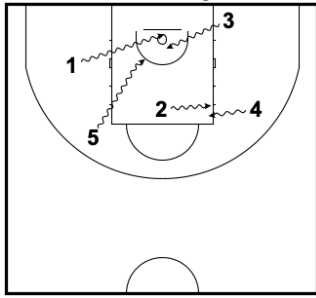


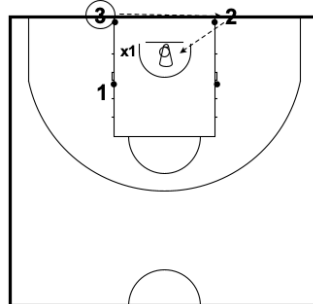
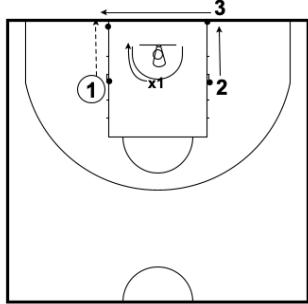


Lead	Game	POE's	TLC
WARM UP – Coaches Choice			
	Dribble Knockout <ol style="list-style-type: none"> All players are inside the 3-point line. Everyone must be dribbling throughout the game. Players are trying to knock their opponent's basketball out of their hand while dribbling. If their ball is not out of their control, players must stand outside of the playing area, do 5 quick star jumps and re-join the play. LINK -	Keep eyes up, see the defence. Be creative with your dribble.	C
	Knock down the cone (Progressed) <ol style="list-style-type: none"> Place a cone down in the middle of the charge circle. Now Place 4 cones out for the offence (Blocks and Both T's) There is one defender, 3 offence. Defence cannot go inside the charge circle. Offence must be on one of the cones and can move to the free cone at any time. 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. LINK -	Hungry Hands (show a target) Communicate with your teammates (voice) Point and Pass.	L
	Elbow Rips – Inside <ol style="list-style-type: none"> Partners stand about 1 metre apart, facing each other on the elbows. The person on the inside is offence, the player on the outside 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. Offence must shoot the ball on the opposite side of the ring to what they started. LINK -	Eyes on the target (ring). Chest over knee on drive. Layups – High and soft.	L
	2v1 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. Players 2 and 3 split and sprint to either wing. 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. As soon as the driver passes the ball they become defence and it is a live 2v1 situation. LINK -	"Draw 2, Find 1". Sprint to Space. Shot ready – Hands up, Hips down.	C
	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"> Defensive Press Halfcourt set play. Boxing out 		

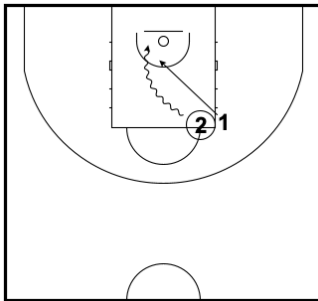
Dribble Knockout



Knock down the cone



Elbow Rips - Inside



Drive, Drift, Diag to 2v1

