



BASKETBALL SESSION PLAN – BASIC SESSION PLAN

<b>Unit Name:</b>	<b>COACH:</b>
<b>Session Number:</b>	<b>Session Time:</b> 45 MINS
<b>Training Outcomes:</b> To ensure that you cover all elements each week.	

Time	Session Skills - <u>Exercise</u>	Method	Resource
10 Mins.	<ul style="list-style-type: none"> <li>• Include jogging</li> <li>• Suicides</li> </ul>		
Time	Session - <u>Skills - Shooting</u>	Method	Resource
10 Mins.	<ul style="list-style-type: none"> <li>• Star drill</li> <li>• Horseshoe drill</li> <li>• Two ball knockout (various positions)</li> <li>• Big man shooting</li> <li>• Rebound Competition</li> <li>• Rapid Fire (40 shots per player)</li> <li>• Spot Shooting</li> </ul>		



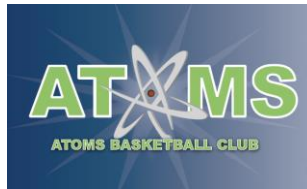
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Time	Session Skills - <u>Defensive Block</u>	Method	Resource
10 Mins.	<ul style="list-style-type: none"> <li>• 5 Defensive drills for 2 minutes each</li> <li>• 2 on 2, 1 on 1, 3 on 3,</li> <li>• Have 10 drills rotate each week</li> <li>• Screening drills</li> <li>• Full court press</li> <li>• Half court press</li> </ul> <p>Focus on Foot Quickness, aggressiveness and block out.</p>		
Time	Session Skills - <u>Offensive Block</u>	Method	Resource
10 Mins.	<ul style="list-style-type: none"> <li>• Coming off screens</li> <li>• Posting up</li> </ul>		



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Time	Session Skills - <u>Fast Break Block</u>	Method	Resource
15 Mins.	<ul style="list-style-type: none"> <li>• Start in line running offence</li> <li>• 3 on 1, 2 on 1</li> <li>• 3 man weave</li> </ul>		
Time	Session Skills - <u>Pressure Block</u>	Method	Resource
15 Mins.	<ul style="list-style-type: none"> <li>• 5 mins full court press - 1211</li> <li>• 5 mins <math>\frac{3}{4}</math> court Trap – 221</li> <li>• 5 mins <math>\frac{1}{2}</math> court trap – 131</li> </ul> <p>Flip the teams after score.</p>		



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Time	Session Skills - <u>Defensive Block</u>	Method	Resource
10 Mins.	<ul style="list-style-type: none"> <li>• 5 Defensive drills for 2 minutes each</li> <li>• 2 on 2, 1 on 1, 3 on 3,</li> <li>• Have 10 drills rotate each week</li> <li>• Screening drills</li> <li>• Full court press</li> <li>• Half court press</li> </ul> <p>Focus on Foot Quickness, aggressiveness and block out.</p>		
Time	Session Skills - <u>Special Block</u>	Method	Resource
5 Mins.	<ul style="list-style-type: none"> <li>• Under out of bounds</li> <li>• Side out of bounds</li> <li>• Length of court out of bounds</li> <li>• <math>\frac{3}{4}</math> out of bounds</li> </ul>		



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### **Coaches Notes or Comments**

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You are not winning unless you can rebound and hold teams to one shot.

Always attempt to turn a ball carrier once coming up the court

Remember if you force a lob pass over the top then you have one half the battle.

When ball goes to side screen across.....When ball comes to top screen down.

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- Play rebound comp and see if anyone can get up two shots
  - Never follow your pass.
  - If you are not open find someone to screen, or screen to free up a player
  - Always be active.
  - Get the ball into the post as much as you can.