

Developing Players Ability to Defend 94 Feet

This following programs aim to equip players with the skills to compete on the national and international level.

Athletes should aim to complete the individual work out a number of times a week.

The programs are designed to increase players' individual skills in a game context. When completing the sessions athletes should adhere to the following guidelines –

- Once a moderate skill level is attained complete all drills at a 'game like' pace with 'high' intensity.
- Players should be challenged in each drill – either by making required shots in an allocated time frame or by beating previous best number of makes on a drill.
- Record players makes/attempts for as much of the session as possible – this will give you an idea of your rate of improvement and areas that need attention.

Key Principles

- When handling the ball keep your eyes up
- Start all offensive moves in (triple threat) stance
- Work on both hands (if your non preferred hand is substantially weaker work on it on a 2:1 ratio to your string hand) and pivoting with both feet.
- As you become fatigued concentrate on maintaining stance (before and after catching) and chinning the ball
- *Remember complete drills at game pace!*

“Practice efficiently rather than practicing to be efficient”

Individual Perimeter Session Outline

" You do not achieve excellence by luck excellence is achieved through habits therefore we must develop excellent habits"

Perimeter Session

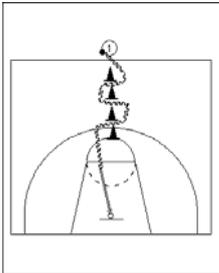
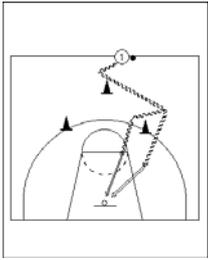
Key Skills -

- 1/ Speed and agility
- 2/ Ball handling including making moves off the dribble
- 3/ Preparation to shoot
- 4/ Perimeter shooting out to three point range
- 5/ Individual offensive moves (perimeter)
- 6/ Passing

Duration: 70 mins

NB. This session outline is only guide as to what emphasis we want in the session if coaches are free to modify sessions to best suit their athletes.

Time	Skills	Drill	P.O.E.
4 mins	Skipping	Skipping <ul style="list-style-type: none"> ▪ As per attached program 	
8 mins	Speed Agility	Alternate between running & agility <ul style="list-style-type: none"> ▪ As per attached programs 	
5 mins	Stretching	Dynamic Stretching Regime	
4 mins	Passing	Wall Passing <ul style="list-style-type: none"> ▪ 15 of each pass (practice with <u>both</u> hands) Chest, bounce, push, overhead, baseball	<ul style="list-style-type: none"> - Hard flat passes - Practice 'catching' the ball on the return
<i>0.20</i>		<i>Drink plus 2 x 2Foul Shots</i>	<i>Record attempts/makes</i>
5 mins	Ball handling	Two ball dribbling drills <ul style="list-style-type: none"> ▪ On the move (control, machine gun & speed) ▪ Work towards cross-overs 	Eyes up

5mins	Lay-up footwork	<p style="text-align: center;">Lay-up Footwork</p> <ul style="list-style-type: none"> ▪ Mikan Drill – 15 overhand & 15 reverse lay-ups ▪ X Out lay-ups – 15 overhand and 15 reverse 	<ul style="list-style-type: none"> - Puppet footwork - Chin ball on every shot
<i>0.30</i>		<i>Drink plus 2 x 2 Foul Shots</i>	<i>Record attempts/makes</i>
5 mins	Moves off the dribble	<p style="text-align: center;">Cone Crossover Drill</p> <ul style="list-style-type: none"> ▪ Set up five cones 1m apart. 01 starts behind the first cone and makes a cross over at each cone (1 dribble crossover) ▪ At the last cone 01 explodes out of his move and shoots a 1 dribble pull up jumper. Rebound miss and finish. ▪ Vary cross-overs add in double crossovers. 	<ul style="list-style-type: none"> - Keep ball low and rip through - Tight turns 'explode and stretch' (cover ground) out of last move. 
5 mins	Moves off the dribble	<p style="text-align: center;">Turn the Corner Drill</p> <ul style="list-style-type: none"> ▪ Set up three chairs as per diagram ▪ Players make move at first chair then 'turn the corner' or cross over at second chair ▪ Vary lay-up and mid range finishes 	<ul style="list-style-type: none"> - Work at two paces - Get distance on moves - 'Turn the corner' to the rim on moves 
<i>0.40</i>		<i>Drink plus 2 x 2 Foul Shots</i>	<i>Record attempts/makes</i>
6 mins	Perimeter Shooting (Off the dribble)	<p style="text-align: center;">4 spot Shooting</p> <ul style="list-style-type: none"> ▪ Set up four cones in half court ▪ Players start behind cone make a crossover move into a 2 dribble pull up jump shot ▪ Players shoot 20 and count makes 	<ul style="list-style-type: none"> -Explode and stretch off move - Stride top shooting footwork attacking both ways pivoting of both feet 

6 mins	Shooting	<p style="text-align: center;">Shooting off a lead</p> <ul style="list-style-type: none"> ▪ Spin ball out and catch on the move ▪ 20 JS leading right ▪ 20 JS leading left ▪ 20 3pt shots 	<ul style="list-style-type: none"> - Catch to shoot (low ready stance) - Low to high mentality on shot
8 mins	Shooting Footwork	<p style="text-align: center;">1 v 0 Offensive Series</p> <ul style="list-style-type: none"> ▪ Spin Outs – Always catch and square up in stance. Each player must make 10 on each side of the following. ▪ Series <ol style="list-style-type: none"> i. Catch shot fake shoot ii. Catch drive fake shoot iii. Catch shot fake outside dribble shoot iv. Catch drive fake cross over shoot 	<ul style="list-style-type: none"> - Shooting Footwork should be emphasised (strong low inside foot pivot) - Cover ground on dribble moves (be explosive and go to the bucket not around players)
<i>0.60</i>		<i>Drink plus 2 x 2Foul Shots</i>	<i>Record attempts/makes</i>
5 mins	Perimeter Shooting	<p style="text-align: center;">High Intensity Shooting</p> <ul style="list-style-type: none"> ▪ Game like shots of leads. Catch and shoot or make dribble moves. Vary 2 and 3 point shots. ▪ 2 x 2mins (20 shots per 2mins) 	<ul style="list-style-type: none"> - High tempo shooting while maintaining form - Catch ready to shoot
5 mins	Perimeter Shooting	<p style="text-align: center;">3 Point Shooting (2 x 2mins)</p> <ul style="list-style-type: none"> ▪ Rebound own shot and roll out 	<ul style="list-style-type: none"> - Maintain form while tired
<i>1.10</i>		<i>Warm Down/Stretch</i>	

Notes

- Record shot attempts and makes for each drill
- Drink a good supply of water before, during and after session.

Perimeter Session Shooting Diary

(Copy and reuse in each cycle)

For each drill record drill completion and/or shot makes and attempts. There is space for the completion of two sessions per week.

Drill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date Beginning:										
Wall Passing										
2 Ball Dribbling										
Mikan Drill										
X Out Lay-ups										
Cone Crossovers										
Turn Corner Drill										
4 Spot Shooting										
Shooting off leads										
1 v 0 Series										
High Intensity										
High Intensity										
2 mins 3pts - 1										
2 mins 3 pts - 2										
Free Throws										

Individual Post Session Outline

" You do not achieve excellence by luck excellence is achieved through habits therefore we must develop excellent habits"

Post Session

Key Skills -

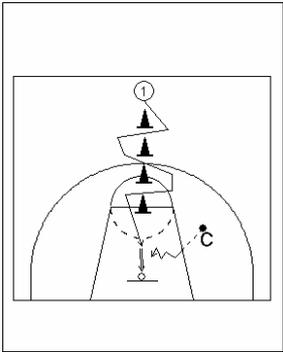
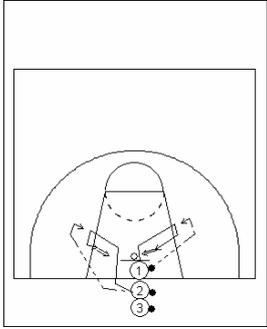
- 1/ Speed and agility
- 2/ Ball handling including making moves off the dribble
- 3/ Preparation to shoot
- 4/ Perimeter shooting out to three point range
- 5/ Individual offensive moves (post) including moves facing the basket from high pots & short corner
- 6/ Second efforts (rebounding)
- 7/ Passing

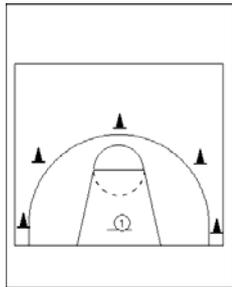
Duration: 70 mins

NB. This session outline is only guide as to what emphasis we want in the session if coaches are free to modify sessions to best suit their athletes.

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Time	Skills	Drill	P.O.E.
4 mins	Skipping	Skipping	
		<ul style="list-style-type: none"> ▪ As per attached program 	
8 mins	Speed Agility	Alternate between running & agility	
		<ul style="list-style-type: none"> ▪ As per attached programs 	
6 mins	Stretching	Dynamic Stretching Regime	
4 mins	Passing	Wall Passing	
		<ul style="list-style-type: none"> ▪ 15 of each pass (practice with <u>both</u> hands) Chest, bounce, push, overhead, baseball 	<ul style="list-style-type: none"> - Hard flat passes - Practice 'catching' the ball on the return
0.22		<i>Drink plus 2 x 2Foul Shots</i>	<i>Record attempts/makes</i>
5 mins	Ball handling	Stationary Ball Handling	Speed with control
		<ul style="list-style-type: none"> ▪ Eyes Shut Dribble and no dribble ▪ 30 sec blocks with no mistakes 	

4 mins	Agility	<p>Agility finishing Drill</p> <ul style="list-style-type: none"> Players quickfeet through cones Player picks up ball at side of key and finishes with lay-up footwork Add slides/back peddles through cone Add secondary moves (shot fakes/step throughs) <p>N.B. after every shot jump up and touch rim/backboard/net</p>	<ul style="list-style-type: none"> Quick feet through cones Chin ball on finish 
4 mins	Inside finishes	<p>Superman Drill</p> <ul style="list-style-type: none"> Players throw the ball against back board - time rebound – go back up strong and finish shot. After players shoot they jump and touch rim/back board (simulates second effort on boards) Progress to secondary moves (shot fakes & step throughs) and tips (5 tips then shoot) Work both sides of the rim and make eight in row then change 	<ul style="list-style-type: none"> Keep the ball high (Chin rebounds) Use arm bars to protect ball Finish with the correct hand
0.35		<i>Drink plus 2 x 2Foul Shots</i>	<i>Record attempts/makes</i>
10 mins	Individual O (Post)	<p>Rapid Post Moves Drill</p> <ul style="list-style-type: none"> Players start under basket roll out catch side of the key and make move After players shoot they jump and touch rim/back board/net Work both sides of the rim players work each series for 1.5 mins then 30 secs recovery <p>Series</p> <ul style="list-style-type: none"> Drop step – thump and jump (low) – power lay-up Drop step – thump and jump (middle) – baby hook Drop step – face – jump shot Step through counter moves 	<ul style="list-style-type: none"> Catch with jump/chin the ball Foot to the rim/middle on drop steps ‘Beat defender with drop step Finish with the correct hand 

0.45		<i>Drink plus 2 x 2 Foul Shots</i>	<i>Record attempts/makes</i>
7 mins	Shooting	<p style="text-align: center;">Post Shooting Drill</p> <ul style="list-style-type: none"> ▪ Start in the mid post spin ball out to high post and catch on the move and shoot. Get rebound start mid post ▪ 25 JS on right side ▪ 25 JS on left side ▪ 15 JS on left side with shot fake move ▪ 15 JS on right side with shot fake move 	<ul style="list-style-type: none"> - Catch to shoot (low ready stance) - Low to high mentality on shot
5 mins	Perimeter Shooting	<p style="text-align: center;">High Intensity Shooting</p> <ul style="list-style-type: none"> ▪ Game like shots of leads. Catch and shoot or make dribble moves. Vary 2 and 3 point shots. ▪ 2 x 2mins (20 shots per 2mins) 	<ul style="list-style-type: none"> - High tempo shooting while maintaining form - Catch ready to shoot
0.57		<i>Drink plus 2 x 2 Foul Shots</i>	<i>Record attempts/makes</i>
5 mins	Shooting Post Moves	<p style="text-align: center;">3-2-1 Shooting</p> <ul style="list-style-type: none"> ▪ From five spots on the floor players must make a 3 point shot, a shot fake 1 dribble jump shot and then from the mid post a good post move to score. ▪ Repeat circuit twice keeping track on makes/attempts 	<ul style="list-style-type: none"> - High intensity shooting - Chase rebounds (don't let the ball hit the floor) <div style="text-align: center;">  </div>
5 mins	Perimeter Shooting	<p style="text-align: center;">3 Point Shooting (2 x 2mins)</p> <ul style="list-style-type: none"> ▪ Rebound own shot and roll out 	<ul style="list-style-type: none"> - Maintain form while tired
1.10		<i>Warm Down/Stretch</i>	

Notes

- Record shot attempts and makes for each drill

Post Session Shooting Diary

(Copy and reuse in each cycle)

For each drill record drill completion and/or shot makes and attempts. There is space for the completion of two sessions per week.

Drill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date Beginning:										
Wall Passing										
Ball Handling										
Agility Finishing										
Superman										
Rapid Post Moves										
Post Shooting										
High Intensity										
High Intensity										
3 – 2 – 1 Shooting										
1 v 0 Series										
2 mins 3pts - 1										
2 mins 3 pts - 2										
Free Throws										