

HILLS HORNETS SAMPLE JUNIOR TRAINING PLAN



Date	Date
Announcements	Fitness is our priority for the next few weeks. We will work on our defensive structures first and foremost.
Offensive Emphasis	One on One skills beating the man.
Defensive Emphasis	Building Pressure through defense
Session	17:30 PM 19:00 PM

Min	Time	Activity	Notes/Emphasis
3		Warm Up	
3		Three Man Weave	
3		Five Man Weave - 3 on 2 back	
5		Novak Passing Series from 3 corners 2) Dribble attack hat / BTW legs, Retreat, Pivot Pass - Right BTL left retreat & left BTL right retreat.	
1		Rest & Fluids	
4		D time	
5		3 point shot close out offense to drive defend the drive - 2 dribbles then kick	
4		3 Second Box outs	
4		Fronting the post drill - fight for position	
5		Animal rebounding - 2 teams	
1		Rest & Fluids	
5		Wing 3 point line pass, shot fake, 1 dribble pull up jump shot	Make 5 each - 2 group each side
4		GAPS shooting	Make 7 each - 2 group each end
4		Egg beater - 80	
4		3 minute shooting	Get to 70
4		10, 3 point shots attempts	chat
1		Rest & Fluids	
7		25 and 50 run through	
8		Man to man, front the post, flex offense, high post	
10		Full court scrimmage	Patience
5		Warm-down, chat	
90			

