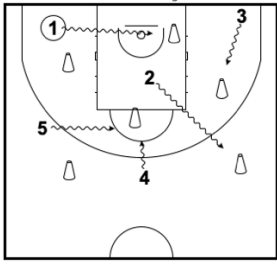


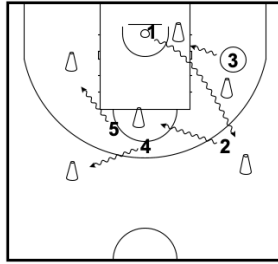


Lead	Game	POE's	TLC
WARM UP -			
	Builders and Bulldozers <ol style="list-style-type: none"> Scatter cones inside the 3-point line. Split players into two teams. "Builders" and "Bulldozers". "Builders" need to stand the cones up the correct way. "Bulldozers" need to flip the over. Players must be dribbling the entire time, whoever has the most cones flipped at the end of the time wins. Play short rounds, switch the teams each time. LINK -	Wide base, Low shoulders.	C
	Pass Tag <ol style="list-style-type: none"> Play inside the 3-point line. Split players in to two teams. One team has the ball. The team with the ball must tag the other team with the ball. If the ball is thrown at them, it does not count. Players with the ball cannot move, only pivot. Play short rounds and switch teams. Adjust the size of the playing area based on numbers and skill level. LINK -	Point to pass. Hungry Hands (show a target) Communicate with your teammates (voice)	C
	Back to front cone reaction <ol style="list-style-type: none"> Players are in partners. Both are facing the ring. Offence has the ball resting on the defence's back. Defence starts the drill by running around on the cones in front of them. As soon as the defence moves offence must dribble around the other cone and attack the basket. Defence does their best to defend without fouling. Offence must shoot inside the paint. LINK -	Chest over knee on the drive. Eyes on the target (Basket). Layups – High and Soft.	L
	DKS Re-drive <ol style="list-style-type: none"> Players start outside the 3-point line. One on each wing, one at the top of the key with the ball. The ball gets passed to wing and they drive the ball – other two players shift into the drift and Diag positions. Driver throws a kickout pass and receiver throws and extra pass to their teammate next to them. The final receiver starts another drive in to the paint making the player in the paint exit and find space. This driver can throw a kickout to either player and the game is a live 1v1 contest. 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 <ol style="list-style-type: none"> Coaches' choice, some options: <ul style="list-style-type: none"> Offensive breakdowns – within your own offence Press Break Cutting and Screening 		

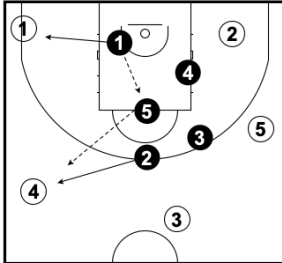
Builders and Bulldozers



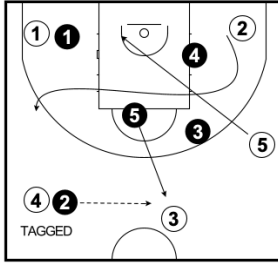
Builders and Bulldozers (2)



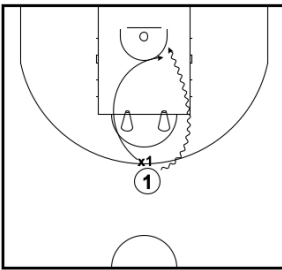
Pass Tag



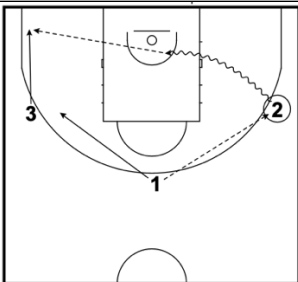
Pass Tag (2)



Back to front cone reaction



DKS – Re drive



DKS – Re drive (2)

