

Basketball NSW Return to Training Session Plan #2

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

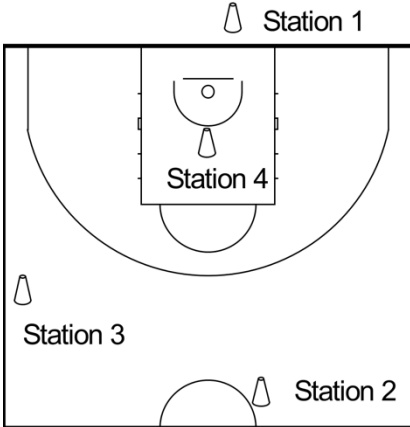
Session Focus – Body Movement & Ball Handling and Shooting Fundamentals

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><u>Warm Up</u></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"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u></p> <p>Refer to BNSW HPP Protocols</p> <p><u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge 	<ul style="list-style-type: none"> - 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. 
	<p><u>Circuit Training</u></p> <ul style="list-style-type: none"> - Split the athletes into 4 groups - Each group will complete their station for 10 minutes then rotate 	

<p>10 min</p>	<p>Station 1 – Fitness</p> <ul style="list-style-type: none"> - 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. - Exercise 1 – Burpees - Exercise 2 – Squat Jumps - Exercise 3 – Side Plank Right - Exercise 4 – Side Plank Left - Exercise 5 – Star Jumps - Repeat 	
<p>10min</p>	<p>Station 2 – Ball Handling</p> <p>Athletes will need 1 balls to complete each drill for 45 seconds, attempting to do as many dribbles as possible. The athlete with the highest score wins, loser(s) has 3 pushups. They will then have a 15 second rest before starting next exercise.</p> <ul style="list-style-type: none"> - Drill 1 – Ankle Wraps - Drill 2 – Waist Wraps - Drill 3 – Head Wraps - Drill 4 – Right Leg Single Wraps - Drill 5 – Left Leg Single Wraps - Drill 6 – Figure 8s - Drill 7 – Toss and Catch (ball in between your legs, one hand in front and one hand behind, toss the ball up change your hands and catch the ball before hitting the ground) - Drill 8 – 2 hand Toss and Catch (ball in between your legs, both hands at the front, toss the ball up change your hands and catch the ball behind your legs before hitting the ground) - Drill 9 – Dribble the ball right handed, see how many bounces you can complete - Drill 10 – Dribble the ball left handed, see how many bounces you can complete 	<ul style="list-style-type: none"> - Stance - Quick hands - Body up and body down - Limit mistakes

10 min

Station 3 – Footwork

Skipping

Athletes will need a skipping rope and complete each of these for 1 minute.

- Right Leg Only
- Left Leg Only
- Both Legs

Footwork

Have athletes spread out along the baseline **or** create a line on the grass/oval, following the below exercises. The numbers on the side diagram, relate to how the drill should look in the image. Have all the athletes complete the same exercise can get the athletes to go up and back, then move on to the next exercise.

Running Technique (#1)

- Arms at 90 degree throughout, power from biceps
- High Knees
- Extend Out
- Lean Slightly Forward

Change of Pace (#2)

- Slow to fast running

Stutter Step (#2)

- Succession of Short/Sharp Steps
- Stay low throughout
- Used for a Closeout on Defence or an Offensive Move

Change of Direction (#3)

- Running in a direction (right) for 3-4 strides
- Plant outside foot, turn hips then run diagonally to the left (repeat down the court)

Jump Stop (#4)

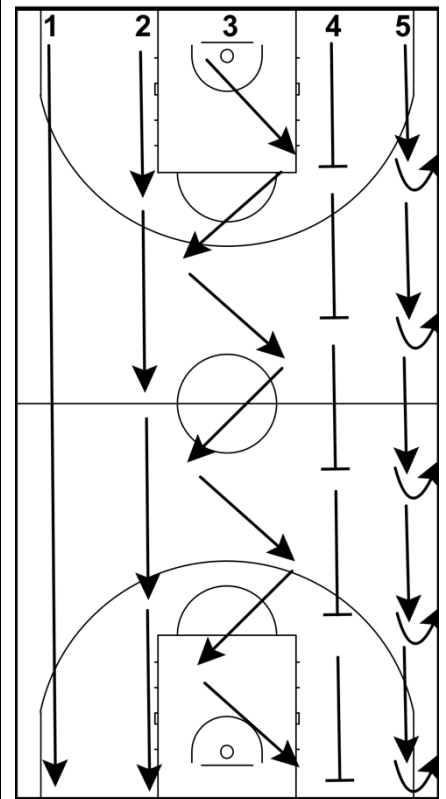
- Two foot stop
- Two feet land together
- Knees flexed bent
- Balls of the feet
- Heels up

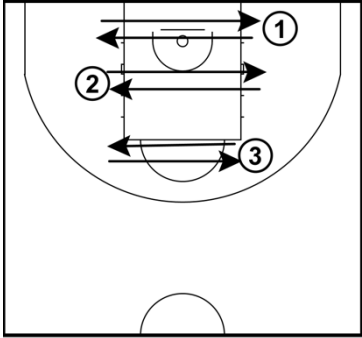
Stride Stop (#4)

- Running Stop
- Can't move back foot once established
- Lift front foot to take off and run again
- Knees Flexed
- Balls of feet, off your heels

Pivoting Forwards/Backwards (#5)

- Forward = Head first
- Reverse = Back first
- Stay low throughout
- Do not bounce
- Eyes at one level throughout



<p>6 min</p>	<p>Station 4 – Shooting Mikan Drill <i>If you have 2 athletes in a group, have 1 athlete count the makes and one participate in the drill, if you have 3 have the other athlete do ball handling and rotate.</i> Athlete's will complete the Mikan Drill for 1 minute and rotate athletes will go through 3 drills;</p> <ul style="list-style-type: none"> - Normal - Reverse - No Backboard 	<ul style="list-style-type: none"> - Stance – balanced – positive energy - Index finger under middle of the ball – fingers spread (shooting triangle) - Guide hand (T your thumbs) - High follow through, finish on toes (positive energy)
<p>4 min</p>	<p>Mid-Range Shooting Athletes will shoot for 1 minute in each of the 3 spots. The athlete will shoot, rebound then change sides trying to make as many shots as possible in a minute. After the minute is completed, shoot 2 free throws then rotate to the next spot.</p> <p>(1) Short Corner to Short Corner (2) Block to Block (3) Elbow to Elbow</p>	
<p>10 min</p>	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	