



Junior Coaching Kit – Session 7 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 - Different spots	- BEEF technique - Chase rebound - Good passes	- Drills Manual C9
0.10 – 0.20 10 mins	Mass Defence - Lateral slides - Drop steps	- Knees bent - Feet shoulder width - Slide “Big to Bigger”	- Drills Manual D1 & Coach Handout 6
0.20 – 0.30 10 mins	Defence - Full court sliding - Slide the key	- Knees bent - Feet shoulder width - Slide “Big to Bigger”	- Drills Manual D5 & D2
0.30 – 0.40 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
0.40 – 1.00 20 mins	Skill Games - Shooting (Numbers) - Dribbling (Popcorn) - Scrimmage (Eg 4v4)	- Fun games that re-enforce skills learnt during training	- Drills Manual C10, A2

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