



GROUP: DOMESTIC PLAN #1

DATE: WEEK 1 **DURATION:** 45 min

LOCATION: BALLARAT

INTRODUCTION

INTRODUCTION	PRACTICE HABITS: Run to drills, work hard, listen (eyes and ears) Work hard and make mistakes (mistakes are good)	3 min
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SKILL DEVELOPMENT

<u>DRILL</u>	<u>HOW TO</u>	<u>NOTES/COACHING POINTS</u>	<u>TIME</u>
WARM UP	Start on the sideline and complete the following: <ul style="list-style-type: none"> - Jog over and back / ball tips between fingers. - Defensive Slides over and back / Body Wraps - Karaoke / Head Wraps - Lunges / Dribble High and Dribble Low - High Knees / Right Hand - Butt Kicks / Left Hand - 80% and 100% sprint / Opposite Hand 	Everyone has ball	5 min
BALL HANDLING	STATIONARY <ul style="list-style-type: none"> - Leg Wraps - Body Wraps - Right-Hand Pound / Left-Hand Pound - Crossovers - Between Legs - Behind Back - Combo Moves 	Everyone has a ball, find a spot on the court. Can do this with partners to compete against one another	5 min
DIAMOND FINISHING	Cones in Diamond from Half Court Attack first cone, crossover to the outside cone, crossover to the middle row, and crossover to last cone into a finishing move FINISHES: Crossover/Normal Lay-Up, Between/Scoop, Behind/Two Foot Finish	Everyone has ball Keep scores and have punishments for those who don't make targets. Eg: if 14 and below, 2 push-ups.	7 min

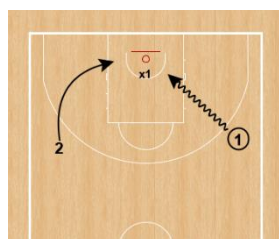
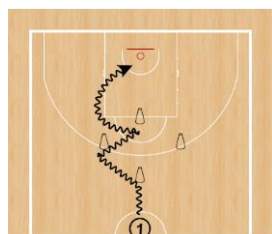
SMALL SIDED GAMES

<u>DRILL</u>	<u>HOW TO</u>	<u>NOTES/COACHING POINTS</u>	<u>TIME</u>
1v1 FROM ELBOW	Partner Up – 1 Ball between two Start in good stance, OFF rip ball and play 1v1	OFF – attack hoop quickly If DEF gets in front play off two feet	10 min
2v1 FROM WING	OFF on each Wing DEF under hoop On OFF go, they will attack hoop	If DEF doesn't commit, finish lay-up If DEF commits, pass ball to teammate for finish	10 min

PLAY

<u>DRILL</u>	<u>HOW TO</u>	<u>NOTES/COACHING POINTS</u>	<u>TIME</u>
5v5 GAME	Working on Five Out, getting to spaces, cutting hard to hoop	Important that we have 1 player in each position	10 min

IMAGES OF DRILLS



Spacing spots...
 Put markers on ground to ensure spacing
 Anyone can be in these spots, ball can be in any of the 1-3 spots
 Top of key, elbow extended and baseline, Optimizing whole floor and spacing