

FRANKSTON

BASKETBALL

Online Development Program

Intermediate Program

Written Session Plan

Week 6: Ball Handling and Footwork (30-45 minutes)

Guidelines

- Remember to watch the instructional videos provided for each drill (click the title of the drill)
- If you have questions about the session please use the WhatsApp messenger or Zoom Meetings
- Print this session plan or keep it open on your phone/tablet to refer back to during the session

Glossary of Terms

- **“Dogs Paw”**: Relaxed finger tips and wrist, timing the movement to absorb impact of the ball and gently push the ball back towards the ground
- **“Sit on an imaginary chair”**: A fun and simple way to get a players to “sit” in to an “athletic stance”
- **Triple Threat**: A position similar to “athletic stance” but holding the ball at your hip on the same side of your preferred hand ready to shoot, dribble or pass
- **“Core Muscles”**: Muscles of your torso (abdominals, obliques, hip flexors, glutes, lower back), important for balance and stability in athletic movements

Focus Points and Objectives

- Create a fun learning environment for the kids
- Get kids active, outside and enjoying sport
- Continue to build on the fundamental skills of basketball
- Begin to challenge their skills and competitiveness
- Start teaching how fundamental skills apply to team concepts

<u>Warm Up</u>	5 minutes
Squats X 10, High Knee Skip X 10 (each leg), High Knee Run X 10 (each leg), Line Hops X 20, Z-Cuts X 10 (each leg), Pitter-Patter-Sprint-Decelerate X 5	

<u>Dribble Balance and Push Drill</u>	5 minutes
<p>Equipment: Basketball, 4m X 4m space</p> <p>Purpose: To introduce the fundamentals of a crossover while working on balance and our push off</p> <p>Setup</p> <ul style="list-style-type: none"> • The player should start on a line or in line with a cone standing on one foot • They will begin by dribbling the ball while balancing • The player should take two-three dribbles then push out diagonally for two dribbles • They should then come to a stop on the opposite foot for two-three dribbles and then repeat pushing out in the opposite direction 	<p>Coach</p> <p>Encourage the player to jump and land with two feet at the same time. This is also referred to as a “two-foot stop”. When completing a pivot encourage them to not spin a full 180 degrees but to break their pivot down in to one or two movements before facing you/the wall</p> <p>Cues</p> <ul style="list-style-type: none"> • <u>“Core Muscles”</u>

2 Ball Series (Pound Dribble Jab, Alternate & React, Low High Dribble)		5-10 minutes
<p>Equipment: 2 basketballs, tennis ball and 2m X 2m space</p> <p>Purpose: To challenge the players ball handling and hand-eye coordination</p>	<p>Coach</p> <p>Focus on the player challenging the speed and power of their dribble while also keeping their head up</p>	
<p>Setup</p> <ul style="list-style-type: none"> • Have the player setup on a line facing the parent/coach in an “athletic stance” • The player should begin completing stationary 2-ball dribbling • The parent/coach will then point either left or right • The player should respond as quickly as possible with a “jab” to that side and return to an “athletic stance” 	<p>Cues</p> <ul style="list-style-type: none"> • “Dogs Paw” 	
<p>Challenge</p> <ol style="list-style-type: none"> 1. Have the player pound dribble with one hand and low dribble with the other hand 2. See if the player can complete a crossover in front of their body, if so try through the legs and behind the back 3. Add movement to the dribbles, mark out as much space as you have 		

The Jab & Attack Drill		5-10 minutes
<p>Equipment: Basketball, cones and hoop</p> <p>Purpose: To begin to combine dribbling, footwork and shooting</p>	<p>Coach</p> <p>Encourage the player to jab diagonally imagining the feet of the defender, you want the jab step to be just outside of the foot opposite the direction you wish to go. Make sure their jab step is not too long causing them to be off balance and wasting precious time for them to have to reset before taking off in the opposite direction or setting for a shot.</p> <p>The Retreat Dribble is useful skill to teach our players to help them navigate out of congestion if they consistently dribble in to trouble. Use the retreat dribble in this drill after a couple of rounds of the jab step and attack, have them take one hard dribble and then one retreat dribble.</p>	
<p>Setup</p> <ul style="list-style-type: none"> • Start with one cone laid out at about the 3-point line • If you don’t have a hoop you can still complete this drill without finishing with a lay-up or shot • The players should jab step to their right and dribble left 3-4 times until they are in a comfortable range for a shot or lay-up • Finish with a layup for shot if you have a hoop • If you don’t have a hoop, the player should walk back to the start and repeat • Complete this for both sides of their body on both sides of the court 		
<p>Challenge</p> <ol style="list-style-type: none"> 1. If the player is consistently completing single jab steps and attack have them execute a crossover after their initial attack dribble 2. Have the player take one attack dribble and then complete a Retreat Dribble 3. Challenge the player to see how many times they can get through the drill in a minute – start with a single attack dribble move for a minute, then add a crossover or retreat dribble 		

Warm Down and Review

10 minutes

Warm Down

- Shoot 5 free throws
- Static stretches (lightly hold 5 seconds each leg): calf, quadriceps (front thigh), hamstrings



Long Calf Muscle

Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



Short Calf Muscle

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



Front Thigh

Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



Hamstring

Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the leg.

Review and Goal Setting

- Did you have fun?
- Were you able to complete a crossover with the 2-ball dribbling?
- How many times did you get through The Jab & Attack drill in a minute?
- How would these drills help you in a game? Think about court vision and creating passing angles as we will be working on each of these things next week.