome	- Coach Handout 2
0.30 – 0.40 10 mins	Lay Ups - Both RH & LH - Start with basic 2 step lay up - Increase to 1 dribble	- Make it a High Jump, not a Long Jump! - “Piece of Strong” from wrist to knee. As wrist rises, so should knee - Use the Backboard	- Coach Handout 1
0.40 – 1.00 20 mins	Skill Games - Dribbling - Shooting	- Fun games that re-enforce skills learnt during training	- Drills Manual, Sections A & C

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