



Junior Coaching Kit – Session 4 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	Sevens / Stretch	- Follow through - Chase rebounds	- Drills Manual C9
0.10 – 0.20 10 mins	Chicken Dribbling - Slow at first, then quicken when comfortable - RH to LH & LH to RH - Retreat into Cross over	- Slow at first - Finger tips - Waist high - Eyes up - Keep ball under control	- Drills Manual A3
0.20 – 0.30 10 mins	Stationary Shooting - Close shooting to ring - Games of 7s	- BEEF technique - Hold follow through - Don't worry about outcome	- Coach Handout 2 - Drills Manual C9
0.30 – 0.40 10 mins	Cincinnati Lay Up Drill - Both RH & LH	- 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	- Drills Manual B9
0.40 – 1.00 20 mins	Skill Games - Dribbling (Line Tiggy) - Shooting (Numbers)	- Fun games that re-enforce skills learnt during training	- Drills Manual A5 & C10

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