

# ROWVILLE ROCKETS

## LEVEL 1 TRAINING PLAN



### SESSION 2: (Passing and footwork)

TIME:	SKILL/DRILL:	COACHING POINTS:
10 MINUTES	<b>WARM UP:</b> <ul style="list-style-type: none"> <li>Play an innovative and fun game to get the kids engaged</li> <li>Octopus, relay races OR in/out are some favourites</li> </ul>	
10 MINUTES	<b>PASSING PRACTISE:</b> <ul style="list-style-type: none"> <li>Have the players partner up and face each other about 2-3 metres apart with 1 basketball per pair</li> <li>Have the pairs practise passing the following: <ul style="list-style-type: none"> <li>⇒ Chest pass</li> <li>⇒ Bounce pass</li> <li>⇒ Over head pass</li> <li>⇒ Curl pass</li> </ul> </li> <li>To further advance the drill bring in a second ball per pair</li> </ul>	<ul style="list-style-type: none"> <li>Stepping forward with their preferred foot</li> <li>Flicking their wrist so their thumbs point down to the floor</li> <li>Target hands up to catch</li> </ul>
10 MINUTES	<b>SLIDE AND PASS ON THE MOVE DRILL:</b> <ul style="list-style-type: none"> <li>Players will remain in their pairs and line up on the baseline, key length apart – one basketball per partnership</li> <li>Facing each other they will defensive slide up the court while passing the ball back and forward practising chest, bounce and overhead passes</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis the use of targets hands when they are practising passing on the move</li> <li>Emphasise the importance of passing in front of the player</li> </ul>
5 MINUTES	<b>PIGGY IN THE MIDDLE:</b> HOW TO PLAY – Players get into teams of 3. Each team has 1 basketball between them. Select one member per team to be the “piggy” in the middle. The other 2 players will stand key width apart while the piggy will stand in between them. The aim is for the outside players to pass the ball to each other without the “piggy” deflecting the it. If the “piggy” does get a deflection, then they swap with one of the outside players who’s turn it is to be the “piggy” in the middle.	<ul style="list-style-type: none"> <li>Players on the outside must practise the passing skills they have learnt in the previous drills</li> <li>They can use pass fakes to help them</li> <li>Emphasise the use of chest, bounce and over head passes</li> </ul>
10 MINUTES	<b>LAYUP FOOTWORK PRACTISE:</b> <ul style="list-style-type: none"> <li>Line players up on the right-hand block with a ball each</li> <li>Get the players to step RIGHT foot then LEFT foot and shoot the ball</li> <li>Opposite footwork on the left-hand side</li> <li>Once the players have mastered the stationary layup, have them move out to the 3-point line and practise dribbling into a layup</li> </ul>	<ul style="list-style-type: none"> <li>Emphasis the correct footwork on the layup</li> <li>LEFT/RIGHT on left-hand side</li> <li>RIGHT/LEFT on right-hand side</li> <li>Focus on hitting the corner of the square on the shot</li> </ul>
10 MINUTES	<b>INSIDE FOOT SHOOTING: (FOOTWORK PRACTISE)</b> <ul style="list-style-type: none"> <li>Each player needs their own basketball and will split into 2 groups. Players will line up where the edge of the key meets the baseline</li> <li>First player of both lines will spin the ball out to the block. Using the correct inside footwork, players will step into the ball and shoot</li> </ul>	<ul style="list-style-type: none"> <li>On the right hand side footwork RIGHT – LEFT</li> <li>On the left hand side footwork LEFT - RIGHT</li> </ul>
5 MINUTES	<b>FOUL SHOOTING PRACTISE:</b> <ul style="list-style-type: none"> <li>Have the players shoot 2 foul shots each before they finish training</li> </ul>	<ul style="list-style-type: none"> <li>Ensure players take their time and go through their foul shooting routine</li> </ul>

**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)