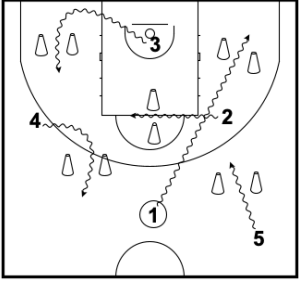
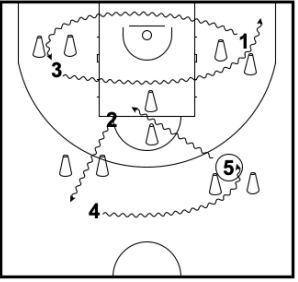
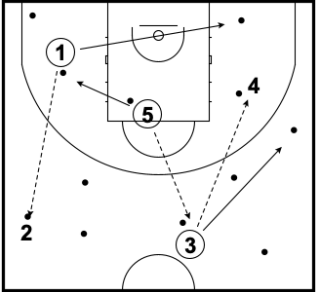
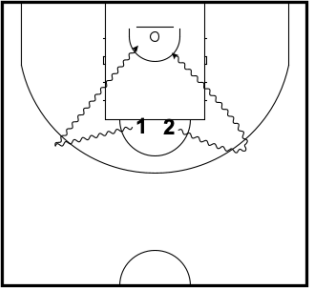
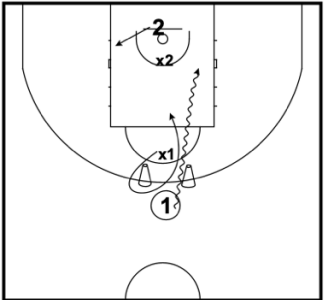
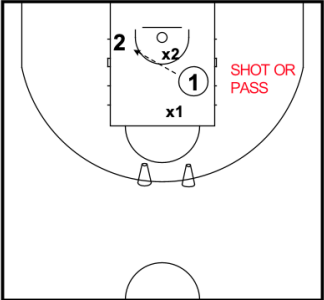




Time	Game	POE's	TLC
<b>Warm Up – Coaches Choice (5-7 minutes)</b>			
6	<b>Gates</b> <ol style="list-style-type: none"> <li>Set up cones inside the 3-point line in pairs about 1 metre apart. Each pair should form a “gate”.</li> <li>Players must dribble through the gates as many times as possible. Play short 60 second rounds.</li> <li>Coach can vary the dribbles that players have to do for that round. Be creative with variations.               <ul style="list-style-type: none"> <li>Left hand below knees.</li> <li>Crossover at every gate</li> </ul> </li> </ol>	Eyes up, see the floor.	C
6	<b>Scatter Passing</b> <ol style="list-style-type: none"> <li>Scatter the cones randomly within the halfcourt.</li> <li>Players can only pass and receive basketballs while at a cone.</li> <li>After they make a pass, they must move to a new cone.</li> <li>Add variety to the passing:               <ul style="list-style-type: none"> <li>Bounce passes only.</li> <li>One hand catches and passes.</li> <li>Must pivot before each pass</li> </ul> </li> </ol>	Hungry Hands (show a target)  Communicate with your teammates.  Point and Pass.	L
8	<b>Touch and Get out finishing.</b> <ol style="list-style-type: none"> <li>Partners start on the FT line.</li> <li>Touch basketballs – dribble outside the 3-point line and then score inside the paint.</li> <li>Add complexity.               <ul style="list-style-type: none"> <li>Must finish off two feet.</li> <li>Left hand finishes only.</li> </ul> </li> </ol>	Eyes on the target (Basket)  Layups – High and Soft.	L
10	<b>Driver Dunker 2v2</b> <ol style="list-style-type: none"> <li>Offence starts on the wing and opposite block.</li> <li>Defence one the ball faces the basket; offence holds the ball on their back. Other defender starts on the charge circle.</li> <li>Offence can drive either way, their offensive partner must react opposite to keep space.</li> <li>Offence makes appropriate read whether to pass or shoot based on what defence does.</li> </ol>	Drive to score.  Dunker moves opposite the ball.	C
12	<b>Small Sided Games – 3v2 Driver, Drift, Dunker</b> <ol style="list-style-type: none"> <li>3 offensive players and 2 Defensive players.</li> <li>At the start of every possession, Offence must have 2 people outside the 3-point line and one person inside the key.</li> <li>Defence must have one player in and one player outside the key.</li> <li>Every time there is a basket or defence gets the ball players reset and the possession starts again.</li> <li>Play continuously for 90 seconds and then switch who is offence and defence.</li> <li>Coach on the fly with no interruption. Allow the games to flow.</li> </ol>	Drive to Score.  Dunker moves opposite the ball.  Sprint to Space (drift)	C
	<b>Team Focus</b> <ol style="list-style-type: none"> <li>Coaches Choice – Some options:               <ul style="list-style-type: none"> <li>Offensive breakdowns – within your own offence</li> <li>Press Break</li> <li>Cutting and Screening</li> </ul> </li> </ol>		

# Diagrams

Gates	Gates (2)	
		
Scatter Passing		
		
3 Point Exit Layups		
		
Driver Dunker 2v2	Driver Dunker 2v2	
		
Driver, Dunker, Drift 3v2	Driver, Dunker, Drift 3v2 (2)	
