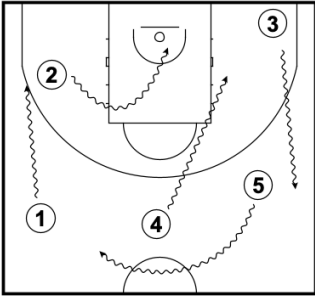
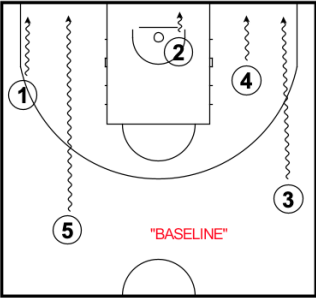
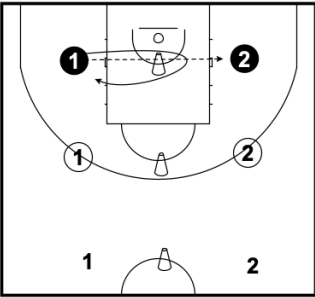
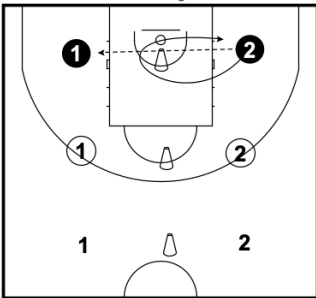
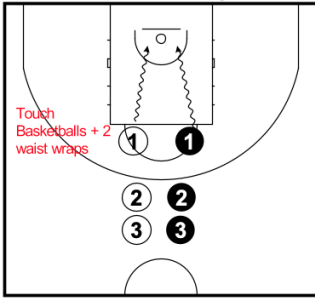
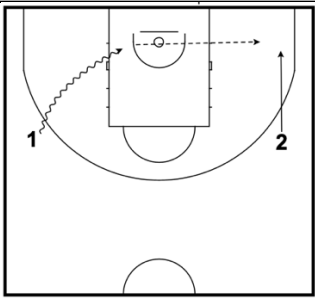
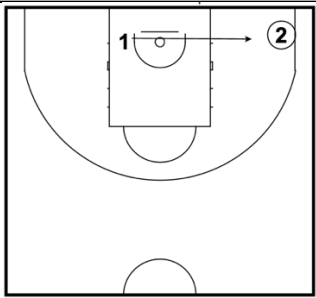




Time	Game	POE's	TLC
Warm up – Coaches Choice (5-7 minutes)			
6	Line Game <ol style="list-style-type: none"> 1. Players dribble freely around the half court. 2. Coach instructs them to do different dribbles. 3. Coach yells out a line on the court. Players must dribble there, and jump stop as quickly as possible. 	Jump Stop – Low and Wide Balance – Nose behind toes (jump stop)	L
6	Pass and move! <ol style="list-style-type: none"> 1. Players are in pairs, facing each other standing 2-3 metres apart. 2. Place a cone in the middle of them. 3. Players make a pass and then get around the cone as quickly as they can. Vary the placement of the cone. <ul style="list-style-type: none"> ○ In front of them. ○ To the side ○ Directly behind. 	Hungry Hands (Show target to partner) Point and Pass.	L
8	Touch and Wrap <ol style="list-style-type: none"> 1. Players start in two lines on the free throw line. 2. Partners touch basketballs – wrap the ball around their body twice – race to make a layup. 3. The game finishes when somebody make a layup. Then the next pair go. 	Eyes on the target (Basket) Layups – High and soft	L
10	Drive and Drift <ol style="list-style-type: none"> 1. Players start standing stacked in rebounding position. 2. Throw the ball off the backboard and rebound it. 3. Players then split and go to opposite wings. 4. Player with the ball passes it to coach, who swings it to the other offensive player, and they drive. 5. As the drive happens, player without the ball sprints into the “Drift” position for a catch and shoot jump shot. 	Sprint to Space Shot ready – Hands up, Hips down.	T
12	Small Sided Game 2v2 <ol style="list-style-type: none"> 1. Split players into teams of 2. Set a timer for 3-5 minutes. Play multiple rounds! 2. Play 2v2 without interruption until the timer is done. 3. 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. 4. 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"> 1. Coaches Choice – Some options: <ul style="list-style-type: none"> ○ Baseline out of bounds ○ Team Rebounding ○ Team Defence 		

Diagrams

Line Game	Line Game (2)	
 <p>A basketball court diagram showing a drill with five numbered points (1-5) and wavy lines indicating movement paths. Point 1 is at the bottom left, 2 at the top left, 3 at the top right, 4 at the bottom center, and 5 at the bottom right.</p>	 <p>A basketball court diagram showing a drill with five numbered points (1-5) and wavy lines indicating movement paths. Point 1 is at the top left, 2 at the top center, 3 at the top right, 4 at the bottom right, and 5 at the bottom left. The word "BASELINE" is written in red at the bottom center.</p>	
Pass and move!	Pass and move! (2)	Touch and Wrap
 <p>A basketball court diagram showing a drill with two players (1 and 2) and two numbered points (1 and 2) on the baseline. Arrows indicate a pass from 1 to 2 and a subsequent move.</p>	 <p>A basketball court diagram showing a drill with two players (1 and 2) and two numbered points (1 and 2) on the baseline. Arrows indicate a pass from 2 to 1 and a subsequent move.</p>	 <p>A basketball court diagram showing a drill with two players (1 and 2) and two numbered points (1 and 2) on the baseline. Red text reads: "Touch Basketballs + 2 waist wraps".</p>
Drive and Drift	Drive and Drift (2)	
 <p>A basketball court diagram showing a drill with two numbered points (1 and 2) on the baseline. A wavy line indicates a path from 1 to 2.</p>	 <p>A basketball court diagram showing a drill with two numbered points (1 and 2) on the baseline. A straight arrow indicates a path from 1 to 2.</p>	