



Objectives:

- Understand each player's potential
 - Work on individual skills
 - International Standard
- Motivate, Communicate, Lead.

Synopsis

-  **Individual Offensive Skills**
-  **Individual Defensive Skills**
-  **Team Defensive Skills**
-  **Team Offensive Skills**
-  **Improve Basketball IQ**

Navigators Template 1 Hour Session

Navigators Age-Group		Date:	Time: 1.5 hours	Session No. 1
Time		Activity		POE / Cue Words
		Prior to Training <ul style="list-style-type: none"> • Check Venue for Hazards • Dust mop if required – AC, TIS, MTSC • Greet players as they arrive • Take Roll 		Staff MUST be Health & Safety focused.
00.00	10	Warm-up Incorporating a basketball per player ideally Fundamental Body Movements		
00.10	5	Dynamic Stretching Preparing body for increased activity		Preparation for training
00.15	15	Defensive Block Defensive movements and concepts Build individual Defensive Pride Build to Team Concepts Sequential progression teaching – 1 v 0, 1 v 1, 2 v 2, 3 v 3 etc.		Ideally led by the TCBA Lead Coach
00.30	15	Offensive Block If dribbling / ball handling incorporated into warm-up, can use this block of time for offensive reads. Number advantages / disadvantages Different types of scoring Different types of cutting.		
00.45	15	Controlled Games / Scrimmages		Ensure games have a purpose



www.mylittleprojects.co.nz