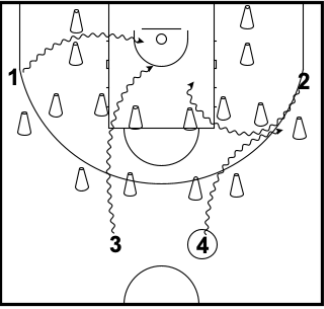
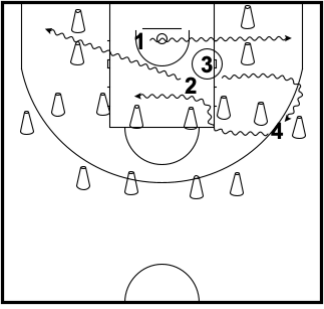
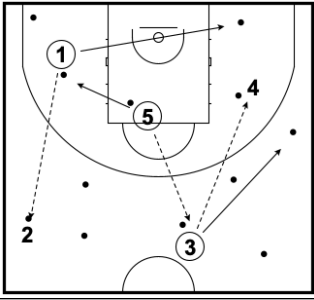
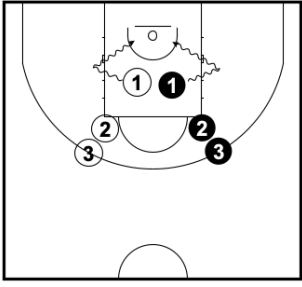




Time	Game	POE's	TLC
Warm Up – Coaches Choice (5-7 minutes)			
6	Gates <ol style="list-style-type: none"> Set up cones inside the 3-point line in pairs about 1 metre apart. Each pair should form a “gate”. Players must dribble through the gates as many times as possible. Play short 60 second rounds. Coach can vary the dribbles that players must do for that round. Be creative with variations. <ul style="list-style-type: none"> Left hand below knees. Crossover at every gate 	Eyes up, see the floor.	C
6	Scatter Passing <ol style="list-style-type: none"> Scatter the cones randomly within the halfcourt. Players can only pass and receive basketballs while at a cone. After they make a pass, they must move to a new cone. Add variety to the passing: <ul style="list-style-type: none"> Bounce passes only. One hand catches and passes. Must pivot before each pass. 	Hungry Hands (show a target) Communicate with your teammates. Point and Pass.	L
8	Touch and get out Finishing. <ol style="list-style-type: none"> Players start in two lines in the middle of the key. Partners touch basketballs and must dribble and get one foot outside the key before turning and scoring inside the key. 	Eyes on the target (Basket). Layups – High and Soft.	L
10	Driver Dunker 2v1 <ol style="list-style-type: none"> Offensive player with the ball on the wing – defence on the charge circle – another offensive player on the opposite block. Player with the ball can either drive through the elbow or below the block. Dunker is reacting opposite to the drive. Offence makes appropriate read whether to shoot or pass based on what defence does. 	Drive to score. Dunker moves opposite the ball.	C
12	Small Sided Game – 2v2 <ol style="list-style-type: none"> Split players into teams of 2. Set a timer for 3-5 minutes. Play 2v2 without interruption until the timer is done. Coach on the run. Do not stop the game. 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. If you're setting constraints, do so before the game commences. Some examples are: <ul style="list-style-type: none"> 2 Dribbles only every time you catch it. 10 second shot clock No screening 	Maintain Space “Draw 2, Find 1” Shot ready – Hands Up, Hips down.	C
	Team Focus <ol style="list-style-type: none"> Coaches Choice – Some options: <ul style="list-style-type: none"> Offensive Spacing Transition offence/defence Boxing out 		

Diagrams

Gates	Gates (2)	
		
Scatter Passing		
		
Touch and Get out		
		
Driver Dunker 2v1	Driver Dunker 2v1 (2)	Driver Dunker 2v1 (3)
