



Basketball NSW Return to Training Session Plan #1

Level Aimed at – 12yrs and above (High Level)

Session Focus – Finishing / Ball Handling / Defensive Stance + Closeouts

Time	Content	Points of Emphasis
	<p>GUIDELINES</p> <ul style="list-style-type: none"> - 10 people max (including Coach) - Outdoors - No sharing equipment (i.e. basketballs, tennis balls, drinks, towels) - Maintain 1.5m social distancing - No contact in drills including no high 5s <p>EQUIPMENT NEEDED</p> <ul style="list-style-type: none"> - 2 x basketballs - Tennis ball - Drink bottle - Towel - Sunscreen 	
10mins 10mins	<p>Warm Up</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Warm Up Protocols - Refer to Basketball Australia Functional Movement Video 	
10mins (ALL ATHLETES)	<p>Skill: Ball Handling Location: Spread out around the court Equipment: 2 basketballs or 1 basketball & 1 tennis ball (juggle tennis ball) Drill: 2 ball dribbling or dribble 1 ball and juggle tennis ball</p> <ul style="list-style-type: none"> - 3 bounces then cross basketball over - 1 low bounce and 1 around the foot - 1 high dribble and 1 low dribble - 2 ball figure 8 - North/South then East/West <p>PROGRESSION – Ball handling on the move – sideline to sideline</p> <p>COMPETITION – 2 push-ups or 3 defensive slides</p>	<ul style="list-style-type: none"> - Stance - Eyes Up - Get out of comfort zone (fast and wider dribbles – outside cylinder)
25mins (STATION WORK) 6mins	<p>STATION 1</p> <p>Skill: Finishing Location: Use one basket Set-up: If you have 2 or more in a group (1 player does mikan the others work on ball handling) Equipment: 2 basketballs Drill: Mikan Drill</p> <ol style="list-style-type: none"> 1) Normal Mikan (face basket) - make 20 or if in small group go for 30secs each 2) Reverse Mikan - make 20 or if in small group go for 30secs each 3) Normal Mikan (no backboard) - make 20 or if in small group go for 30secs each 	<ul style="list-style-type: none"> - Catch high, keep high, finish high - Be athletic - No fumbles or missed lay-ups - Eyes up and look at target

6mins	<p>STATION 2</p> <p>Skill: Defensive Stance Location: Middle of the court Set-up: Spread out on sideline from 3pt line to 3pt line Equipment: Basketball Drill: Defensive slides to split line and back whilst walking the basketball <ul style="list-style-type: none"> - Place the ball on the ground. Get into a defensive stance with your back facing the split line. Swing step (half a drop step) and step with lead foot. Slowly work on step and slide whilst walking the basketball. Stay in a stance and after 3 slides change direction. </p>	<ul style="list-style-type: none"> - Sit in a wide stance - Back straight (shoulder back) - Nose, knees and toes in a straight line if you look down - Stay level (don't lift up and down when you slide) - Hand positioning (must have active hands)
6mins	<p>STATION 3</p> <p>Skill: Close-outs Location: Middle area of the court (opposite side to Station 2) Set-up:</p> <ol style="list-style-type: none"> 1) Place ball on your side of the split line 2) Spread out on sideline from 3pt line to 3pt line staying in line with your ball <p>Equipment: Basketball Drill: Sprint to the basketball and as you approach the ball start to slow down and get onto the balls of your feet ready to move. We want to lower our centre of gravity which increases balance and stability. We also call 'Ball' and carry a hand. Back pedal then repeat.</p> <p style="text-align: center;">PROGRESSION – Close-out then slide a direction to simulate a game scenario</p>	<ul style="list-style-type: none"> - Sprint - Drop hips (Call "ball" and carry a hand) - In a stance ready to move - Angle on close-out (try to have feet face their feet and keep them level).
6mins	<p>STATION 4</p> <p>Skill: Finishing in key Location: Use a basket (opposite end to station 1) Set-up:</p> <ol style="list-style-type: none"> 1) Place cone or chair at the elbow 2) Athletes start on edge of the key on the baseline <p>Equipment: Basketball Drill: Dribble up to elbow and around cone (inside to outside) then work on different finishes</p> <ol style="list-style-type: none"> 1) Lay-up 2) Runner (off 1 foot) 3) Floater (off 2 feet) 4) 1 step, 1 hand lay-up (change of timing) 5) Change of direction 6) Jump shot <p style="text-align: center;">PROGRESSION – Use 2 balls to increase difficulty</p>	<ul style="list-style-type: none"> - Eyes up - Low when going around chair/cone then explosive - Eyes up early - Clean gather from dribble - Protect ball from "defence" - Athletic on finish
10min	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	