**HAWKS SENIORS COACHING PLAN**

**SEP 2014 – APR 2015**

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| **DATE** | **PART 1**  **Skills/drills** | **PART 2**  **Strategies/court plays** | **MATCH PLAY** |
| August  20th & 27th | Basic ball skills – refresh on chest/shoulder passes and moving onto the ball | Team talks – Captain lead | Match play  7 mins each way |
| September  3rd  10th  17th  24th | 20 mins fitness all squads  Moving 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 games  Ensure squads rotate equally  Condition games following strategy work |
| October  1st  8th  15th  22nd | H1/ H2 Fitness 20 mins  H3 / HR Work on defence and communication. Each week moves forward depending on level of ability. Communication is main focus.  Tournament on 22nd. | H3 / HR Fitness  H1 / H2 use half a court each to work on team plays | 10 min games  Focus given to teams with games at the weekends |
| November  5th  12th  19th  26th | H1/ H2 Fitness 20 mins  H3 / HR Focus this month on shooting: technique, movement, pressure and rotation. | H3 / HR Fitness  H1 / H2 use half a court each to work on team plays | 10 min games  Focus given to teams with games at the weekends |
| December  3rd  10th | 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 |  |  |