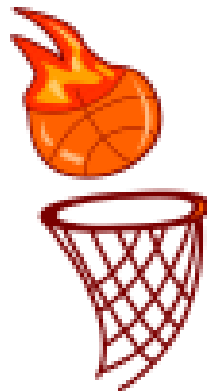


Hobart Phoenix Basketball Association



2020

**CORONA IMPROVEMENT
PROGRAM**



Off-season Improvement Program

This program is specifically designed for this down period, however may be followed throughout the basketball season. If you do not have access to a court or hoop please choose activities you can complete.

1. Shooting or basketball skills session
2. Specific Position workout (see individual training sessions earlier)
3. Running (aerobic)
4. Agility/ Speed
5. Skipping/ Line Jumping (LJ)
6. Dribbling
7. Ball Handling
8. Body Weight Strength Program
9. Passing
10. Flexibility
11. Other

Why should I do it?

- ✓ It is designed to give you a good “base” of fitness and skills.
- ✓ It covers the many areas important in basketball.
- ✓ It allows for a great deal of variety in your training regime.
- ✓ Because you want to give yourself an “edge” over your opponents!
- ✓ Because you are serious about wanting to become a better player!

What do I have to do?

Compulsory – You must do a minimum of **two** shooting/skills (or specific position workouts)

You must do **two** agility/ speed sessions per week (this can be done on an oval, in your local park if a court is unavailable).

You must do **one** running (aerobic) session per week.

You must do a minimum of **two** body weight sessions per week.

You must also do another **two** activities from the list above. You can mix and match to decide what you wish to do. You may be able to incorporate some of the other activities in the same session.

Most stadiums will be closed. You will all have plenty of “free” time to enjoy your time off structured sport.....however you will also have plenty of “free” time to continue to work hard and complete this program.

Don't allow yourself to go back to square one!***

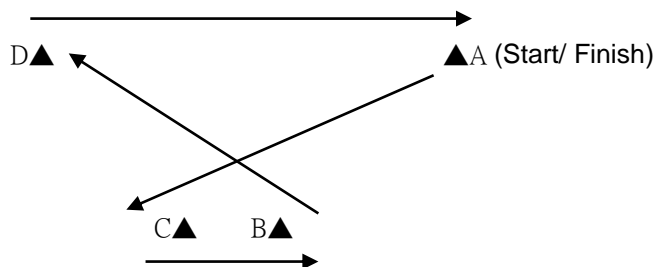
REMEMBER:

“NO EXCUSES....GET IT DONE!”

1. Basketball Skills Session

Use the designated run or speed session as the warm up activity

1. Ball handling skills (see sheet) **- 5 minutes**
2. Full court dribbling drills (2 up & back of each drill)
 - Speed : push the ball out in front
 - Crossover : step, cross hard below knees, explode step, cross hard etc.
 - Behind back : pull around hard take a dribble then continue
 - Between legs : step, guide ball through legs, gather and go
 - Spin : keep the ball close to your body
 - Retreat and explode : keep the non dribbling hand up to protect the ball
 - Hesitation/ stutter & explode : slow pace down before increasing again
 - Combinations : eg. between the legs/ crossover
3. Catch & shoot/ inside keyhole **- make 20 shots**
4. Free throws **- shoot 10**
5. 1 on 0 from 3 point line/ drives to basket/ put back misses **- make 20 shots**
6. Free throws **- shoot 10**
7. "X" out defensive slides around keyhole (1,2,3,2,1)
10 secs break between sets



Sprint and closeout from A to B (carry a hand)
Slide C to B
Dropstep B and sprint/ slide to D
Slide to D to A

8. Free throws **- shoot 10**
9. Perimeter moves/ post moves (specific positional moves) **- 5 minutes**
eg. 1 bounce j/shot, moves off dribble
10. Free throws **- shoot 10**
11. Full court 1 on 0/ various dribble moves into layups or pull up jumps shots. 5 lengths of court then shoot 5 free throws. Complete 5 sets initially, building up to 10 sets

2. Shooting

Note:

- ❑ Must be completed a minimum of **two** times a week
- ❑ Warm up with one hand (form) shooting
- ❑ Game speed, game tempo, game shots!!
- ❑ Complete minimum of four categories PLUS the 3 sets of Free throws
- ❑ Must shoot the designated number of shots shown

A) Inside the key

- Jump shots (X 10)
- Layups (X R 10 and L 10)
- Mikan shots (X R 10 and L 10)

B) Jump shots from 15- 20 feet

(spin ball to self and run onto ball X 10 per area)

- Wing
- Point
- Wing

C) One bounce jump shots

(spin ball to self and run onto ball)

- Wing (X 10)
- Point (X 10)
- Wing (X 10)

D) Two/Three bounce jump shots

(spin ball to self and run onto ball)

- Wing (X 10)
- Point (X 10)
- Wing (X 10)

E) Pull up jump shots

(spin ball to self and run onto ball)

- Wing (X 10)
- Point (X 10)
- Wing (X 10)

F) Post moves

- Drop step low power layup (X 10)
- Dropstep high baby hook (X 10)
- Dropstep, shot fake, step thru (X 10)
- Turn and face shoot (X 10)

G) Three point shots

- 5 spots x 10 shots

H) Free Throws

- 3 sets of 10 repetitions (can be done between shots while rehydrating)

3. Running (aerobic)

- Must** be completed a minimum of **one** time per week
- Do not run on concrete/road. Run on grass or oval if possible
- Optional: distances and times may be recorded if you want to track your progress

WEEK 1

15 minute run

WEEK 2

15 minute run

WEEK 3

15 minute run

WEEK 4

15 minute run

WEEK 5

20 minute run

WEEK 6

20 minute run

WEEK 7

15 minute run

WEEK 8

15 minute run

TARGETS

Guards: Eventually run in 15 minutes 3.7km

Forwards: Eventually run in 15 minutes 3.5km

Centres: Eventually run in 15 minutes 3.2km

4. Agility/ Speed

Use to increase foot speed and agility. Use varying combinations

RUN 1

Activity 1

Performed as a continuous sequence:

- Jog forwards to half court & back
- Jog backwards to half court & back
- Side step to the right to half court, jog back
- Side step to the right to half court, jog back
- Large skips (forward) to half court, jog back
- Large skips (right side) to half court, jog back
- Large skips (left side) to half court, jog back
- Sprint to half court & back

Activity 2

5 minutes of static stretching (including hamstrings, quads, glutes, lower back, chest and shoulders)

Activity 3

The following group of exercises should be performed continuously for 15 minutes.

Record how many times you repeat the set

1. Start on the baseline, complete 10 push ups
2. Sprint to other end of basketball court
3. Lie on floor, complete 10 full sit ups
4. Jog 2 laps of the court

This equals 1 set!

RUN 2

Activity 1

Performed as a continuous sequence:

- Jog forwards to half court & back
- Jog backwards to half court & back
- Hamstring & calf stretches
- Side step to the right to half court, jog back
- Side step to the left to half court, jog back
- Quad and hip flexor stretches
- Large skips (right side) to half court, jog back
- Large skips (left side) to half court, jog back
- Sprint to half court & back

Activity 2

Sprint to half court, jog back

Sprint full court, walk back

Rest 15 seconds

Repeat above sequence x 10

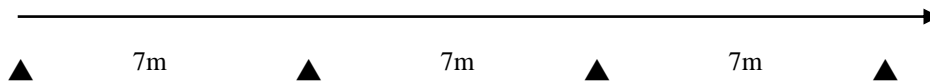
SPEED AGILITY SESSIONS

Standardised Warm-up (to be completed prior to the start of EVERY speed session).

- 20 push ups
- 20 freehand squats
- Jog lap of court & return
- 20 crunches
- 20 lunges (each side)
- Jog a lap of court & return
- Stretching as required (limited to 5 minutes max.)

SPEED 1

Activity 1



Run first 7m @ 50%, second @ 75%, last @ 100%
Repeat x 5, with walk back recovery

Activity 2

5 x 50m (start each rep at 50 second intervals) Jog back to start position
5 x 30m (40 seconds)
5 x 20m (30 seconds)

Activity 3

Have cones/ markers 10m apart for this drill

Slide A to B

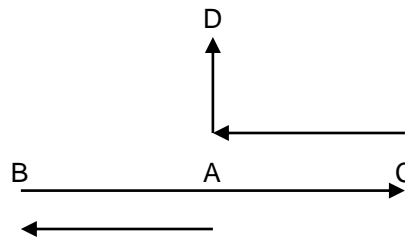
Slide B to C

Slide C to A

Sprint A past D

Repeat x 5. Walk back recovery

(variation: sprint instead of sliding)



****Remember your technique when sliding:**

- don't cross your feet and point your toe in the direction you go
- show your palms and stay low
- big ⇄ □ bigger ⇄ big (grab the floor) & don't be beaten on first step

SPEED 2

Standardised warm up

Activity 1

Suicides @ 80-90% intensity. Repeat x 8 with 1 minute recovery between each
Use the following reference points instead of cones/ markers:

- First free throw line & back
- Half court & back
- Second free throw & back
- Full court & back

Activity 2

Sprint starts over 10m

- Right foot and forward x 5
- Left foot and forward x 5
- 2 feet to the line x 5

5. Skipping/ Line Jumping

Skipping (6 minutes all up):

- 2 minutes of continuous work (medium pace). Include 30 skips maximum effort in continuous skipping
- 2 minutes of continuous of different skipping (eg side to side, back and forward, double turns, high knees, one foot, boxer)
- 2 minutes of continuous skipping (medium pace). Include 30 skips maximum effort in continuous skipping

Line Jumping:

Use the lines of the basketball court (or any lines - draw one with chalk if you need to) to do the various drills below. These will develop your foot quickness as well.

Try 2 sets of 20 of each of the following.

1. Standing side on to the line, jump with both feet, back and forth across the line.
2. Standing side on to the line, jump with single foot (hop), back and forth across the line (use right then left foot).
3. Standing front on to the line, jump with both feet, back and forth across the line.
4. Standing front on to the line, jump with single foot (hop), back and forth across the line (use right then left foot).

Make up any combination of the above, or again, just use your imagination.

6. Dribbling (complete each skill three times on left and right hand plus one extra on non preferred hand across court and back.

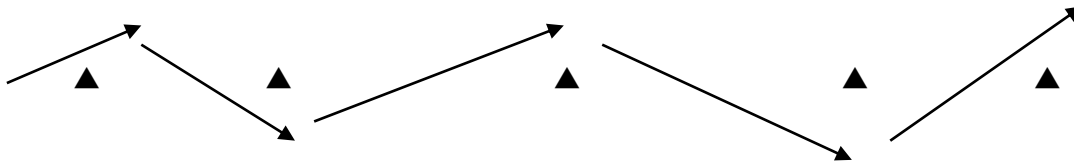
Control	: keep the ball at waist height
Speed	: push the ball out in front
Crossover	: step, cross hard below knees, explode step, cross hard etc.
Change of direction	: push off outside foot
Behind back	: pull around hard take a dribble then continue
Between legs	: step, guide ball through legs, gather and go
Spin	: keep the ball close to your body
Retreat and explode	: keep the non dribbling hand up to protect the ball
Hesitation/ stutter & explode	: slow pace down before increasing again

Combinations

: eg. between the legs/ crossover

Variation:

Use bins/ chairs to dribble in and out of practising the dribble moves above.



7. Ball Handling

KEEP YOUR HEAD UP - DON'T LOOK AT THE BALL - CHANGE DIRECTION - SPEED



Finger Tipping

Tip the ball continuously, and rapidly, between the fingertips of both hands. Move the position of the ball from above your head to out in front of your body and back again as you tip the ball.



Body Wraps

Wrap the ball around your head from hand to hand. Move down your body and wrap the ball around your waist. Move down again and wrap the ball around your ankles.



Single leg wraps

Stand with your legs apart and wrap the ball around one of your legs from hand to hand. Do 10 in one direction, then 10 in the other, then change legs.



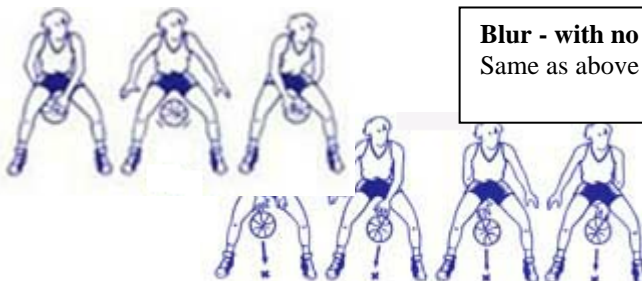
Figure-8 wraps

Stand with your legs apart and wrap the ball around both of your legs from hand to hand in a figure 8 pattern. Do 10 in one direction, then 10 in the other.



Blur - with a bounce

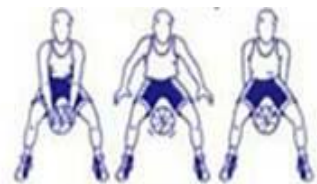
Stand with your legs apart and hold the ball with one hand in front and one hand behind your body. Letting the ball bounce only once, change hands, the front to the back, and the back to the front.



Blur - with no bounce

Same as above but don't let the ball bounce.

Dribble the ball twice in front of your body, once with each hand, then dribble the ball twice with the hands behind your body, again once with each hand. Then return to the same again.

**Straddle Flip**

Hold the ball with both hands in front of the body. Release the ball and catch it before it bounces with both hands behind the body. Repeat coming back to the front.