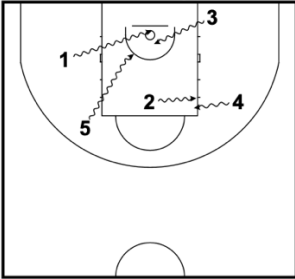


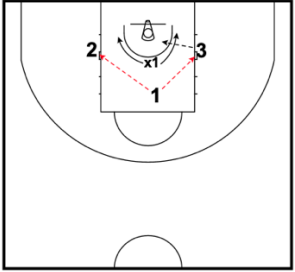


Time	Game	POE's	TLC
WARM UP – Coaches Choice			
	Dribble Knockout <ol style="list-style-type: none"> All players are inside the 3-point line. Everyone must be dribbling throughout the game. Players are trying to knock their opponent's basketball out of their hand while dribbling. If their ball is not out of their control, players must stand outside of the playing area, do 5 quick star jumps and re-join the play. LINK -	Avoid turning your back. Keep your eyes up. Use both hands.	C
	Knock Down the Cone <ol style="list-style-type: none"> Place a cone down in the middle of the charge circle. Defence cannot go inside the charge circle. Offence must be on the blocks and u12 Free throw line. Offence's goal is to hit the cone with the ball, they need to work as a team using quick passes and deception to get a free look at the cone and then hit it with the ball. You can also play this game using the Free throw line semi-circle. Have offence stand outside the 3 point line. LINK -	Hungry Hands (show a target) Communicate with your teammates (voice) Point and Pass.	L
	Elbow Rips <ol style="list-style-type: none"> Partners stand about 1 metre apart, facing each other on the elbows. The person on the outside is offence, the player on the inside is defence. Defence holds the basketball in front of them. Offence can snatch the ball at any time and drive to the ring. Defence is doing their best to defend without fouling. LINK -	Eyes on the target (basket) Chest over knee on drive. Layups – High and Soft.	L
	Drive – Drift – Diag <ol style="list-style-type: none"> Players start stacked in the key. First player in line has the basketball and throws it off the backboard and grabs the rebound. When the ball is caught, players 2 and 3 split and sprint to either wing. While the rebounder dribbles to the top of the key, jump stops, pivots and passes to one of the wing players. On the catch, they drive the ball to the basket, simultaneously other 2 players are shifting to the Drift and Diag spots. A kickout pass is made to either player for a shot or extra pass. LINK -	Drive to score. Sprint to space. Shot Ready – Hands up, Hips down.	T
	Small Sided Games <ol style="list-style-type: none"> FIBA 3x3 Games. 5-minute game. <ul style="list-style-type: none"> 14 second shot clock The ball must be cleared outside the 3-point line after every defensive rebound. After a score, the possession changes and the ball is "checked" at the top of the key. LINK -	Maintain space. "Draw 2, Find 1"	C
	Team Focus (Coaches Choice) <ol style="list-style-type: none"> Coaches Choice – Some options: <ul style="list-style-type: none"> Baseline out of bounds Team Rebounding Team Defence 		

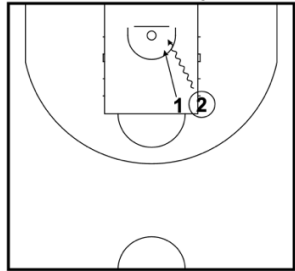
Dribble Knockout



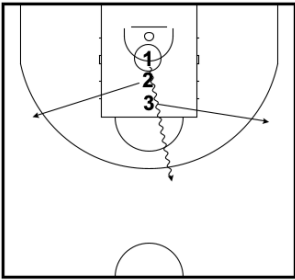
Knock Down the cone



Elbow Rips



Drive - Drift - Diag



Drive, Drift, Diag (2)

