

Weekly Session Training Plan

Week Number: 01

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review players fundamental skill levels and fitness.

Teaching emphasis is defensive skills.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Lay-up And Rebounding Lines</i> <i>Line Running Drills</i> <i>Line Dribbling Drills</i> Stretching	15 17 16	Correct lay-up form - strong rebounds. Footwork, balance. Pivoting technique. Head-up - speed and protection dribbles, change of pace.
5:40 - 5:50	Defensive Stance and Footwork <i>Mass Defensive Drill</i> <i>Mirror Drills</i>	18 19	Low stance, quick feet, "wide then wider". Quickness, effort.
5:50 - 6:05	Team Man-Man Defense in Backcourt <i>Shell Drill</i>	39	Ballside / weakside / split line. Flat triangle - see your man & ball, "point the pistols". On ball and deny stance. Communication - "Ball", "Dead", "Help", "Shot". Help and recover. Passes only - token defense - teach players to move to correct positions. "Jump to the ball".
6:05 - 6:15	Defending the Dribbler <i>Slide Run Slide</i> <i>Turning And Channeling The Dribbler</i>	40 46	Turn in the backcourt, channel to sideline / baseline in the backcourt.
6:15 - 6:20	<i>Mushball</i>	28	Free-throw routine and form. Strong to the basket.
6:20 - 6:30	Scrimmage		No dribbles for first five minutes.

Comments:

Handouts: Homework Sheet No. 1

Weekly Session Training Plan

Week Number: 02

Time: 5:30pm - 6:30pm

Major Objectives or Review players fundamental skill levels and fitness.

Points of Emphasis: Teaching emphasis is dribbling and passing skills.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm up drills. <i>Lay-up And Rebounding Lines</i> <i>Three-Man Weave</i> <i>Star Drill</i> Stretching	15 45 41	
5:40 - 5:50	<i>Shell Drill</i> <i>Mass Defensive Drill</i> <i>Turning And Channeling The Dribbler</i>	39 18 46	Communicate. Stance & footwork.
5:50 - 6:05	Passing Technique <i>Pepper Drill</i> <i>Bull In The Ring</i>	33 01	Chest, bounce & push passes. Step to pass and receive. Use of wrists. Peripheral vision. "Fake a pass to make a pass".
6:05 - 6:20	Dribbling Technique <i>Line Dribbling Drills</i> <i>Chill Drill</i>	16 03	Keep your head up. Use fingertips. Control and protection of ball. Keep ball low on crossover. Don't carry ball on reverse.
6:20 - 6:25	<i>Fifty Passes</i>	06	Defense organise and man-up. Offense make good passes.
6:25 - 6:30	<i>Mushball</i>	28	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 03

Time: 5:30pm - 6:30pm

Major Objectives or Review players fundamental skill levels and fitness.

Points of Emphasis: Teaching emphasis is individual offensive skills.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Ball handling drills</i> <i>Horseshoe Shooting</i> <i>Line Dribbling Drills</i> Stretching	PH10 13 16	Keep your head up. Intensity, receive in shooting position. Crossover - keep it low.
5:40 - 5:50	<i>Shell Drill</i> <i>Two Teams Sliding</i>	39 47	Review last weeks teachings. Intensity, defensive stance and footwork.
5:50 - 6:05	Triple Threat Position / Jab Step <i>One On One</i>	29	Balanced, low stance. Short jab step, strong side and crossover.
6:05 - 6:20	V-Cuts / Backdoor Cuts <i>Motion Offense - Cutting To Get Open</i> <i>Ten Fingers</i>	21 42	Only token (cooperative) defense. Explosive cut, catch and face.
6:20 - 6:25	<i>Knockout</i>	14	
6:25 - 6:30	Scrimmage		

Comments: Remind players that Homework Sheet No 1 is to be returned next week.

Handouts: Player Handout 16 - Motion Offense Principles

Weekly Session Training Plan

Week Number: 04

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Teaching emphasis is fast-break transition and defensive team organisation, also introduce first two OOB plays.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Line Jumping Drills</i> <i>Line Dribbling Drills</i> <i>Lay-up And Rebounding Lines</i> Stretching	PH10 16 15	Head up. Left hand side - left hand dribble & shot.
5:40 - 5:55	Team Defensive Organisation <i>Four On Four Recover</i> <i>Shell Drill</i> <i>Two Teams Sliding</i>	09 39 47	Man-to-man, pick up at half court. Get back to half-court and find a man. Ensure they all understand their responsibilities at various positions. Stay low, no bobbing heads, heads in middle of bodies, footwork "wide then wider".
5:55 - 6:15	Fast Break Organisation <i>Three-Man Weave</i> <i>Full Court Lay-ups With Chaser</i> <i>Five On Four Plus One</i>	45 11 08	Attack middle, pass ahead, run the lanes. Pass in front of the man running the court. Push ball out in front when speed dribbling.
6:15 - 6:25	Out Of Bounds Plays <i>Offensive Baseline - Box 1</i> <i>Sideline - Split Line</i>	OB01 OB04	
6:25 - 6:30	<i>Mushball</i>	28	

Comments:

Handouts: Player Handout 13 - Fast Break Responsibilities
Player Handout 14 - Team Defensive Rules and Goals
Out-Of-Bounds Play 1 - Offensive Baseline - Box 1
Out-Of-Bounds Play 4 - Sideline - Split Line
Homework Sheet No 2

Weekly Session Training Plan

Week Number: 05

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Teaching emphasis is offensively, the importance of ball reversal and getting receivers into key, and defensively, closing out technique.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Pepper Drill</i> <i>Star Drill</i> <i>Line Running Drills</i> Stretching	33 41 17	
5:40 - 5:50	Close Out Technique <i>Close Out Drill</i>	04	Teach bunny-hop and stutter step techniques. Sprint then stance, active hands.
5:50 - 6:10	Ball Reversal and Receivers Principle <i>Shell Drill</i> <i>Motion Offense - Ball Reversal, Receivers</i>	39 20	Use to demonstrate moving the help defender.
6:10 - 6:20	<i>Three-Man Weave</i> <i>Four On Four Recover</i> <i>Full Court Lay-ups</i>	45 09 12	Review of fast break rules from last week.
6:20 - 6:25	<i>One On One</i>	29	Catch and face, concentrate on jab step and strong side drive.
6:25 - 6:30	<i>Terminator</i>	43	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 06

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Reinforce defensive effort, hustle.
Review two OOB plays and introduce two more.
Review v-cuts, ball reversal and receivers principle.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Line Running Drills</i> <i>Star Drill</i> <i>Line Jumping Drills</i> Stretching	17 41 PH10	
5:50 - 6:00	<i>Shell Drill</i> <i>Two Teams Sliding</i>	39 47	Offense move ball quickly, force defense to jump to ball, close out. Stress communication.
6:00 - 6:15	Out Of Bounds Plays <i>Offensive Baseline - Box 1</i> <i>Sideline - Split Line</i> <i>Offensive Baseline - Stack 1</i> <i>Offensive Baseline - Stack 2</i>	OB01 OB04 OB02 OB03	Review - stress pass to screener as they turn. Review - stress tight group.
6:15 - 6:25	<i>Motion Offense - Ball Reversal, Receivers</i>	20	
6:25 - 6:30	<i>Knockout</i>	14	

Comments:

Handouts: Out-Of-Bounds Play 2 - Offensive Baseline - Stack 1
Out-Of-Bounds Play 5 - Offensive Baseline - Stack 2

Weekly Session Training Plan

Week Number: 07

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Teaching emphasis is on correct execution of 3 on 2 and 2 on 1 (offensively and defensively).

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Horseshoe Shooting</i> <i>Full Court Lay-ups</i> <i>Three-Man Weave</i> Stretching	13 12 45	Shoot off one dribble.
5:40 - 5:55	<i>Mirror Drills</i> <i>Shell Drill</i> <i>Turning And Channeling The Dribbler</i>	19 39 46	Active defense, allow penetration to check defensive help.
5:55 - 6:10	Correct Execution Of 3 On 2 And 2 On 1 (offensively and defensively) <i>Three On Two, Two On One</i>	44	
6:10 - 6:20	<i>Motion Offense - Cutting To Get Open</i> <i>Motion Offense - Ball Reversal, Receivers</i>	21 20	V-cut, backdoor cut vs active defense. Quick ball reversal, Two receivers.
6:20 - 6:25	<i>Slide Run Slide</i>	40	
6:25 - 6:30	<i>Ten Fingers</i>	42	

Comments: Remind players that Homework Sheet No 2 is to be returned next week.

Handouts:

Weekly Session Training Plan

Week Number: 08

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review defensive footwork and close-out technique.
Give And Go.
Importance of boxing out, correct technique.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Terminator</i> <i>Slide Run Slide</i> <i>Full Court Lay-ups</i> Stretching	43 40 12	
5:40 - 5:50	<i>Mass Defensive Drill</i> <i>Close Out Drill</i>	18 04	Lead foot first, "wide then wider". Quick feet. Call "Ball" every time. Don't over commit.
5:50 - 6:05	Give And Go <i>Motion Offense - Give And Go</i>	23	Cut ball-side if possible. Take defender away first. Give a target hand. Tight cuts.
6:05 - 6:10	<i>Mushball</i>	28	With suicides.
6:10 - 6:25	Boxing out <i>Pass, Shoot, Box Out</i>	31	Teach in pairs, forward and reverse pivots, make contact, be wide and balanced.
6:25 - 6:30	Scrimmage		

Comments:

Handouts: Homework Sheet No 3

Weekly Session Training Plan

Week Number: 09

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Passing technique (especially baseball pass, faking and aggressively finding the passing lane).
Post one on one moves.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Pepper drill</i> <i>Lay-up And Rebounding Lines</i> <i>Chill Drill</i> Stretching	33 15 03	
5:40 - 5:50	Baseball Pass <i>Full Court Lay-ups With Chaser</i>	11	Teach technique and practice with a partner.
5:50 - 6:05	<i>Pig In The Middle</i> <i>Bull In The Ring</i> <i>Fifty Passes</i>	34 01 06	"Fake a pass to make a pass". Passing lanes. Step into defender.
6:05 - 6:20	Post one on one moves <i>Post moves</i>	36	No defense. Jump stop and 3 C's (catch, chin, check). Drop-step baseline into power lay-up. Turn high and face into shot and crossover.
6:20 - 6:25	<i>Knockout</i>	14	Shooting technique.
6:25 - 6:30	<i>Terminator</i>	43	Head up.

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 10

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: More post one on one moves.
One on one from perimeter.
Defensive transition.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Full Court Lay-ups</i> <i>Ten Fingers</i> <i>Terminator</i> Stretching	12 42 43	
5:40 - 5:50	Defensive Transition <i>Slide Run Slide</i> <i>Pride Drill</i> <i>Four On Four Recover</i>	40 38 09	Get back behind halfway line and find a man. On the ball slow them down - turn the dribbler in the backcourt. Stance and footwork.
5:50 - 6:00	<i>One On One</i>	29	
6:00 - 6:15	<i>Post Moves</i>	36	Introduce drop step middle into baby hook, review last week.
6:15 - 6:25	<i>Offensive Baseline - Box 1</i> <i>Sideline - Split Line</i> <i>Offensive Baseline - Stack 1</i> <i>Offensive Baseline - Stack 2</i>	OB01 OB04 OB02 OB03	Review and practice out-of-bounds plays.
6:25 - 6:30	<i>Pass, Shoot And Rebound</i>	30	Make contact.

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 11

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Defending the low post.
Dribble entries into motion.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Pig In The Middle</i> <i>Terminator</i> <i>Horseshoe Shooting</i> Stretching	34 43 13	
5:40 - 5:50	<i>Shell Drill</i>	39	Offense can cut after passing ball.
5:50 - 6:05	Defending the low post player <i>Post Moves</i>	36	Side front (high or low depending upon ball position).
6:05 - 6:10	<i>Five Corner Passing</i>	07	
6:10 - 6:25	Dribble Entry Options Into Motion <i>Motion Offense - Dribble Entries</i>	22	Read the defense and your teammates cut.
6:25 - 6:30	<i>Mushball</i>	28	

Comments: Remind players that Homework Sheet No 3 is to be returned next week.

Handouts:

Weekly Session Training Plan

Week Number: 12

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Offensive alignments for motion, 3 Out 2 In.
Motion options between perimeter and post.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Five Corner Passing</i> <i>Star Drill</i> <i>Full Court Lay-ups With Chaser</i> Stretching	07 41 11	
5:40 - 5:50	<i>Two Teams Sliding</i> <i>Turning And Channeling The Dribbler</i>	47 46	Hustle - "defense" Defense hands behind back holding towel - footwork.
5:50 - 6:05	3 Out 2 In Offensive Alignment Rules <i>Shell Drill</i>	39	Offense plays by 3 Out 2 In rules, play "live" 5 on 5 shell (coaches play if extra numbers needed).
6:05 - 6:15	Motion Options Between Perimeter and Post <i>Motion Offense - Perimeter To Post</i>	24	Pass to high post, wing cuts backdoor. Pass to low post, guard cuts to basket. Read defense on post.
6:15 - 6:25	<i>One On One</i>	29	
6:25 - 6:30	<i>Three On Two, Two On One</i>	44	

Comments:

Handouts: Homework Sheet No 4

Weekly Session Training Plan

Week Number: 13

Time: 5:30pm - 6:30pm

Major Objectives or Review of defensive principles to date.

Points of Emphasis: Review of motion principles to date.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Full Court Lay-ups</i> <i>Line Running drills</i> <i>Ten Fingers</i> Stretching	12 17 42	
5:40 - 6:00	<i>Mass Defensive Drill</i> <i>Mirror Drills</i> <i>Close Out Drill</i> <i>Shell Drill</i>	18 19 04 39	
6:00 - 6:25	<i>Motion Offense - Cutting To Get Open</i> <i>Motion Offense - Ball Reversal, Receivers</i> <i>Motion Offense - Give And Go</i> <i>Motion Offense - Dribble Entries</i> <i>Motion Offense - Perimeter To Post</i>	21 20 23 22 24	Drill 20A & 20D combine v-cuts, ball reversal and receivers principle. Run against defense.
6:25 - 6:30	<i>Knockout</i>	14	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 14

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Introduce screening principles.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Five Corner Passing</i> <i>Horseshoe Shooting</i> <i>Line Jumping drills</i> Stretching	07 13 PH10	
5:45 - 5:55	<i>Slide Run Slide</i> <i>Turning And Channeling The Dribbler</i>	40 46	
5:55 - 6:10	Screening Principles <i>Motion Offense - Screen Away</i> <i>Motion Offense - Screen And Roll</i>	27 26	Token (cooperative) defense only. Wide stance, contact defense (don't push). Cutter waits until screen set. Communicate and read defense.
6:10 - 6:20	<i>Three On Two, Two On One</i>	44	Get the ball down the floor quickly.
6:20 - 6:30	<i>Full Court Four Line Passing</i>	10	

Comments:

Handouts: Player Handout No 15 - Screening

Weekly Session Training Plan

Week Number: 15

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review screening principles on screen away and screen and roll.
Introduce two new OOB plays.
1-4 motion offense.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Full Court Lay-ups With Chaser</i> <i>Full Court Four Line Passing</i> <i>Slide Run Slide</i> Stretching	11 10 40	
5:40 - 5:50	<i>Mirror Drills</i> <i>Close Out Drill</i>	19 04	
5:50 - 6:00	<i>Motion Offense - Screen Away</i> <i>Motion Offense - Screen And Roll</i>	27 26	Add token defense on screener and cutter.
6:00 - 6:10	Out Of Bounds Plays <i>Sideline - Box 2</i> <i>Sideline - Screener</i>	OB05 OB06	
6:10 - 6:25	1-4 Motion Offense <i>Breakdown drills</i>	OF02	
6:25 - 6:30	<i>Pass, Shoot And Rebound</i>	30	Make contact and hold offense - get rebound after it bounces.

Comments: Remind players that Homework Sheet No 4 is to be returned next week.

Handouts: Out-Of-Bounds Play 5 - Sideline - Box 2
Out-Of-Bounds Play 6 - Sideline - Screener
1-4 Motion Offense

Weekly Session Training Plan

Week Number: 16

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Defense against screens.
Review two OOB plays and introduce two more.
1-4 motion offense.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Pig In The Middle</i> <i>Pepper Drill</i> <i>Three-Man Weave</i> Stretching	34 33 45	
5:40 - 5:50	<i>Mass Defensive Drill</i> <i>Turning And Channeling The Dribbler</i> <i>Shell Drill</i>	18 46 39	Communicate, communicate, communicate!
5:50 - 6:05	Defense Against Screens <i>Motion Offense - Screen Away</i> <i>Motion Offense - Screen And Roll</i>	27 26	Screeners defender - show numbers and recover. Cutters defender - fight over screen.
6:05 - 6:20	Out Of Bounds Plays <i>Sideline - Box 2</i> <i>Sideline - Screener</i> <i>Defensive Baseline - Call A Number</i> <i>Isolate</i>	OB05 OB06 OB07 OB08	Groups of 3 to practice getting open against defense. Groups of 4 if you want defense on inbounder.
6:20 - 6:30	<i>1-4 Motion Offense Breakdown drills</i>	OF02	

Comments:

Handouts: Out-Of-Bounds Play 7 - Defensive Baseline - Call A Number
Out-Of-Bounds Play 8 - Isolate
Homework Sheet No 5

Weekly Session Training Plan

Week Number: 17

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Two post cooperation principles.
Dribble penetration.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Full Court Four Line Passing</i> <i>Three-Man Weave</i> <i>Full Court Lay-ups</i> Stretching	10 45 12	
5:40 - 5:55	<i>Close Out Drill</i> <i>Two Teams Sliding</i> <i>Shell Drill</i>	04 47 39	
5:55 - 6:10	Two Post Cooperation Principles <i>Motion Offense - Post Players</i>	25	Pass to high post, low post seals. Pass to low post, high post cuts to basket. Cross-screen.
6:10 - 6:20	<i>Motion Offense - Ball Reversal, Receivers</i> <i>Penetrate And Dish</i>	20 32	Attack the gaps.
6:20 - 6:30	<i>Four On Four Recover</i> <i>Five On Four Plus One</i>	09 08	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 18

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: 1-3-1 Motion Offense

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Full Court Lay-ups With Chaser</i> <i>Ball Handling Drills</i> <i>Chill Drill</i> Stretching	11 PH10 03	
5:40 - 6:00	<i>Slide Run Slide</i> <i>Turning And Channeling The Dribbler</i> <i>Close Out Drill</i> <i>Shell Drill</i>	40 46 04 39	
6:00 - 6:20	1-3-1 Motion Offense <i>Breakdown drills</i>	OF01	
6:20 - 6:30	Three-Minute Rotation Drills <i>Power Post Pickups</i> <i>Pass, Shoot And Rebound</i> <i>Defensive Shuffle And Pass</i>	37 30 05	Split into groups of three and have each group perform each drill for three minutes. Players rotate positions within the drills every minute. Players rotate to different drill after 3 minutes. Players count scores (baskets in first two, passes in last) and group with highest combined score after 9 minutes is winner.

Comments:

Handouts: 1-3-1 Motion Offense

Weekly Session Training Plan

Week Number: 19

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: 1-3-1 motion offense
Defending cutters

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Pepper Drill</i> <i>Star Drill</i> <i>Horseshoe Shooting</i> Stretching	33 41 13	
5:40 - 5:50	<i>Turning And Channeling The Dribbler</i> <i>Mass Defensive Drill</i> <i>Shell Drill</i>	46 18 39	
5:50 - 6:05	<i>1-3-1 Motion Offense Breakdown Drills</i>	OF01	
6:05 - 6:15	Defending Cutters <i>Bump The Cutter</i> <i>Motion Offense - Cutting To Get Open</i>	02 21	Emphasis on deny defense, snap head and arm on backdoor.
6:15 - 6:25	<i>Full Court Lay-ups</i> <i>Four On Four Recover</i>	12 09	
6:25 - 6:30	<i>Knockout</i>	14	

Comments: Remind players that Homework Sheet No 5 is to be returned next week.

Handouts:

Weekly Session Training Plan

Week Number: 20

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review of all basics - no new learning.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Five Corner Passing</i> <i>Chill Drill</i> <i>Horseshoe Shooting</i> Stretching	07 03 13	
5:40 - 5:50	<i>Mirror Drills</i> <i>Slide Run Slide</i> <i>Close Out Drill</i>	19 40 04	
5:50 - 6:05	<i>Pig In The Middle</i> <i>Pepper Drill</i> <i>Three-Man Weave</i>	34 33 45	
6:05 - 6:10	<i>Horseshoe Shooting</i>	13	
6:10 - 6:20	<i>1-3-1 Motion Breakdown Drills</i>	OF01	
6:20 - 6:30	Scrimmage		On offense one team plays 1-3-1, other plays 1-4.

Comments:

Handouts: Homework Sheet No 6

Weekly Session Training Plan

Week Number: 21

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Stress offensive and defensive transition.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Star Drill</i> <i>Three-Man Weave</i> <i>Horseshoe Shooting</i> Stretching	41 45 13	
5:40 - 5:50	<i>Slide Run Slide</i> <i>Turning And Channeling The Dribbler</i>	40 46	
5:50 - 6:00	<i>One On One</i>	29	
6:00 - 6:10	Three-Minute Rotation Drills <i>Power Post Pickups</i> <i>Pass, Shoot And Rebound</i> <i>Defensive Shuffle And Pass</i>	37 30 05	Split into groups of three and have each group perform each drill for three minutes. Players rotate positions within the drills every minute. Players rotate to different drill after 3 minutes. Players count scores (baskets in first two, passes in last) and group with highest combined score after 9 minutes is winner.
6:10 - 6:20	<i>Three On Two, Two On One</i>	44	
6:20 - 6:30	<i>Pride Drill</i> <i>Five On Four Plus One</i>	38 08	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 22

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Ball pressure on defense.
Motion principles.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Horseshoe Shooting</i> <i>Full Court Lay-ups With Chaser</i> <i>Ten Fingers</i> Stretching	13 11 42	
5:40 - 6:00	<i>Shell Drill</i> <i>Motion Offense - Ball Reversal, Receivers</i> <i>Close Out Drill</i>	39 20 04	Ball pressure, deny, use voice.
6:00 - 6:15	<i>Pivot Away, Two On One</i> <i>Fifty Passes</i>	35 06	
6:15 - 6:30	Scrimmage		Stress receivers, dribble penetration on offense.

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 23

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review screening (offense & defense).
Review post work.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Ten Fingers</i> <i>Three-Man Weave</i> <i>Lay-up And Rebounding Lines</i> Stretching	42 45 15	
5:40 - 5:50	<i>Mass Defensive Drill</i> <i>Two Teams Sliding</i>	18 47	
5:50 - 6:05	<i>Motion Offense - Screen Away</i> <i>Motion Offense - Screen And Roll</i>	27 26	
6:05 - 6:20	<i>Post Moves</i> <i>Motion Offense - Post Players</i>	36 25	
6:20 - 6:30	Three-Minute Rotation Drills <i>Power Post Pickups</i> <i>Pass, Shoot And Rebound</i> <i>Defensive Shuffle And Pass</i>	37 30 05	Split into groups of three and have each group perform each drill for three minutes. Players rotate positions within the drills every minute. Players rotate to different drill after 3 minutes. Players count scores (baskets in first two, passes in last) and group with highest combined score after 9 minutes is winner.

Comments: Remind players that Homework Sheet No 6 is to be returned next week.

Handouts:

Weekly Session Training Plan

Week Number: 24

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Review offenses.
Drill motion.

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Line Dribbling Drills</i> <i>Line Jumping Drills</i> <i>Star Drill</i> Stretching	16 PH10 41	
5:40 - 5:55	<i>Close Out Drill</i> <i>Mirror Drills</i> <i>Shell Drill</i>	04 19 39	
5:55 - 6:15	3 Out 2 In Motion <i>1-4 Motion</i> <i>1-3-1 Motion</i>	OF02 OF01	Play 4 on 4 structured offenses - coach calls offense each time down the floor.
6:15 - 6:25	<i>One On One</i> <i>Post Moves</i>	29 36	
6:25 - 6:30	<i>Mushball</i>	28	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 25

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Sharpen up - do everything at game pace!

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Horseshoe Shooting</i> <i>Pepper Drill</i> <i>Full Court Four Line Passing</i> Stretching	13 33 10	
5:40 - 5:50	<i>Two Teams Sliding</i> <i>Close Out Drill</i>	47 04	
5:50 - 6:00	<i>Full Court Lay-ups</i> <i>Penetrate And Dish</i>	12 32	
6:00 - 6:10	<i>One On One</i> <i>Post Moves</i>	29 36	
6:10 - 6:20	<i>Pass, Shoot, Box Out</i>	31	
6:20 - 6:25	<i>Terminator</i>	43	
6:25 - 6:30	<i>Mushball</i>	28	

Comments:

Handouts:

Weekly Session Training Plan

Week Number: 26

Time: 5:30pm - 6:30pm

Major Objectives or Points of Emphasis: Just practice!

Time	Skill / Drill	Drill Ref	Coaching Points
5:30 - 5:40	Warm-up drills <i>Ten Fingers</i> <i>Full Court Lay-ups With Chaser</i> <i>Line Dribbling Drills</i> Stretching	42 11 16	
5:40 - 5:50	<i>Shell Drill</i> <i>Turning And Channeling The Dribbler</i>	39 46	
5:50 - 6:00	<i>Pass, Shoot, Box Out</i>	30	
6:00 - 6:10	<i>Three On Two, Two On One</i> <i>Four On Four Recover</i>	44 09	
6:10 - 6:20	<i>Pass, Shoot, Box Out</i>	31	
6:20 - 6:25	<i>Penetrate And Dish</i>	32	
6:25 - 6:30	<i>Mushball</i>	28	

Comments:

Handouts: