

Basketball NSW Return to Training Session Plan #3

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

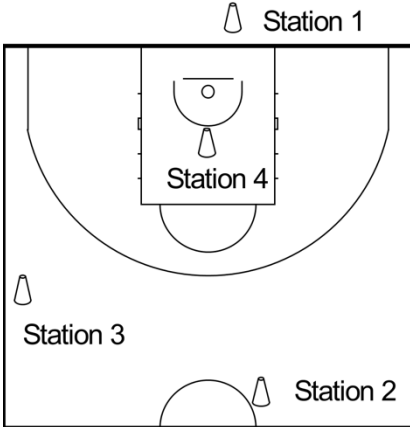
Session Focus – Body Movement & Ball Handling and Shooting Fundamentals

GUIDELINES

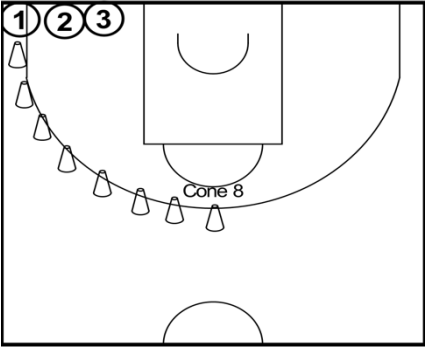
- 10 people max (including Coach), outdoors, no sharing equipment (i.e basketballs, tennis balls, drinks, towels),
- Maintain 1.5m social distancing
- No contact in drills, including no high 5s.

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"> o Walking High knees extend up on toes o Lunges o High Hand Lunges o Step and Tip into Superman long arms o Quick High knee Skip o Quick High Knees o Quick Butt Kicks o Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> o One foot in front of other o Single leg balances o 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"> o Single leg raise to the side o 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"> o Single leg dead lift (with chair staying against the chair) o Single Leg bridge o 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 – Calf Raises (Feet shoulder width apart, going up on to your toes and back down repeatedly, nice and easy). - Exercise 2 – Bicycle Sit Ups (laying in a sit up position, hands on your ears, get opposite elbow and knee to touch whilst riding a bike in the air – right elbow to left knee). - Exercise 3 – Left Leg Raises (Laying on your back, right leg bent with knee point to the sky, left leg out straight, lifting that leg up whilst it remains straight too 90 degrees then, back down without your heel touching the ground and a steady pace). - Exercise 4 – Right Leg Raises (Laying on your back, left leg bent with knee point to the sky, right leg out straight, lifting that leg up whilst it remains straight too 90 degrees then, back down without your heel touching the ground and a steady pace). - Exercise 5 – Bridges (Laying down in a sit up position, lifting your stomach towards the sky and butt off the ground, then back down. If this is too easy, lift one leg off the ground and complete). - Repeat 	
<p>10min</p>	<p>Station 2 – Ball Handling</p> <p><i>Athletes will need 1 ball and 1 tennis ball 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.</i></p> <ul style="list-style-type: none"> - Drill 1 – Right Hand dribble – toss and catch tennis ball left hand - Drill 2 – Left Hand dribble – toss and catch tennis ball right hand - Drill 3 – Right Hand - forwards and backwards, creating a letter V on the outside of their body toss and catch tennis ball left hand - Drill 4 – Left Hand - forwards and backwards, creating a letter V on the outside of their body toss and catch tennis ball right hand - Drill 5 – Right Hand dribble around your right foot in a circle toss and catch tennis ball left hand - Drill 6 – Left Hand dribble around your left foot in a circle toss and catch tennis ball right hand - Drill 7 – One bounce, crossover, toss and catch tennis ball alternating hands - Drill 8 – Start in Right hand, double crossover toss and catch tennis ball left hand - Drill 9 – Start in Left hand, double crossover toss and catch tennis ball right hand - Drill 10 – Double Crossovers - same as above drill, however be creative with your crossovers (crossover, between the legs toss and catch tennis ball). 	<ul style="list-style-type: none"> - Stance - Quick hands - Body up and body down - Limit mistakes

<p>10 min</p>	<p>Station 3 – Footwork</p> <p>Skipping Athletes will need a skipping rope and complete each of these for 1 minute.</p> <ul style="list-style-type: none"> - Right Leg Only - Left Leg Only - Both Legs <p>Ladder Athletes will need a ladder, or use sticks or chalk to create a ladder where appropriate. Athletes will then complete each of the exercises 5 times before moving on to the next exercise. With quick feet and on the balls of their feet;</p> <ul style="list-style-type: none"> - One foot in each square - Two feet in each square - High knees (quick) one foot in each square - Butt kicks (quick) keeping upper body straight - Jumping two feet in a square, the jumping splitting their feet either side of the ladder. Two in Two out - Run in a zig ag through the ladder and out and back in getting two feet in each square - Turn body sideways so left foot is closest to the ladder. Run sideways driving knees up high placing two feet in each square. - Turn body sideways so right foot is closest to the ladder. Run sideways driving knees up high placing two feet in each square. - Same as above with left foot closest, now going in and out of squares down the ladder. - Same as above with right foot closest, now going in and out of squares down the ladder. 	
<p>10 min</p>	<p>Station 4 – Shooting Offensive player faces and does a dribbling move (explained below) at each cone then slide/drag dribbles to the next cone. In the example going right you slide dribble with your right hand. When the athletes slide dribble they face the basket and do not cross their feet. Then repeat at next cone. When they hit cone 8 they then will attack basket with a different finish (explained below).</p> <p>1) Double cross over and finish is lay-up - 3 attempts each - missed lay-up equals 2 push-ups.</p> <p>2) Scissor dribble (between the legs x2) and finish is 1 step lay-up (R foot step R hand finish. Good for change of timing) - first athlete to make 3 shots - losers 3 defensive slides</p> <p>3) Double behind the back and finish is runner off 1 or 2 feet - first athlete to make 3 shots - losers 3 defensive slides.</p> <p>4) Crossover, between legs, behind back, crossover and finish is jump shot - inside/outside footwork on shot - first athlete to make 3 shots - losers 3 defensive slides.</p> <p>Change sides and repeat same 4 moves above - slide dribbling with Left hand this time.</p>	<p>- 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> 
<p>10 min</p>	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	