

***Basketball NSW Return to Training Session Plan #1***

**Level Aimed at – 12-17 years old (Domestic and Representative Players)**

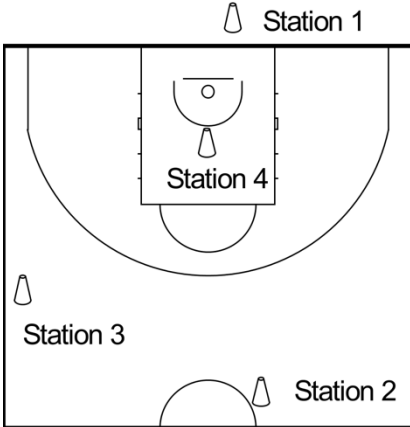
**Session Focus – Body Movement & Ball Fundamentals**

**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, skipping rope, drink bottle, towel, hat and sunscreen, Clock/Timer/Stopwatch.

Time	Content	Points of Emphasis
15min	<p><b><u>Warm Up</u></b></p> <p><i>Refer to Basketball Australia Functional Movement Video and BNSW HPP Protocols. Here is the order and notes to complete:</i></p> <p><u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> <li>o Walking High knees extend up on toes</li> <li>o Lunges</li> <li>o High Hand Lunges</li> <li>o Step and Tip into Superman long arms</li> <li>o Quick High knee Skip</li> <li>o Quick High Knees</li> <li>o Quick Butt Kicks</li> <li>o Karaoke – High knee then wrap behind</li> </ul> <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> <li>o One foot in front of other</li> <li>o Single leg balances</li> <li>o Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble)</li> </ul> <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> <li>o Single leg raise to the side</li> <li>o Grab Walk</li> </ul> <p><u>Proprioception Exercises</u></p> <p><b>Refer to BNSW HPP Protocols</b></p> <p><u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> <li>o Single leg dead lift (with chair staying against the chair)</li> <li>o Single Leg bridge</li> <li>o Hamstring bridge</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Following your warm up split athletes into 4 groups, an example is below if you have more area then you can spread them out further.</b></li> </ul> 
	<p><b><u>Circuit Training</u></b></p> <ul style="list-style-type: none"> <li>- Split the athletes into 4 groups</li> <li>- Each group will complete their station for 10 minutes then rotate</li> </ul>	

<p>10 min</p>	<p><b>Station 1 – Fitness</b></p> <ul style="list-style-type: none"> <li>- Athletes will complete an exercise for 45 seconds, attempting to do as many as possible. They will then have a 15 second rest before starting next exercise.</li> <li>- Exercise 1 – Push Ups</li> <li>- Exercise 2 – Sit Ups</li> <li>- Exercise 3 – Squats</li> <li>- Exercise 4 – Mountain Climbers</li> <li>- Exercise 5 – Plank</li> <li>- <b>Repeat</b></li> </ul>	
<p>10min</p>	<p><b>Station 2 – Ball Handling</b></p> <ul style="list-style-type: none"> <li>- Athletes will need 2 balls to complete each drill for 45 seconds, attempting to do as many dribbles as possible. They will then have a 15 second rest before starting next exercise.</li> <li>- <b>Drill 1</b> – Bounce basketballs together (stationary)</li> <li>- <b>Drill 2</b> – Bounce basketballs alternate (stationary)</li> <li>- <b>Drill 3</b> – Bounce basketballs together for 2 bounces then cross over (stationary)</li> <li>- <b>Drill 4</b> – Bounce basketballs forwards and backwards, creating a letter V on the outside of their body</li> <li>- <b>Drill 5</b> – Bounce basketballs left to right creating two letter V's in front of their body</li> <li>- <b>Drill 6</b> – Figure 8 dribble, both basketballs follow each other</li> <li>- <b>Drill 7</b> – Bounce 1 basketball in a circle around your <u>right</u> foot, whilst bouncing the left basketball on the spot (these are both small blurry dribbles)</li> <li>- <b>Drill 8</b> - Bounce 1 basketball in a circle around your <u>left</u> foot, whilst bouncing the right basketball on the spot (these are both small blurry dribbles)</li> <li>- <b>Drill 9</b> – Bounce both basketballs with <u>right</u> hand only, object is to keep them both alive.</li> <li>- <b>Drill 10</b> - Bounce both basketballs with <u>left</u> hand only, object is to keep them both alive.</li> </ul>	<ul style="list-style-type: none"> <li>- Stance</li> <li>- Quick hands</li> <li>- Body up and body down</li> <li>- Limit mistakes</li> </ul>

10 min	<p><b>Station 3 – Footwork</b></p> <p><u>Skipping</u> Athletes will need a skipping rope and complete each of these for 1 minute.</p> <ul style="list-style-type: none"> <li>- Jumping both feet together</li> <li>- Boxer Skip (alternate feet after 2 hops)</li> <li>- Running on the spot</li> <li>- Fast as you can</li> </ul> <p><u>Ladder</u> Athletes will need a ladder or draw one with chalk or use sticks and complete each of these for 5 times.</p> <ul style="list-style-type: none"> <li>- One foot in each square</li> <li>- 2 feet in each square</li> <li>- High knees (one foot in each square, as quick as you can)</li> <li>- Butt kicks (one foot in each square, as quick as you can)</li> <li>- Jump 2 feet in 2 out (one foot on either side of the ladder)</li> <li>- Run through the ladder in a zig zag getting both feet in each square then both feet out.</li> <li>- Sideways 2 feet in each square (x2)</li> <li>- Sideways in and out</li> </ul>	
10 min	<p><b>Station 4 – Shooting</b></p> <p><b>Drill 1</b></p> <ul style="list-style-type: none"> <li>- Standing around charge circle – <b>make 5 swishes</b> in a row (1 hand form)</li> <li>- <b>PROGRESSION</b> add guide hand however only the palm (of guide hand) can be touching the ball. This helps with balance and not involving your guide hand in the follow through. <b>Make 10 in a row</b></li> <li>- <b>PROGRESSION</b> Add guide hand (normal hand positioning). <b>Make 10 in a row</b></li> </ul> <p><b>Drill 2</b> Stand in a mid-range spot:</p> <ul style="list-style-type: none"> <li>- Dribble between the legs x3 on the spot then gather and shoot. <b>First person to make 3 in a row</b></li> <li>- <b>PROGRESSION</b> looking to the sideline, dribble between the legs x3 on the spot then gather and shoot. On the gather to shoot have the athletes look at the basket. <b>First person to make 3 in a row</b></li> <li>- <b>PROGRESSION</b> Having back to basket and 3 dribble between the legs x3 on the spot then gather and shoot as you are turning to face the basket. <b>First person to make 3 in a row</b></li> </ul>	<ul style="list-style-type: none"> <li>- Stance – balanced – positive energy</li> <li>- Index finger under middle of the ball – fingers spread (shooting triangle)</li> <li>- Guide hand (T your thumbs)</li> <li>- High follow through, finish on toes (positive energy)</li> </ul>
10 min	<p><b>Cool Down</b></p> <ul style="list-style-type: none"> <li>- Refer to BNSW HPP Recovery Protocols</li> </ul>	