



Junior Coaching Kit – Session 8 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	Line Tiggy / Stretch	- Eyes up - Keep ball under control	- Drills Manual A5
0.10 – 0.20 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
0.20 – 0.30 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
0.30 – 0.40 10 mins	Stationary Shooting - Close shooting to ring - Increase distance, put in 1 dribble, come to a Jump Stop– no travels - Games of 7s	- BEEF technique - Hold follow through - Don’t worry about outcome	- Coach Handout 2 - Drills Manual C9
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