
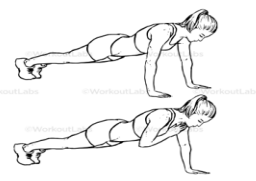
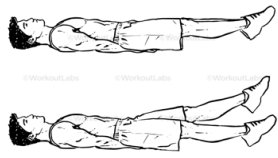


Basketball NSW Return to Training Session Plan #2

Level Aimed at – 12yrs and above (High Level)

Session Focus – Shooting / Ball Handling Moves / Strength and Conditioning

Time	Content	Points of Emphasis
	<p>GUIDELINES</p> <ul style="list-style-type: none"> - 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 - 	<p>EQUIPMENT NEEDED</p> <ul style="list-style-type: none"> - Basketball - Drink bottle - Towel - Skipping rope - Yoga mat - Sunscreen
10mins 10mins	<p>Warm Up</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Warm Up Protocols - Refer to Basketball Australia Functional Movement Video 	
10mins (ALL ATHLETES)	<p>Skill: Ball Handling Location: Spread out around the court Equipment: 1 basketball Drill:</p> <ol style="list-style-type: none"> 1) 1min – 2 x Crossovers into crossover step –Keep one foot on the ground and crossover (swing shoulders and hips with the ball). Stay low and shoulders don't come up. Alternate each time and increase speed 2) 1min – PROGRESSION – 2 x crossover with crossover step into between the legs to bring it back. 3) 3 x 30secs – Salsa Dribbling – Dancing to the beat of the ball bouncing. When the ball hits the ground your feet stay still and when the ball is in the air you're standing up higher and your feet are moving. Get lower and dribble quicker. 4) 1min – Staggered wraps – staggered feet (10 between legs – not scissor). 10 wraps – between legs and cross. High to low with body 5) 1min – PROGRESSION Frontside cross then backside cross then cross. Change up and be creative. <p>Video link or drills: https://www.youtube.com/watch?v=WYI2Ifc6XTo</p>	<ul style="list-style-type: none"> - Stance - Eyes Up - Get out of comfort zone (fast and wider dribbles – outside cylinder)
25mins (STATION WORK) 6mins	<p>STATION 1</p> <p>Skill: Shooting off the Dribble Location: Use one basket Set-up: Use 5 spots mid-range (base, wing, top, wing and base) Equipment: Basketball Drill:</p> <ol style="list-style-type: none"> 1) Between the legs x3 (scissor) then gather and shoot. First person to make 3 in a row 2) PROGRESSION looking to the side and 3 combo moves then gather and shoot. On the gather to shoot have the athletes look at the basket 3) PROGRESSION Having back to basket and 3 combo moves as you are turning to face the basket. Do a move at 180degrees, 90degrees and last one facing basket then gather and shoot. First to 3 in a row <p align="center">Rotate spots if they finish quickly</p>	<ul style="list-style-type: none"> - Stance – balanced – positive energy - Smooth transition from dribble to gather - High follow through, finish on toes (positive energy) - Assessing your shot

<p>6mins</p>	<p>STATION 2</p> <p>Skill: S&C - Planking (Prone Hold) Location: Middle of the court Set-up: Spread out on sideline Equipment: Towel or Yoga mat Drill: Get into forearm plank position. Ensure your elbows on the ground directly underneath your shoulders with your feet hip-width apart. Make sure your back is flat and your head and neck are in a neutral position. Drive your elbows into the floor, and squeeze your quads, glutes, and core. Inhale through your nose and exhale through your mouth—don't hold your breath.</p> <p style="text-align: center;">Try to limit the amount of times you fail in 6minutes</p>	
<p>6mins</p>	<p>STATION 3</p> <p>Skill: S&C – Small Circuit Location: Middle are of the court (opposite side to Station 2) Set-up: Spread out on sideline Equipment: Basketball, Towel or Yoga mat Drill:</p> <ol style="list-style-type: none"> 1) Plank Position > Touch Opp Shoulder – Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels. Bring your right arm off the ground and touch your left shoulder before placing it back on the ground. Repeat the same movement with the opposing arm to get 1 rep. Do 20 reps. 2) Flutter Kicks Lie on a mat/towel with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together. Keep abs engaged and perform short kicks in an alternating fashion (criss-cross) Complete 40 reps <p style="text-align: center;">Complete Small Circuit 3 times</p>	 
<p>6mins</p>	<p>STATION 4</p> <p>Skill: Combo moves into Jump shots (1min each) Location: Use a basket (opposite end to station 1) Set-up: Use 5 spots starting outside 3pt line (base, wing, top, wing and base) Equipment: Basketball Drill: Work on moves from 1st drill into a jump shot</p> <ol style="list-style-type: none"> 1) Double C/O into Crossover step J/S 2) Double C/O into crossover step, then bring back between legs (not a step back J/S) 3) Double C/O into crossover step then fake shot into crossover or onside step for J/S <p style="text-align: center;">COMPETITION – HIGHEST SCORE WINS</p>	<p>- Combo moves - Body up and down - Footwork on shot (inside/outside)</p>
<p>10min</p>	<p>Cool Down</p> <p>- Refer to BNSW HPP Recovery Protocols</p>	