



BASKETBALL
NEW ZEALAND

Practice Session Outline

Team _____ Session Number _____

Time	
Date	
Venue	
Session Focus Area	<i>Outline the main focus areas that you want to address in the session. E.g. Transition Offence, Containment Defence and Special Situations</i>
Session Outcomes	<i>Outline what you want to achieve in the session. E.g. Athletes are better able to establish an early post in our transition offence system</i>
Additional Notes	<i>List any important announcements for the team. E.g. Change of venue for a game etc.</i>

Session Notes

Key Points of Emphasis

In this section record the key points of emphasis for the session. Ideally each focus area should have two or three key points of emphasis.

Coaching Cues and Teaching Points

In this section you can outline the key coaching cues and teaching points so that all coaching staff and players are using consistent terminology throughout the session.

Session Outline

Time	Purpose	P.O.E	Drill
Warm Up			
Focus Areas			

Warm Down			