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COUNTY PERFORMANCE CENTRE (CPC)

SESSION OVERVIEW

9.45 – 10:00AM	REGISTRATION
10:00AM – 11:10AM (1hr10min)	Part 1: Individual Offence
	<ol style="list-style-type: none"> 1. Section 1 – Warm-up, stretch and running/stopping footwork 2. Section 2 – Dribbling Skill 3. Section 3 – Passing Skill 4. Section 4 – Shooting Skill 5. Feedback – Wrap-Up 6. Best Execution Review
11.10 – 11.20AM (10mins)	BREAK
11:20 AM – 12:30PM (1hr10min)	Part 2: Individual Defence
	<ol style="list-style-type: none"> 1. Section 1 – Warm-up – stretch and defensive footwork 2. Section 2 – On ball defensive skill 3. Section 3 – Off ball – denial/help 4. Section 4 – Defender v Shooter (Hand pressure, block-out and rebound) 5. Feedback – Wrap-Up 6. Best Execution Review
12.30PM – 12.40PM (10mins)	BREAK
12:40PM – 1:50PM (1hr10min)	Part 3: Playing/Competing
	<ol style="list-style-type: none"> 1. Section 1 – Warm-up – stretch and footwork revision 2. Section 2 – 1 v 1 3. Section 3 – 2 v 2 (off ball) 4. Section 4 – 3 v 3 court specific pass and cut motion no screens 5. Section 5 – 4 v 4 Half and Full Court 6. Section 6 – Court Specific Situations i.e. fast break, on-ball pressure 7. Section 7 – Team Offence and Team Defensive Concepts 8. Executing Skills Under Pressure 9. Feedback – Wrap-Up 10. Best Execution Review
1.50PM – 2.00PM (10mins)	COOL-DOWN AND SESSION REVIEW

MORE INFORMATION

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Progression

1. *Progress* the Sections through the session
2. *Progress the skills* across the entire programme

The Section is....

The Section is how well we do the Section, i.e.... the execution details in the Section (**the fundamentals**) NOT just if it runs properly!