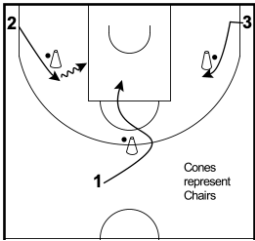
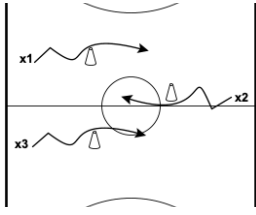
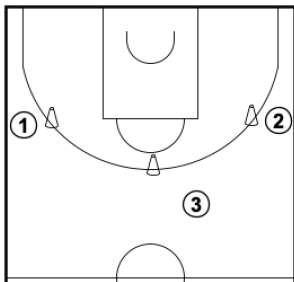


Basketball NSW Return to Training Session Plan #3

Level Aimed at – 14yrs and above (High Level)

Session Focus – Ball Handling / DHO, Getz & Ball Screen Offence / Defending Ball Screens

Time	Content	Points of Emphasis
	<p><u>GUIDELINES</u></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><u>EQUIPMENT NEEDED</u></p> <ul style="list-style-type: none"> - Basketball x2 - Drink bottle - Towel - Chair (no arms preferably) - Sunscreen
<p>10mins 10mins</p>	<p><u>Warm Up</u></p> <ul style="list-style-type: none"> - Refer to BNSW HPP Warm Up Protocols - Refer to Basketball Australia Functional Movement Video 	
<p>10mins (ALL ATHLETES)</p>	<p><u>Skill:</u> Ball handling <u>Location:</u> Spread out around the court <u>Equipment:</u> 2 basketball <u>Drill:</u> Different combos – (have athletes run this drill & come up with combos)</p>	<ul style="list-style-type: none"> - Stance - Eyes Up - Get out of comfort zone (fast and wider dribbles – outside cylinder)
<p>30mins (STATION WORK) 10mins</p>	<p><u>STATION 1</u></p> <p><u>Skill:</u> Dribble Hand-Off (DHO) at the wing and Getz Action at top of key <u>Location:</u> Use one basket <u>Set-up:</u> Use 3 spots (wing, top and wing) <u>Equipment:</u> Basketball and chair</p> <p><u>Drill 1: Dribble Hand-Off (DHO)</u> Place the chair at the wing inside the 3pt line and put the ball on it. Start at the corner, implement our 3 S's (Set-up, Smart and Separate). <ol style="list-style-type: none"> 1) Turn the corner for a lay-up 2) Turn the corner for a floater or runner inside the key 3) Turn the corner and pull up for a jump shot 4) Turn the corner & then S into a floater (see O1 do an S in above diagram) </p> <p><u>Drill 2: Getz Action</u></p> <p><u>What is Getz Action....see the link >>> https://youtu.be/zR-w2aVCIDs <<<</u></p> <p>Place the chair at the top of the 3pt line and put the ball on it. Start at the seam, implement our 3 S's (Set-up, Smart and Separate). <ol style="list-style-type: none"> 1) Turn the corner for a lay-up 2) Turn the corner for a floater or runner inside the key 3) Turn the corner and pull up for a jump shot 4) Turn the corner & then S into a floater (see O1 do an S in above diagram) </p> <p align="center">COMPETITION (FIRST TO MAKE 3 FROM EACH OPTION)</p>	 <ul style="list-style-type: none"> - Stance - Eyes Up - 3 S's – Set-up, Smart and Separate (see over page for more details description) - No gap between you and screen - Different finishes

<p>10mins</p>	<p>STATION 2 Skill: Defending Ball Screens Location: Middle of the court Set-up: Spread out on sideline Equipment: Chair or cone to act as the screen Drill: Defending Ball Screens Athletes place a chair around the split line and then go and stand on the sideline. Pretend to defend and turn a ball handler and when you get close to the chair or cone (screen) adjust your body and try to avoid making contact with the screen.</p> <ol style="list-style-type: none"> Over the screen – use your peripheral vision to see the screen, adjust body, attach to ball handler and at the point of the screen you want to get your hand and heel through first and then your hip will follow. Under the screen - use your peripheral vision to see the screen, adjust body and just before the screen detach from the ball handler and get your hand and heel through first and then your hip will follow when going under then screen. Sprint to then attach to ball handler. 	 <ul style="list-style-type: none"> - Stance - Turn player 2 or 3 times before screen - Adjust body (make yourself “thin”) - At point of screen hand and heel go through then hip follows - Avoid making contact with screen - Sprint back to defensive position
<p>10mins</p>	<p>STATION 3 Skill: Ball Screen Offence Location: Opposite end to Station 1 Set-up: Use 3 spots (side, middle and side) Equipment: Basketball and chair/cone Drill: Ball Screen Offence</p> <p>Side Ball Screens & Middle Ball Screen</p> <ol style="list-style-type: none"> Reject screen and finish with layup Turn corner and runner/floater inside the key Turn corner and pull up for mid-range jump shot Defence shows! Drag/Retreat dribble then 1b into 3pt shot <p style="text-align: center;">COMPETITION (FIRST TO MAKE 3 FROM EACH OPTION)</p>	 <ul style="list-style-type: none"> - <u>Set-up</u> – jab step or take a dribble away from the screen and then look to come off screen - <u>Smart</u> – your foot to screeners foot and your shoulder to screeners hip. Eyes up to see how defence is guarding the action - <u>Separate</u> – get away from screener to make the action harder to guard – 2v1 situations.
<p>10mins</p>	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	