

ROWVILLE ROCKETS

LEVEL 1 TRAINING PLAN



SESSION 1: (Ball handling and shooting)

TIME:	SKILL/DRILL:	COACHING POINTS:
10 MINUTES	WARM UP: <ul style="list-style-type: none"> • Play an innovative and fun game to get the kids engaged • Octopus, relay races OR in/out are some favourites 	
10 MINUTES	STATIONARY BALL HANDLING: <ul style="list-style-type: none"> • Each player needs their own basketball • Get the individuals to complete the following tasks <ul style="list-style-type: none"> ⇒ Head, waist and knee wraps ⇒ Right hand mini, medium and high dribbles ⇒ Left hand mini, medium and high dribbles ⇒ Right In/out and back/forwards dribbles ⇒ Left in/out and back/forwards dribbles ⇒ Crossovers ⇒ Through the legs ⇒ Behind the back dribbles 	<ul style="list-style-type: none"> • Emphasis on being in a low stance with knees bent • Emphasis on the use of finger tips rather than patting the ball with their palm • Ensure they are trying to keep their eyes up and not looking down at the basketball
10 MINUTES	LAYUP FOOTWORK PRACTISE: <ul style="list-style-type: none"> • Have the players line up on the right-hand block with a ball each • Get the players to step RIGHT foot then LEFT foot and shoot the ball • Opposite footwork on the left-hand side • Once the players have mastered the stationary layup, have them move out to the 3-point line and practise dribbling into a layup 	<ul style="list-style-type: none"> • Emphasis the correct footwork on the layup • LEFT/RIGHT on left-hand side • RIGHT/LEFT on right-hand side • Focus on hitting the corner of the square on the shot
10 MINUTES	BALL HANDLING INTO LAYUPS: <ul style="list-style-type: none"> • Set up cones from the halfway line to the 3-point line on both sides of the court • Have the players dribble through the cones and go into a right hand and left-hand layup 	<ul style="list-style-type: none"> • Emphasis Low dribbles through the cones • Eyes up • Using finger tips to dribble • Correct footwork on the layups
10 MINUTES	SHOOTING SCHOOL: <ul style="list-style-type: none"> • Have the kids partner up with one ball between the pair • Get the kids to face each other about 2-3 metres apart • Start by one hand shooting the ball back and forward with a high follow through, holding it for 2-3 seconds • Next get the kids to shoot a normal two-handed shot back and forward between each other 	BEEF <ul style="list-style-type: none"> • BALANCE – feet shoulder width apart • EYES – looking at the ring (their partner) • ELBOW – elbow tucked in • FOLLOW THROUGH – high follow through at the end of the shot (“like a goose”)
10 MINUTES	FORM SHOOTING: <ul style="list-style-type: none"> • Have the kids line up in 3 lines nice and close to the ring • The front player in each line has a basketball • They will shoot and get their own rebound, pass to the next player in line and then join the end of the line • Progressively move the lines out the more competent your team is • Make it competitive in order to keep kids engaged 	<ul style="list-style-type: none"> • Emphasis the coaching points given in the previous drill • Ensure they are practising the correct technique

IN/OUT RULES:

Very good listening and concentration game. Players all line up along the baseline and stand on the OUTSIDE of the court. When the coach says "IN" all players must jump to the other side of the line so that they are "INSIDE". Players are not allowed to land on the line because it is poison and will eliminate them. If a player jumps when they are not supposed to, they are also eliminated. Last player standing is the winner.

OCTOPUS RULES: You must select 2 people to be the first "octopus" taggers. The rest of the team are the fish who are trying to swim (run) across the ocean (court). They start by lining up on the baseline with the octopuses along the half court line. The aim is for all the fish to get to the other side without getting tagged by an octopus. If they do get tagged, they now become seaweed and must help the octopus tag over fish. However, they cannot move from where they were tagged.

RELAY RACES: Separate the players into 2 even teams. Have the teams stand on the baseline in a line behind each other with one ball at the front of the line. The race starts by the first person running the other end and back, then tagging the next person inline. The winning team is the team that gets every player up and back before the opposing team.

FIRST RACE: Up with their right hand and back with their left hand

SECOND RACE: Waist wraps up and backwards on the way back

THIRD RACE: Crossovers up and back

FOURTH RACE: Monster walk (passing the ball through your legs without letting it touch the ground)