



Junior Coaching Kit – Session 6 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	Knockout / Stretch - Different spots	- BEEF technique - Chase rebound - Good passes	- Drills Manual C5
0.10 – 0.20 10 mins	Intro V-Cut - 2 O Players, Wing & Point - Wing player runs into Key, near Ring, shows 10 fingers - Change of Speed back out to receive Ball - After learning, proceed into a Lay Up	- Change of speed - On catch, get into Triple Threat - Correct footwork on lay up	- Drills Manual E2
0.20 – 0.30 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
0.30 – 0.40 10 mins	Defence (1v1) - Defend the Gateway	- Don't let O player to get thru "Gate" - Take out to sideline	- Drills Manual D9
0.40 – 1.00 20 mins	Skill Games - Shooting (Numbers, Sevens) - Scrimmage (Eg 4v4)	- Fun games that re-enforce skills learnt during training	- Drills Manual C10 & C9

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