

# HILLS HORNETS SAMPLE SENIOR TRAINING PLAN



<b>Date</b>	Date	
<b>Announcements</b>	Fitness is our priority for the next few weeks. We will work on our defensive structures first and foremost.	
<b>Offensive Emphasis</b>	One on One skills beating the man.	
<b>Defensive Emphasis</b>	Building Pressure through defense	
<b>Session</b>	18:30 PM	20:30 PM

Min	Time	Activity	Notes/Emphasis
10		Dynamic Warm Up	Establish Season Routine, slow start. Build intensity, dynamic stretches, sprint finishes.
3		3 on 0 Break Out Drill	Emphasis is number of completed layups as a team in 3 mins. Volume and quality. Team counts makes. 1 count misses. For every 5 misses 1 minute of penalties - early season will be running.
3		Laker Lay up	Target 3 mins no drops - last season we were peaking at 30 in 3 mins.
3		Tennessee Drill - 200 points in 3 minutes	3 minutes of the drill 3 points for a 3, 2 points for a 2. Goal is 200 - PB 130. Added to the complexity. I will ask Light to keep their score and dark to keep their score so we have a competition intra team as well as whole team
3		Rolling Ball Lay-ups	3 mins count makes as a team and as teams. Count misses. Establish PBs and targets
3		AIS Shooting Drill	Break into two teams at both ends head to head. Target 60 makes in 3 minutes
3		Lost time	Time allowance for drill set up and instruction for new comers
3		Break Out - Progression 2 on 1, 3 on 2	Disdvantage game - light v dark. Minimum of 2 rotations of each
3		5 / 6 man weave 3 on 2 back	Light v Dark count makes and misses
7		Kill Drill - AFL	Light v Dark using this scoring mechanism. 1 behind for a stop or score and a goal for KILL. Scoring will be like AFL eg 2-10 22 v 3-17 35
10		Hawks Drill - Defensive progression Contested lay-ups one on one then alley drill, 2 on 2, 3 on 3	Drilling contested lay-ups, full court man on man defense 1 point for a make, 1 point for a stop and 2 points for an obvious foul.
2		Hand signal instruction	Cover the various hand signals we will introduce for defense.
5		Pack Line Shell	Light v Dark - get the defensive rotations right
5		Crosses Shell	Light v Dark - get the defensive rotations right
7		4 on 4 Change drill	5 on 0 and 5 on 5 return - run 14 on way up then adjust to defense on return. D will be signalled what defense to run
8		Mirror Press	work through face guarding.
12		Full Court Shell drill	Pressure Defense on - off - mirror
10		Dribble Drive break downs	Light v Dark
20		Scrimmage	Light v Dark
<b>120</b>			

