

Sample Language Plus Basketball Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Breakfast & Morning Meeting					
Lesson 1		Warm-up Basketball assessment	Warm-up Defensive fundamentals	Warm-up Offensive fundamentals	Warm-up Shooting drills	Warm-up Shooting drills	
Lesson 2		Getting to know Players Conditioning Drills	Defensive fundamentals (foot quickness, blocking out / rebounding)	Offensive fundamentals (offensive sets vs zone and man to man)	Patterns of play	Free throw competition Game preparation	
Lesson 3	 Arrival	Shooting Drills	Pressure Drills (full court, ¾ court and ½ court traps)	Fast Break Drills (2 on 1, 3 on 2, 4 on 0, 5 on 0)	Special Situations (e.g. out of bounds play, free throw plays)	Tournament	Departure 
Lesson 4		Practice Warm-down	Practice Warm-down	Shooting drills Warm-down	Practice Warm-down	Tournament Warm -down Awards	
		Lunch, Afternoon Meeting & Free Time					
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills	
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	
Lesson 8	Project	Project	Project	Project	Project	Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

Please note:
English lessons
can take place
in the mornings
or the afternoons