

Basketball NSW Return to Training Session Plan #1

Level Aimed at - 6-12 years old (Beginner Level)

Session Focus – Body Movement & Ball Fundamentals

GUIDELINES

- 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.

EQUIPMENT NEEDED

- 2 x basketballs, tennis ball, drink bottle, towel, hat, sunscreen and sunglasses.

Time	Content	Points of Emphasis
10min	<p>Skill: Body Movement Location: A flat surface, outside Equipment: Two cones or any small object Drill: Separating a pair of cones 3 metres apart, complete the following movements starting at a cone and running up to the opposite one and back 3 times:</p> <ul style="list-style-type: none"> - Run - Skip - Hop (On one leg up, switch legs on the way back) - Side step - Balance on each leg for 30 seconds <ul style="list-style-type: none"> - Challenge: Close your eyes <p>COMPETITION - Time yourself and try to beat your best scores</p>	<ul style="list-style-type: none"> - Warm-up the body and prepare it to perform at its best. - RUN: Run with high knees and arms pumping by your sides - SKIP: Jump and land on the same foot, switch feet! Knees nice and high. - SIDE STEP: Slide side to side without crossing your feet over.
8 min	<p>Skill: Ball Handling Location: A flat surface, outside Equipment: One or two basketballs Drill: With a ball, try your best with these Dribbling challenges. Begin at challenge 1 and progress your way through each challenge, requires you to do 10 dribbles:</p> <ol style="list-style-type: none"> 1 - Dominant hand 2 - Non-dominant hand 3 - Dominant finger on your dominant hand 4 - Non-dominant finger on your non-dominant hand 5 - Crossovers 6 - Crossovers with 1 finger on each hand 7 - Crossovers between your legs 8 - Crossovers, bouncing behind your back 9 - Crossovers between your legs without stopping 10 - Crossovers between behind your back without stopping <p>COMPETITION - Try avoid looking at the ball or even doing it with your eyes closed.</p>	<ul style="list-style-type: none"> - Keep your eyes off the ball - Spread your fingers - Touch the ball with your fingertips and finger-pads.
8 min	<p>Skill: Kicking Location: A flat surface, outside Equipment: A wall and a round ball you are happy to kick - Soccer ball, Tennis ball, Netball, etc. Drill: With a ball, try your best with these kicking challenges. Begin at challenge 1 and progress your way through each challenge. If a challenge is too difficult, try and do it once today and try and do it again tomorrow.</p>	<ul style="list-style-type: none"> - Focusing on your feet can help in developing your balance. An important skill in basketball.

	<p>Begin at challenge 1 and progress your way through each challenge, kick each challenge 10 times:</p> <ol style="list-style-type: none"> 1 - Against a wall and on the ground, kick the ball with your dominant foot 2 - Against a wall and on the ground, kick the ball with your non dominant foot 3 - Holding the ball, drop the ball onto your dominant foot and kick it to yourself against the wall 4 - Holding the ball, drop the ball onto your non dominant foot and kick it to yourself against the wall 5 - Holding the ball, drop the ball onto your dominant foot and kick it back up to yourself and catch it 6 - Holding the ball, drop the ball onto your non dominant foot and kick it back up to yourself and catch it <p>CHALLENGE - What else could you do with the ball and kicking?</p>	
8 min	<p>Skill: Shooting Challenge Location: An available outdoor basketball ring Equipment: One Basketball & a basketball ring Drill: #1) Start by standing as close to the basketball ring as you can. Every time you make a shot, take a big step backwards and repeat. If you miss, take a step forward. CHALLENGE - See how far out you can make a shot and try to beat that point each time/day. #2) Shoot from any spot on the court you wish. Every time you make a shot, you get 2 points. Everytime you miss a shot, you lose 1 point. CHALLENGE - Aim to achieve the highest score and attempt to beat that score each day.</p>	<ul style="list-style-type: none"> - HAVE FUN SHOOTING! - Be balanced - Feet hip width apart.
8 min	<p>Skill: Racket/Bat Challenge Location: A flat surface, outside in an open area (i.e. park) Equipment: Either a racket or bat (tennis, badminton, cricket, etc.) and a small round ball (tennis ball, golf ball, etc.). Drill: With your racket or bat and a ball, try your best with these racket challenges. Begin at challenge 1 and progress your way through each challenge: 1 - Holding the racket/bat, roll the ball on the ground around an area for 30 seconds 2 - Holding the racket/bat, hit the ball along the ground towards a target. Aim to hit it 5 times. 3 - Holding the racket/bat and ball, drop the ball, let it bounce and try to hit the ball towards a target. Aim to hit the target 5 times. CHALLENGE - What else could you do with the racket/bat and ball?</p>	<ul style="list-style-type: none"> - Hand eye coordination is another important skill for basketball - racket sports help develop this. - Keep looking at the ball while you are trying to hit it.
10min	<p>Cool Down - Refer to BNSW HPP Recovery Protocols</p>	