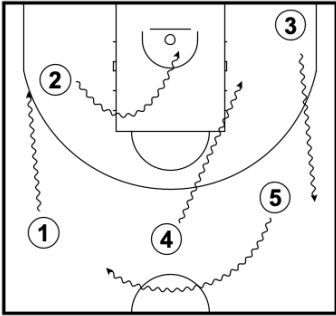
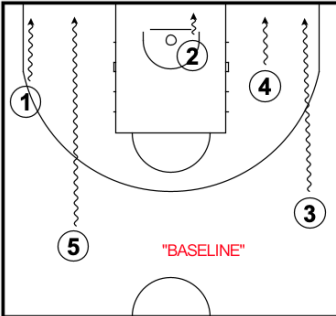
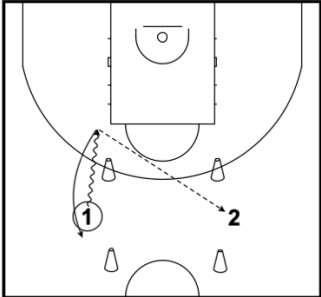
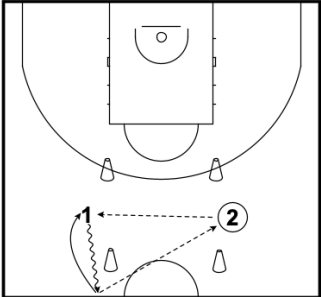
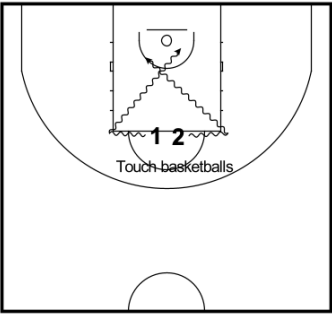
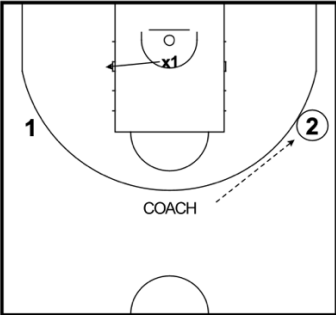
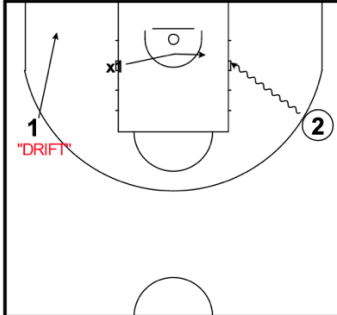
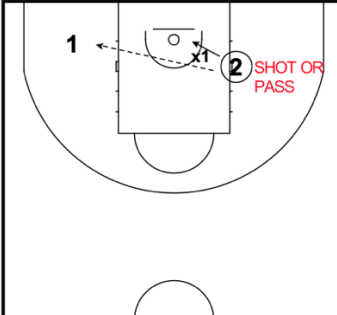




Time	Game	POE's	TLC
Warm up – Coaches choice (5-7 minutes)			
6	<b>Line Game (Progressed)</b> <ol style="list-style-type: none"> <li>Have players dribble around the halfcourt freely. Coach instructing them on what type of dribbles to do.</li> <li>Coach then yells a spot on the floor. Make them different and more specific than last week.</li> <li>Spots include:               <ul style="list-style-type: none"> <li>Keyway, Blocks and Elbows</li> <li>Drift, Diag, Slot</li> </ul> </li> </ol>	Jump stops – Low and Wide  Balance – Nose behind toes	L
6	<b>Pass and move!</b> <ol style="list-style-type: none"> <li>Have players in partners. 2-3 metres apart. One cone either side of them about 1 metre.</li> <li>Nominate one player to be “Frozen” and one to be “Free”.</li> <li>“Frozen” player must stand in the middle of their cones and pass the ball back to their partner when they receive it.</li> <li>“Free” player must catch the ball in the middle off the cones and dribble laterally, keeping their chest facing forwards.               <ul style="list-style-type: none"> <li>Once they get outside the line of their cone, they make the pass to their teammate and move back to the middle of the cones to repeat.</li> </ul> </li> </ol>	Hungry Hands (Show target to partner)  Point and pass.	L
8	<b>Elbow Touch Reverse Layups (competitive)</b> <ol style="list-style-type: none"> <li>Players start in two lines on the foul line.</li> <li>Partners touch basketballs – wrap the ball around their body twice – dribble out to touch the elbow and then perform a layup on the opposite side of the ring.</li> </ol>	Eyes on the target (Basket)  Layups – High and Soft.	L
10	<b>Drive and Kick 2v1.</b> <ol style="list-style-type: none"> <li>3 Players start standing in line in rebounding position. 2 Offence, 1 Defence.</li> <li>Throw the ball off the backboard and rebound it.</li> <li>The first 2 players then split and go to opposite wings. Defence stays on the Split Line.</li> <li>Player with the ball passes it to coach, who can pass it to either player on the 3-point line and they drive.</li> <li>Players make decision based on how the defence plays.</li> </ol>	Sprint to Space  Drive to Score  Shot ready – Hands up, Hips down.	C
12	<b>Small Sided Game 2v2</b> <ol style="list-style-type: none"> <li>Split players into teams of 2. Set a timer for 3-5 minutes.</li> <li>Play 2v2 without interruption until the timer is done. Coach on the run.</li> <li>If you have 6 players (3 teams of 2), then rotate accordingly. The winner of the possession (Offence scores or defence gets the ball) stays on offence and the team that was off comes in on defence.</li> <li>If you're setting constraints, do so before the game commences. Some examples are:               <ul style="list-style-type: none"> <li>2 Dribbles only every time you catch it.</li> <li>10 second shot clock.</li> <li>No screening</li> </ul> </li> </ol>	Maintain Space  “Draw 2, Find 1”  Shot ready – Hands up, Hips down.	C
	<b>Team Focus</b> <ol style="list-style-type: none"> <li>Coaches Choice – Some options:               <ul style="list-style-type: none"> <li>Defensive Press</li> <li>Halfcourt set play.</li> <li>Boxing out</li> <li>1 on 1 Defence</li> </ul> </li> </ol>		

## Diagrams

Line Game	Line Game (2)	
 <p>A basketball court diagram showing a drill with five numbered players (1-5) and wavy arrows indicating their movement paths around the perimeter.</p>	 <p>A basketball court diagram showing a drill with five numbered players (1-5). A red line at the bottom is labeled "BASELINE". Wavy arrows indicate movement paths.</p>	
Pass and move!	Pass and move! (2)	
 <p>A basketball court diagram showing two players (1 and 2) with dashed arrows indicating a pass and movement sequence.</p>	 <p>A basketball court diagram showing two players (1 and 2) with dashed arrows indicating a pass and movement sequence.</p>	
Elbow touch reverse layups		
 <p>A basketball court diagram showing a drill with two numbered players (1 and 2) and the text "Touch basketballs" below the key area.</p>		
Drive and Kick 2v1	Drive and Kick 2v1 (2)	Drive and Kick 2v1 (3)
 <p>A basketball court diagram showing a drill with two players (1 and 2) and a coach. A dashed arrow indicates a path from player 2 towards the basket. The word "COACH" is written at the bottom.</p>	 <p>A basketball court diagram showing a drill with two players (1 and 2). A red arrow labeled "DRIFT" points from player 1 towards the basket.</p>	 <p>A basketball court diagram showing a drill with two players (1 and 2). A dashed arrow indicates a path from player 1 towards the basket. A red arrow labeled "SHOT OR PASS" points from player 2 towards the basket.</p>