



# 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
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
Lesson 1		Warm-up Basketball assessment	Warm-up Defensive fundamentals	Warm-up Offensive fundamentals (offensive sets vs.	Warm-up Shooting rills	Warm-up Shooting drills	
Lesson 2		Getting to know players  Conditioning Drills	Defensive fundamentals (foot quickness, blocking out / rebounding)	zone and man to man) Fast break drills (2 on 1, 3 on 2, 4 on 0, 5 on 0)	Patterns of play Special Situations (e.g. out of bounds play, free throw plays)	Free throw competition Game preparation	
Lesson 3		Shooting Drills Warm-down	Pressure Drills (full court, ¾ court and ½ court traps) Warm-down	Shooting drills Warm-down	Pratice Warm-down	Tournament Warm-down Awards	
Afternoons		Lunch, Afternoon Meeting & Free Time					
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
Lesson 2		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					
		Please note: English lessons can take place in the mornings or the afternoons					

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