

Court Workout - Basketball

Time	Content	Points of Emphasis
	<p>Energy System – Aerobic Session Type – Court Circuit Session Duration – 70 minutes (includes warm up and cool down) Equipment Required – Cones, Basketball Notes – Court Conditioning</p>	
15min	<p>Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i></p> <p><u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge ○ 	
	<p>Cone Dribbling (Sideline to Sideline)</p> <ul style="list-style-type: none"> - Dribble a basketball in and out of cones from sideline to sideline. Over and back is 1. - Rest for 15 seconds. <i>After each rep (over and back).</i> - Complete 10 times 	
1min	Drink	
	<p>Wall Passing</p> <ul style="list-style-type: none"> - 10 push passes and 10 bounce passes - Rest for 30 seconds - Complete 8 times - <i>* To make more complicated pass off the dribble</i> 	
1min	Drink	

	<p><u>Rebound Jumps</u></p> <ul style="list-style-type: none"> - 15 touches of the net or backboard - Rest for 30 seconds - Complete 6 times <p><i>If you don't have a net / backboard or are a younger age group, use a wall or tree.</i></p>	
1min	<u>Drink</u>	
	<p><u>Jump Ball Circle Closeouts</u></p> <ul style="list-style-type: none"> - Start on the sideline where the halfway line meets. - Sprint and closeout to the jump ball circle, then 3 defensive slides to the left then 3 to the right. - Complete 4 times 	
1min	<u>Drink</u>	
	<p><u>Dynamic Finishes</u></p> <ul style="list-style-type: none"> - 20 finishes around the rim. NO DRIBBLE - These can include: <ul style="list-style-type: none"> o Regular Lay Ups o Long Arm Lay Ups o Inside hand lay up o Hook Shots o Shot Fake and Step Through Shots o Pivot and Finish - Rest for 30 seconds - Complete 2 times 	
1min	<u>Drink</u>	
	<p><u>Dynamic Finishes</u></p> <ul style="list-style-type: none"> - Same drill as above, but now take 2 steps away from the ring and you can have 1 dribble prior to your finish. - 20 finishes around the rim. - Rest for 30 seconds - Complete 2 times 	
1min	<u>Drink</u>	
	<p><u>Dynamic Finishes</u></p> <ul style="list-style-type: none"> - Same drill as above, take another 2 steps away from the ring and you can have 2 dribbles prior to your finish. - 20 finishes around the rim. - Rest for 30 seconds - Complete 2 times 	
1min	<u>Drink</u>	
	<p><u>Basketball Suicide</u></p> <ul style="list-style-type: none"> - Complete 1 time 	
1min	<u>Drink</u>	
	Repeat above, however halve the number of repetitions (except for basketball suicide)	
10min	<p><u>Cool Down</u></p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	