

# ROWVILLE ROCKETS

## Level 2 TRAINING PLAN



### SESSION 1: (Ball handling and finishing)

**QUOTE OF THE SESSION: "You have to fail in order to succeed"**

TIME:	SKILL/DRILL:	COACHING POINTS:
5 MINUTES	<b>WARM UP:</b> <ul style="list-style-type: none"> <li>Jog throughs, high knees, butt kicks, grapevine etc and stretch</li> <li>Play an innovative and fun game to get the kids engaged E.g. 1 or 2 ball Knockout</li> </ul>	
10 MINUTES	<b>2 BALL HANDLING:</b> <ul style="list-style-type: none"> <li>Each player find a partner and line up behind in each other on the sideline. The front player will have 2 basketballs. Taking it in turns they will progress to the opposite sideline and back performing the following skills: <ul style="list-style-type: none"> <li>⇒ 2 ball same time dribble</li> <li>⇒ 2 ball alternating dribble</li> <li>⇒ 2 ball in/outs</li> <li>⇒ 2 ball back/forwards</li> <li>1 ball on the ground rolling while dribbling the other one</li> <li>⇒ 1 ball up high taps while dribbling the other</li> <li>⇒ 1 ball high dribble 1 ball low dribble</li> <li>⇒ Crossovers</li> <li>⇒ Through legs and crossover</li> <li>⇒ Behind back and crossover</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Emphasis on being in a low stance with knees bent</li> <li>Emphasis on the use of finger tips rather than patting the ball with their palm</li> <li>Ensure they are trying to keep their eyes up and not looking down at the basketballs</li> </ul>
10 MINUTES	<b>LAYUP FOOTWORK PRACTISE:</b> <ul style="list-style-type: none"> <li><b>POWER LAYUP:</b> A power layup is effective when the defender is closely chasing you on a drive. It is performed by coming to a 2-foot jump stop, then using an up fake followed by shooting the ball with the outside hand.</li> <li><b>REVERSE LAYUP:</b> A reverse layup is tough to master, however a very effective move when practised enough. A reverse layup will start on one side of the ring and will finish on the other side. The first step should be taken under the ring parallel to the backboard and the second step should square the player up to ensure they have a good angle to hit the corner of the square.</li> <li>Have the players line up on the right-hand block with a ball each</li> <li>Once the players have mastered both power and reverse layups, have them move out to the 3-point line and practise dribbling into the different layups</li> </ul>	<b>POWER LAYUP</b> <ul style="list-style-type: none"> <li>Emphasis a 2 foot jump stop</li> <li>Ensure their shoulders are square to the backboard</li> <li>Ensure they finish with their outside hand and hit the corner of the square</li> </ul> <b>REVERSE LAYUP</b> <ul style="list-style-type: none"> <li>Emphasis the correct footwork</li> <li>RIGHT/LEFT on the right side</li> <li>LEFT/RIGHT on the left side</li> <li>First step is under the ring and second step should be angled to where the halfway line meets the sideline</li> <li>Hitting the corner of the square again</li> </ul>
10 MINUTES	<b>ACROSS THE KEY SHOOTING:</b> <ul style="list-style-type: none"> <li>Players will line up foul line extended on both sides of the court</li> <li>On one side everyone will have a basketball</li> <li>The other side (without basketballs) will V cut into the key and receive the ball to make a layup. The passer will then sprint to the opposite line and the shooter will rebound their shot and join the passing side. After 10 layups are made. The team will then make 10 block shots, then 10 elbow shots. Once all 30 shots are made, we will flip the drill over and run it on the other side.</li> <li>In order to make this drill harder you can add in a set of 3 pt shots</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis the cutter is flat out sprinting to the spot</li> <li>Emphasis the cutter has the proper INSIDE pivot footwork into their shot</li> <li>Ensure the passes make good passes to the shooter</li> </ul>
10 MINUTES	<b>ONE DRIBBLE PULLUP FOOTWORK:</b> <ul style="list-style-type: none"> <li>2 types of footwork that this age group needs to master</li> <li>RIGHT LEFT RIGHT &amp; LEFT RIGHT LEFT</li> <li>Set out 3 cones/chairs midrange and have your team line up evenly behind each cone/chair with 1 basketball per group</li> <li>The first person will practise a one dribble pullup with the correct footwork, shoot the ball, rebound their own shot and pass to the next person</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis players using the correct footwork into their jump shot</li> <li>Ensure players are low in their stance when catching the ball and making their one dribble pullup move</li> </ul>

<p>5 MINUTES</p>	<p><b>3-MAN WEAVES INTO 2 V 1:</b></p> <ul style="list-style-type: none"> <li>• Players will line up in 3 lines on the baseline 2 metres apart (middle line has a basketball)</li> <li>• Players will do a 3-man weave to half court. Whichever player finishes with the ball at the half court line, will put the ball down on the ground and become the defender. The other 2 players are offence and will play 2V1.</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasis using the different layups and finishes they learnt earlier on in the session</li> <li>• Emphasis drawing the defence and then making a good pass</li> <li>• Ensure players are making good reads and scoring over 50% of the time in 2V1</li> </ul>
<p>10 MINUTES</p>	<p><b>SCRIMMAGE:</b></p> <ul style="list-style-type: none"> <li>• Organise teams (3v3 or 4v4)</li> <li>• Have players play in the half court and trying to implement the skills they have learnt in the session.</li> <li>• To make it competitive you can add in pass/dribble limits or add in “you score you keep” rule</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage players to try implement skills they have learnt into game scenarios</li> </ul>