

Plan 2023-24		
14.aug-13. okt	8.-9. klasse Basistræning thursdays until end september	
	Ind talks- ind profile- ind skillwork	
	Intro weightroom+ weightroom routine	
	Shooting	
Theme1+ focus-drills		
Individual skills	Offense	Defense
	-ballhandling	-on ball
	-passing	-off ball
	-dribblemoves	-cuts
	-lay-up variations (eurostep, jumpste, spinmove, etc....)	-closeouts
	-create own shot	-post D
	-postmoves	
	-footwork	
	-etc	
14. okt-22.okt Efterårsferie		
23. okt- 21. dec	Ind talks december- ind profile- ind skillwork	
	Weightroom routine	
	Shooting	
Theme2+ focus-drills		
Ballscreens	Offense	Defense
	Attack ballscreen	Defend ballscreen
	vs	-switch
	-switch	-hedge
	-hedge	-ice
	-ice	-bump
	-bump	-trap
	-trap	-weaksides
	-read defense	-rotations
	-game situations (2vs2,3vs3,4vs4)	-closeouts
	-spacing/passing	-read offense
	-shooting/finish strong	-talk
	-etc.	-etc.
22.dec- 2. jan X-mas break		
3. jan- 9. feb	(Ind talks rest?)- ind profile- ind skillwork	
	Weightroom routine	
	Shooting	
Theme3+ focus-drills		
Off-ball screens	Offense	Defense
	Attack off ball screens	Defend off ball screens
	-screen away	-screen away
	-downscreen	-downscreen
	-backscreen	-backscreen
	-crossscreen	-crossscreen
	-flexscreen	-flexscreen
	-stagger	-stagger

	-read defense	-bump
	-curl	-switch
	-flair	-trail
	-passing+angles	-read offense
	-etc.	"pick your poison"
		-etc.
10. feb- 18.feb winter break		
19. feb- 22. mar	Weightroom routine	
	Shooting	
Theme4+ focus-drills		
Theme 2+3 advanced	Offense	Defense
	increase complexity body+mind	increase complexity body+mind
	-game-related situations	-game-related situations
	-combinations of theme 2+3 (+1)	-combinations of theme 2+3 (+1)
23. mar- 1. apr easter break		
2. april- 28. juni	Weightroom routine (playoffs)	
	Shooting	
	Ind talks may- ind profile- ind skillwork	
	-ind plan for summer practice	
Theme+ focus-drills		
Playoffs/end season	Playoff focus	
	Theme 4 continued	
	extra time for ind work+shooting	