



## Basketball NSW Return to Training Session Plan #2

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><b>Skill:</b> Body Movement <b>Location:</b> A flat surface, outside <b>Equipment:</b> Two cones or any object to use as a guide <b>Drill:</b> Separating a pair of cones 3 metres apart, complete the following movements 3 times each (up and back is 1) between the cones:</p> <ul style="list-style-type: none"><li>- Run</li><li>- Skip</li><li>- Hop (On one leg up, switch legs on the way back)</li><li>- Side step</li><li>- Balance on each leg for 30 seconds<ul style="list-style-type: none"><li>- Challenge: Close your eyes</li></ul></li></ul> <p><b>COMPETITION</b> - Time yourself and try to beat your best scores</p>	<ul style="list-style-type: none"><li>- Warm-up the body and prepare it to perform at its best.</li><li>- RUN: Run with high knees and arms pumping by your sides</li><li>- SKIP: Jump and land on the same foot, switch feet! Knees nice and high.</li><li>- SIDE STEP: Slide side to side without crossing your feet over.</li></ul>
8 min	<p><b>Skill:</b> Passing Challenges <b>Location:</b> A flat surface, outside <b>Equipment:</b> One basketball and a wall <b>Drill:</b> Standing between two to three metres away from a wall, aim to complete each pass 5 times:</p> <ol style="list-style-type: none"><li>1 - 2-hand Bounce Pass</li><li>2 - 2-hand Chest Pass</li><li>3 - 1-hand Bounce Pass (dominant hand)</li><li>4 - 1-hand Chest Pass (dominant hand)</li><li>5 - 1-hand Bounce Pass (non-dominant hand)</li><li>6 - 1-hand Chest Pass (non-dominant hand)</li><li>7 - Behind the back pass</li><li>8 - Behind the head pass</li></ol> <p><b>CHALLENGE:</b> Bring in a second ball and aim to complete the challenges with two basketballs.</p>	<ul style="list-style-type: none"><li>- Aim for a target step towards it with one foot.</li><li>- Keep watching the ball</li><li>- Spread your fingers when you catch.</li></ul>
8 min	<p><b>Skill:</b> Shooting Challenge <b>Location:</b> Wherever an outdoor basketball ring is available <b>Equipment:</b> One Basketball, Basketball ring <b>Drill:</b></p> <p>#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.</p> <p><b>CHALLENGE</b> - See how far you can get and try to beat that point each time/day.</p>	<ul style="list-style-type: none"><li>- HAVE FUN SHOOTING!</li><li>- Be balanced - Feet hip width apart.</li></ul>

	<p>#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.</p> <p><b>CHALLENGE</b> - Aim to achieve the highest score and attempt to beat that score each day.</p>	
8 min	<p><b>Skill:</b> Racket/Bat Challenge</p> <p><b>Location:</b> A flat surface, outside in an open area (i.e. park)</p> <p><b>Equipment:</b> Either a racket or bat (tennis, badminton, cricket, etc.) and a small round ball (tennis ball, golf ball, etc.).</p> <p><b>Drill:</b> 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:</p> <ul style="list-style-type: none"> <li>1 - Holding the racket/bat, roll the ball on the ground around an area for 30 seconds</li> <li>2 - Holding the racket/bat, hit the ball along the ground towards a target. Aim to hit it 5 times.</li> <li>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.</li> </ul> <p><b>CHALLENGE</b> - What else could you do with the racket/bat and ball?</p>	<ul style="list-style-type: none"> <li>- Hand eye coordination is another important skill for basketball - racket sports help develop this.</li> <li>- Keep looking at the ball while you are trying to hit it.</li> </ul>
8 min	<p><b>Skill:</b> Kicking</p> <p><b>Location:</b> A flat surface, outside</p> <p><b>Equipment:</b> A wall and a round ball you are happy to kick - Soccer ball, Tennis ball, Netball, etc.</p> <p><b>Drill:</b> 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. Begin at challenge 1 and progress your way through each challenge, kick each challenge 10 times:</p> <ul style="list-style-type: none"> <li>1 - Against a wall and on the ground, kick the ball with your dominant foot</li> <li>2 - Against a wall and on the ground, kick the ball with your non dominant foot</li> <li>3 - Holding the ball, drop the ball onto your dominant foot and kick it to yourself against the wall</li> <li>4 - Holding the ball, drop the ball onto your non dominant foot and kick it to yourself against the wall</li> <li>5 - Holding the ball, drop the ball onto your dominant foot and kick it back up to yourself and catch it</li> <li>6 - Holding the ball, drop the ball onto your non dominant foot and kick it back up to yourself and catch it</li> </ul> <p><b>CHALLENGE</b> - What else could you do with the ball and kicking?</p>	<ul style="list-style-type: none"> <li>- Focusing on your feet can help in developing your balance. An important skill in basketball.</li> </ul>
10min	<p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>- Refer to BNSW HPP Recovery Protocols</li> </ul>	