

ROWVILLE ROCKETS

LEVEL 2 TRAINING PLAN



SESSION 2: (Offence)

QUOTE OF THE SESSION: "Practise makes perfect"

TIME:	SKILL/DRILL:	COACHING POINTS:
5 MINUTES	WARM UP: <ul style="list-style-type: none"> Jog throughs, high knees, butt kicks, grapevine etc and stretch Play an innovative and fun game to get the kids engaged E.g. 1 or 2 ball Knockout 	
5 MINUTES	4 MINUTE TITAN SHOOTING DRILL: <ul style="list-style-type: none"> Players line up in 3 lines the foul line (both elbows and the middle) Player at the front of each line has 1 basketball Once the 4-minute timer starts, the first player in the line will shoot the basketball and rebound their own shot. They will then pass to the next player in line and join the back of the line <p>All players should be counting how many they can make in 3 minutes as a team</p>	<ul style="list-style-type: none"> Emphasis players using the correct technique on their shots Encourage players to have "hungry hands" in a stance ready to shoot Encourage the players to chase rebounds and make good passes
10 MINUTES	1 V 1 DRILLS: DISADVANTAGE DRILL - <ul style="list-style-type: none"> Players will line up on both wings either side of the 3-point line On each side there will be 1 offence and 1 defence Defence will start with their back to the offensive player and face the ring. Offence will place ball on their back and try score on a rip ALTERANATE SIDES SO THERE ISN'T INJURIES RAPID FEET 1V1 – <ul style="list-style-type: none"> Players will start at half court and face each other whist pitter patter Coach will have the ball and throw it to either player. Whoever gets the ball is then offence and the other player will become defence. Coach can challenge the players and throw it further away from the players 	<ul style="list-style-type: none"> Emphasis the offensive player having a quick first step and trying to get to the ring in the least number of dribbles possible Encourage good decision making from the offensively player, do they have a quick finish, or do they need to play off 2 feet and make a counter move? Defence is trying to recover without fouling
5 MINUTES	2 V 1: <ul style="list-style-type: none"> Coach will place 3 cones on the court. One on the top of the key and the other 2 about a meter above the 3-point line on the wings. Players will line up in 3 lines on the baseline in correspondence with the cones. Middle line is defence while the 2 outside lines will be playing offence. Basketballs start on with the players in one of the outside lines When coach calls "GO" all 3 of the first players in line will sprint around the cones. Person with the ball must dribble around their cone and attack the basket to score or to pass 	<ul style="list-style-type: none"> Emphasis the offensive player being aggressive and reading what the defence gives them If they take away their shot, encourage the offence to make a good pass to their teammate When players get the hang of this drill add in pass restrictions and dribble restrictions
10 MINUTES	ON BALL SCREENING PRACTISE <ul style="list-style-type: none"> One offensive player will start with the ball at the top of the key while the other player will start on the wing The player at the top will pass to the wing and go set an on-ball screen for them. The wing player will then come off the screen and make a read <p>There are many reads when coming off the on-ball screen and here are a few to practise:</p> <p style="padding-left: 20px;">⇒ Guard will turn the corner and get into a layup</p>	<ul style="list-style-type: none"> Ensure players wait for screens to be set before they use it Emphasis the screener and the player coming off the screen rub shoulders to ensure there is no gaps Encourage the 3 S's for the screeners <ul style="list-style-type: none"> - SPRINT - SMASH - SEPARATE

	<ul style="list-style-type: none"> ⇒ Guard will shoot a jump shot ⇒ Guard will pass to the screener who will roll to the basket ⇒ Guard will pass to the screener who will pop to the short corner to shoot a catch and shoot 	
10 MINUTES	<p>2 V 2 ON BALL SCREEN</p> <ul style="list-style-type: none"> • Progress the previous drill by adding in 2 defenders and still executing the on-ball screen action • If you score, you keep, and the next 2 players will then come in and play defence 	<ul style="list-style-type: none"> • Emphasis that the players try and score off the on-ball screen action by making different reads • Keep reiterating the coaching points from the previous drill
5 MINUTES	<p>3 PLAYER PASS, CUT, REPLACE (NO DEFENCE):</p> <ul style="list-style-type: none"> • Have 3 players start outside the three-point line (one player at the top and the other 2 players on opposite wings) • Top player starts with the ball and passes to either wing. Once they have passed the ball they will "V" cut to the basket. The other wing without the ball will then "V" cut to replace the first cutter. • Continue to pass the ball around and have the top player basket cutting every time 	<ul style="list-style-type: none"> • Ensure players are sprinting every cut and looking to receive the pass • Emphasis good spacing and making sure every catch is outside the three-point line
10 MINUTES	<p>3 PLAYER PASS, CUT, REPLACE (WITH DEFENCE):</p> <ul style="list-style-type: none"> • Progress the previous drill by adding 3 defenders matching up man-to-man on the offensive players • Have the offence execute the pass, cut, replace drill while defence play without stealing for the first 2 rotations. After that, it is live and the defence is allowed to steal, while the offence is also allowed to try and score 	<ul style="list-style-type: none"> • Even though defence is pressuring, ensure players are still catching outside the three-point line • Emphasis hard/fast cuts to score • Passes are on time and on target