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| Number 01 | Date Monday 01 January 2023 | | | | Time 16 30 | | Duration 90' | Baskets 4 | Number of Players 15 | Materials | |
| | | | | | | | | | | 15 balls | |
| | | | | | | | | | | 10 cones | |

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| General Goals in the session | | | | | | | | | | | |
| 1x1 keep the advantage. Fill the lanes in transitions offense within the first 3-4 seconds Shooting volume. | | | | | | | | | | | |

| No. | Min Left | Exercise | Goals | Coaches |
|-----|----------|---|--|---|
| 1 | 12' -78 | Knock Out (15 balls) | Ball handling. Keep possession of the ball and try to knock other players balls away and out of a certain area. This allows you to practice ball handling while having your eyes up. | HC dynamic. Other coaches encourage the exercise. |
| 2 | 15' -63 | Dribbling in pairs + finishing. Palms. (10 balls) Pairs WATER | Ball handling. Hand-foot disassociation You must touch your partner's palms, if you get 3 touches, go to the basket and if you make a basket, you gain a point then change possession. Change the position of the hands. Change the hand with which to play. Complete freedom with finishes. 5 POINTS TO WIN. | HC dynamic. Other coaches give individual feedback. |
| 3 | 15' -48 | Finishing in a queue. (20 balls) 4 groups. Cones. | Lay ups close to the rim. Finish strong at the basket. Last step short and deep. 2 steps, changed steps, 1 step, reverse lay ups. Analytical work. Different baskets according to skill: 1. From static. 2. Add in a dribble. 3. Add in running up to the basket. 10 BASKET TO WIN. | HC dynamic. Other coaches manage other baskets. |
| 4 | 12' -36 | 1x1 with an advantage. (7 balls) 4 groups. WATER | 1x1 linked to the previous objectives. Put into practice what you have seen before. Advantage created do not lose it. Try to keep the ball as close to the hoop and as far away from the defender as possible. Speed bounce, few bounces. Use of the body to protect the ball. Play until a score or a defensive rebound. 1. Defender starting behind the offensive player. 2. Defender on the inside of the offensive player. 3. Defender on the outside of the offensive player. 5 BASKETS. | HC dynamic. Other coaches manage other baskets. |
| 5 | 12' -24 | Team Shooting. 3 people with 2 balls. (10 balls) 5 groups of 3. | Shooting volume. A lot of repetitions and shooting form Catch and shoot or catch and dribble into a pull up jump shot. Lot of communication. Shoot and grab your own rebound before passing back to the next player without a ball in the line. Focus on stopping and balancing. 12 POINTS TO WIN. | HC dynamic. Other coaches manage other baskets. |
| 6 | 12' -12 | 3x3 continuous full court. (3 balls) 2 teams. Cones. WATER | 3v3 continuous full court. Full court offence. Fill the 3 lanes in transition. Try to play 1x1 in the first 3-4 seconds. Use of dribble to attack the rim 1. One of the offensive players starts the FastBreak, other fill the two outside lanes. 2. One of the offensive players starts the FastBreak, teammate asks for the outlet and revives the ball. 12 POINTS AS A TEAM. | HC dynamic. Other coaches give resting team some feedback. |
| 7 | 12' -00 | 4x4 or 5x5 1/2 court (2 balls) 3 teams. Cones. | Play 1x1 with space. Fast break start, fill the lanes. Def: Lot of defensive activity. Become big, taking up a lot of space with feet and hands. Communication. 1. Look to attack from the top and wings. 2. Same but, the ball starts on one wing. 3. Quick games with a 14" shot clock. 9 POINTS | HC dynamic. Other coaches give resting team some feedback. |

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| Concluding reflections | | | | | | | | | | | |
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| Weekly goals | | | | | | Next session | | | | | |
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| Attack Keep the advantage. | | | Defence Basic individual defence 1x1. | | | Dynamics Getting used to dynamics. | | | Spaces during drivings. Passing skills. | | |

