

Session: **U12 Session Plan**

Timing	Key Area	Activity	Teaching Points	Equipment
1800-1805	Warmup	Legs, dribbling to half way	<ul style="list-style-type: none"> Lead by players rotating each week 	Ball per player
1805-1815	Dribbling (Group)	See below	<ul style="list-style-type: none"> Head up, focus on fingertip control 	Ball per player
1815-1825	Layups	<ul style="list-style-type: none"> 20 R, Left hand layups (A) Skips – Two Steps (I) 	<ul style="list-style-type: none"> Same knee and arm, corner of the backboard 	Ball per player Drink after this drill.
1825-1830	Footwork	<ul style="list-style-type: none"> Slide Drill for 1 minute – rest 1 minute Lined squares for 1 minute 	<ul style="list-style-type: none"> Big to bigger; don't cross feet, piece of paper under heel height stance 	Nil
1830-1840	Passing	<ul style="list-style-type: none"> Paired passing moving around the court Switch to 3 person group pivot and pass 	<ul style="list-style-type: none"> Feet grounded, passing to the chest area, good voice. 	
1840-1850	Shooting	<ul style="list-style-type: none"> 30 1 handed – jump stop step around (A) Pairs on Lines – Ring 2 handed (I) 	<ul style="list-style-type: none"> Correct technique 	Ball per player
1855-1900	Fun	<ul style="list-style-type: none"> Two ball elimination (A) Dribble knockout (I) 	<ul style="list-style-type: none"> 	
Individual Skills Options		Follow the line – match the hand in front	Cones – beginners – circle the cone – intermediate – tilt cone – change hands	
Passes		Bounce	Chest	Baseball
				Overhead