



2026 TERM 1 Training Schedule				
Coach: Kelsen (K), Daisuke (D), Franky (F), William (W)				
Day	Time	Group / Program	Location	Coaches / Notes
Monday	4:00 – 5:30 pm	U12 – Handles, Game IQ & Shooting	Sports Halls, Olympic Blvd, NSW 2127	D (Dribbling) K (Shooting) F (Assistant)
	5:30 – 7:00 pm	U14 – Handles, Game IQ & Shooting	Sports Halls, Olympic Blvd, NSW 2127	D (Dribbling) K (Shooting) F (Assistant)
TUES	4:00 – 6:00 pm	U16 Advanced Skills & Girl Team Training	Rhodes Rec C2	D, K, F
Wednesday	5:00 – 7:00 pm	S&C + Finishing	9 Grand Ave Camellia PCBA	D, K, F
Friday	4:45 – 5:45 pm or 5:45 – 6:45 pm	U10 – FUNdamental Rookies (Half Court)	USYD Cumberland Basketball Court	Victor
	4:45 – 6:45 pm	Shooting Practice (FREE)	USYD Cumberland Basketball Court	Franky
Saturday	12:00 – 2:00 pm	U16s & Sparks Team Training	Auburn PCYC	D, K, F
	2:00 – 4:00 pm	U14s Team Training	Auburn PCYC	D, K, F, W
	4:00 – 6:00 pm	U12s Team Training	Auburn PCYC	D, K, F, W
Sunday	12:00 – 2:00 pm	Open Skills, Game IQ & Scrimmages	Rhodes Rec C1	D, K, F

● **Skills Sessions (Handles & Shooting)**

- Ball-handling: control, pace & change of direction
- Shooting: footwork, balance, form & consistency
- Skills taught, then applied in game-like drills

● **Strength & Conditioning + Finishing**

- Speed, strength & athletic movement
- Body control & injury prevention
- Finishing: scoring at the rim & applying strength directly into finishing through contact

● **Team Training (Competitive Groups)**

- Game recaps from recent competitions
- **Game IQ focused on team and individual performance**
- Offensive & defensive concepts tailored to competition needs
- High-intensity, competitive play

● **Open Skills, Game IQ & Scrimmages**

- Reading the game in live situations
- Applying shooting, finishing & skills under pressure
- Controlled scrimmages with guided feedback