**HAWKS SENIORS COACHING PLAN**

**SEP 2014 – APR 2015**

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| **DATE** | **PART 1****Skills/drills** | **PART 2****Strategies/court plays** | **MATCH PLAY** |
| August20th & 27th | Basic ball skills – refresh on chest/shoulder passes and moving onto the ball | Team talks – Captain lead | Match play7 mins each way  |
| September3rd10th17th24th  | 20 mins fitness all squadsMoving onto the ball and passing into the space.Work on Change of Pace and adding Defenders to advance difficulty | Each team have a third to work with Captain and Coaches on team strategy tailored to need of the squad. | 7 min gamesEnsure squads rotate equallyCondition games following strategy work |
| October1st8th15th22nd  | H1/ H2 Fitness 20 minsH3 / HR Work on defence and communication. Each week moves forward depending on level of ability. Communication is main focus.Tournament on 22nd. | H3 / HR FitnessH1 / H2 use half a court each to work on team plays | 10 min gamesFocus given to teams with games at the weekends |
| November5th12th19th26th  | H1/ H2 Fitness 20 minsH3 / HR Focus this month on shooting: technique, movement, pressure and rotation. | H3 / HR FitnessH1 / H2 use half a court each to work on team plays | 10 min gamesFocus given to teams with games at the weekends |
| December3rd10th | Fitness for all squads followed by match play. |  | Condition match play to team needs such as WA receive C pass / 3 passes in each third |
| January 2015 | * Fitness for all squads followed by match play in first week.
* Work on Spatial Awareness and supporting the pass.
* Defending Principles
 |  | Feedback to squads when not on court. Self-reflect on team’s performance. |
| February | DENDING PRINCIPLES* Sticking with the player and marking the ball
* Marking the Space
 | Stage 3 Defending* Blocking the player
* Marking the rebound
 | 2pts given if cause a held ball |
| March | ATTACKING * Passing under

 pressure* Feed space
* Holding/moving shooter
 | DEFENDING* Putting pressure on opposition
* Positioning to keep player away from where you think they want to go
 | 1pt for each interception made.Have those not on court keeping score. |
| April | Dependent on remaining games and team needs |  |  |