

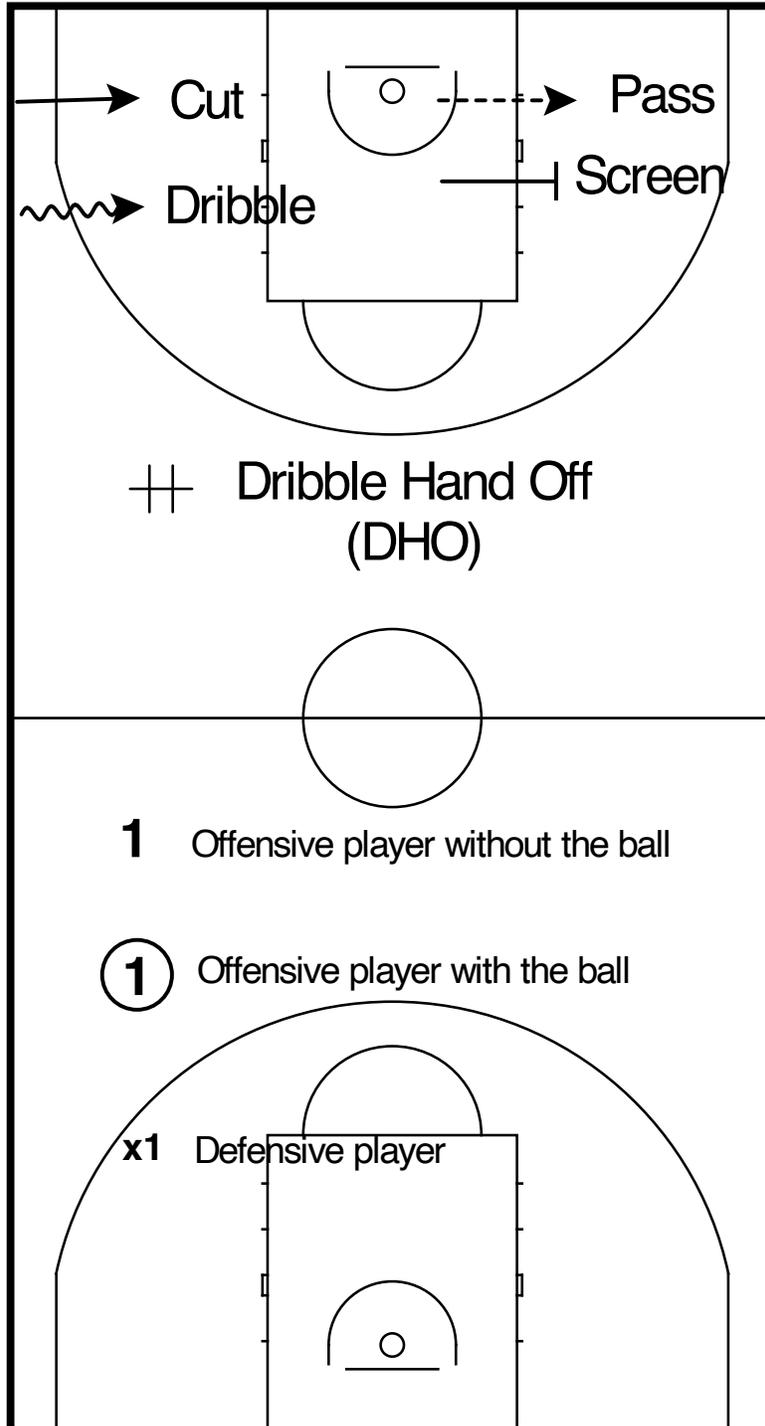
Knox Basketball Practice Plan
Date: Tuesday 2nd May 2023
Program: KBI Domestic Training Plan

T = Teach; stop activity to teach/emphasise skills and concepts.
 L = Learning; Coaching on the fly as the drill is happening.
 C = Compete; Minimal coaching allowing the game or drill to flow.

Time	Game	POE's	TLC
Time taken for drill explanation and execution	Drill or Game 1. This is the HOW! 2. This is the explanation of the drill and its mechanics. 3. It will explain positioning, rules, movements, terminology, rotations, and scoring for the games. 4. It could also include progressions and regressions of the game/drill.	This is the WHAT! POE's stands for "Points of Emphasis".	T
This time will vary depending on age, experience, and skill.	Drill or Game 1. All these explanations or accompanied by a diagram (or multiple) that help you to visualise how it is set up and what the general execution may look like.	This is what you are coaching. These are the terms that should be used to reinforce technique and processes.	L
Time allotted is a guide – manipulate the timing as to what is best for your team.	Drill or Game 1. Do not get too tied up with the players executing the drill exactly how the diagram shows. <ul style="list-style-type: none"> ○ Allow them to explore and be creative within the structure of the drill, game, and situation. 	Majority of these are short phrases or key words.	C

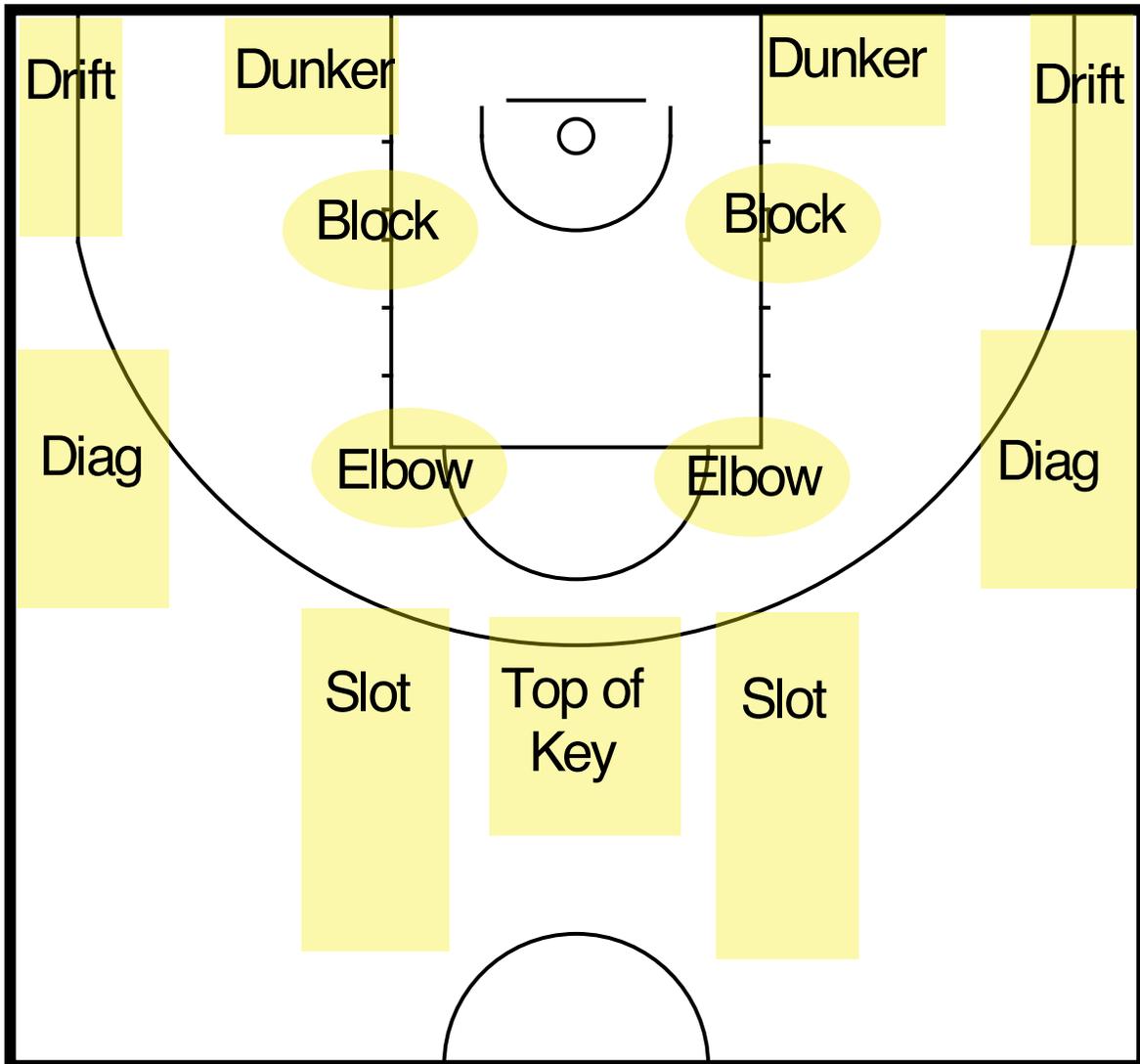
How to read Diagrams

How to read Diagrams
Diagrams and Glossaries



Floor Spots

Player Floor Spots
Diagrams and Glossaries



Floor Spots

Court Lines
Diagrams and Glossaries

