

COACH TRAINING PLAN



Training Theme: Offence
Skill Focus: Teamwork
Goal: Wait for the high percentage shot

Warm Up

Time 10 mins

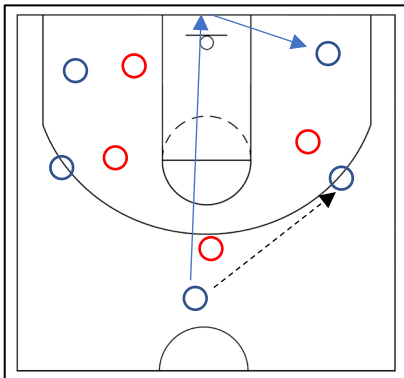
3 or 5 man weave half court with 2 on 1 or 3 on 2.
Offence to play back to the basket (only allow 2 shots)

Activity 1

Pass and Run

Time 15 mins

Details: This drill can be played 3 on 3, 4 on 4 or 5 on 5 depending on how many players you have at training. Set up as though players are playing a game of 4 on 4 (man to man). 10 passes must be completed prior to the offence scoring. Once a pass has been made, the passer must run and touch the baseline. That player can then get back in the game for another pass. Ensure the passes are quick. No dribbles or shots allowed until 10 passes have been completed. Switch Teams.



Particular Focus:

The ball must be passed quickly and effectively. Remember, when we have the ball, they can't score!

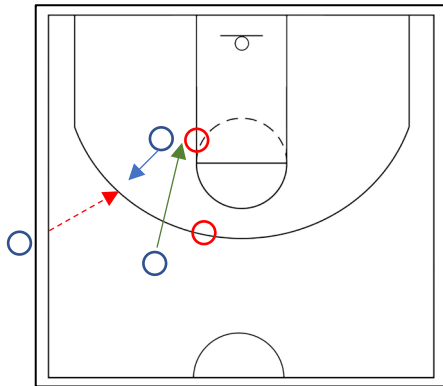
Activity 2

Screening off the Ball

Time 15 mins

Details: I like to start players learning this skill with a side-line pass scenario. Split your players into offence and defence with one player with the ball for an inbound pass. Offensive players must screen for another offensive player. Ensure that the screen is completed correctly against the defensive player. The inbound pass can only be made to an offensive player who has been screened off the ball.

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Particular Focus:

Teamwork – not every player needs to get the ball

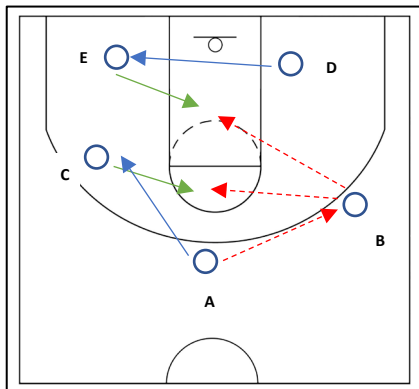
Activity 3

1-2-2 Offensive Play

Time 15 mins

Details:

Player A starts with the ball
Player A then passes the ball to Player B
Player A and Player D set an off-ball screen to Player C and Player E
Player C and Player E come off the screen (demonstrated with the green line as to where they should position themselves.
Player B then has the option to pass to either Payer C or Player E
(Player E is preferred as this shot is closer to the basket and therefore considered a “high percentage shot”)



Particular Focus:

High Percentage Shots Only

Basic 1-2-2 Offensive Play

Cool Down

Time 5 mins

Walk it out. Stretching - ensure you hold each stretch for at least 20 seconds.