

# 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	 Arrival	Warm-up Basketball assessment	Warm-up Defensive fundamentals	Warm-up Offensive fundamentals	Warm-up Shooting drills	Warm-up Shooting drills	Departure  
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		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	
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	
Lesson 7		Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	
Lesson 8	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