

Drill Breakdown

INSTRUCTION SHEET

This drill sheet helps coaches plan, adapt, and communicate activities clearly to players or assistants. It ensures each drill has a purpose, focus, and variation to keep training engaging and effective. The difference between this and the session template is there is more room for drill specific details.

DRILL DETAILS

- **DRILL:** write the name or the skill focus (e.g., '3v3 Defensive Transition, Triangle Passing')
- **EQUIPMENT:** list what's needed - balls, cones, bibs and how many - helps setup run smoothly.

COACHING POINTS

List 3-5 key teaching cues that highlight what players should focus on.

Examples:

- Strong Leads and Front Cuts
- Shoulder Passes
- Balance before passing
- Eyes Up

Tip: keep it short for on-court reference.

CHANGE IT UP/DOWN

Adapt the drill for ability, energy or time.

Change It UP: harder/faster/game-like > reduce space, add defenders, scoring pressure.

Change It Down: easier/slower/learning phase > fewer players, slower tempo, focus on one skill.

ALWAYS END WITH SUCCESS!

COACH'S REMINDER

- Give clear, simple instructions.
- Correct one thing at a time.
- Reinforce cues during, not just before the drill.
- Jot quick notes if the drill needs adjusting next time.

DRILL:

EQUIPMENT

COACHING POINTS

DRILL BREAKDOWN

CHANGE IT UP

CHANGE IT DOWN