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## **COUNTY PERFORMANCE CENTRE (CPC)**

### **SESSION OVERVIEW**

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