

Basketball NSW Return to Training Session Plan #3

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 object to use as a guide Drill: 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"> - 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: Catching Challenges Location: Equipment: Drill: With your ball, throw your ball up in the air and catch it by yourself. Aim to do each level, 3 times:</p> <ol style="list-style-type: none"> 1 - 1 Clap 2 - 3 claps 3 - Clap, behind your back 4 - Clap, under one leg 5 - Clap, under both legs, one after another 6 - Clap, touch the ground 7 - Clap, turn around and touch the ground <p>CHALLENGE: Aim to complete the whole challenge without the ball touching the ground once.</p>	<ul style="list-style-type: none"> - Keep your eyes on the ball. - For the more difficult challenges, you may have to throw the ball higher.
8 min	<p>Skill: Shooting Challenge Location: An available outdoor basketball ring Equipment: One Basketball & a basketball ring Drill:</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>CHALLENGE - See how far out you can make a shot and try to beat that point each time/day.</p> <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>	<ul style="list-style-type: none"> - HAVE FUN SHOOTING! - Be balanced - Feet hip width apart.

	<p>CHALLENGE - Aim to achieve the highest score and attempt to beat that score each day.</p>	
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 finger-tips and finger-pads.
8 min	<p>Skill: Passing Challenges Location: A flat surface, outside Equipment: One basketball and a wall Drill: Standing between two to three metres away from a wall, aim to complete each pass 5 times:</p> <ol style="list-style-type: none"> 1 - 2-hand Bounce Pass 2 - 2-hand Chest Pass 3 - 1-hand Bounce Pass (dominant hand) 4 - 1-hand Chest Pass (dominant hand) 5 - 1-hand Bounce Pass (non-dominant hand) 6 - 1-hand Chest Pass (non-dominant hand) 7 - Behind the back pass 8 - Behind the head pass <p>CHALLENGE: Bring in a second ball and aim to complete the challenges with two basketballs.</p>	<ul style="list-style-type: none"> - Aim for a target step towards it with one foot. - Keep watching the ball - Spread your fingers when you catch.
10min	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	