

PLAYER TRAINING PLAN



Training Theme: Shooting
Skill Focus: Technique
Goal: 10 shots in a row from designated points

Warm Up

Time 10 mins

Slow jog rotating arms across the chest and up and down. Slide defensive shuffle moving arms.
Big Skips moving arms.

Activity 1

Stationary Shot

Time 10 mins

Details: Shooting with your preferred hand from close range at 3 points **within** the key, taking a step back each time 5 successful shots are made from each point. Follow the “beef” rule, (balanced, elbow in, eyes on the target and follow through with the shot). Under 14 and up, please also use your non-preferred hand within the key area.



Particular Focus:

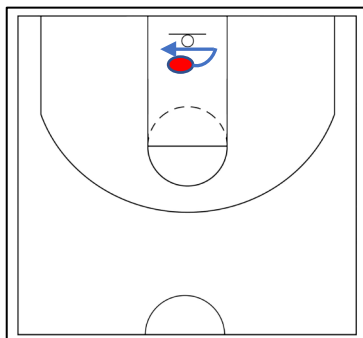
*Bend your **KNEES** and keep focussed. Make sure you shoot the ball; do not throw at the target.*

Activity 2

Step and Shoot Under the Basket

Time 10 mins

Details: Step from under the basket to your right to shoot with your right hand. Then from the right to shoot with your left hand and so on. Continue this drill until you have made 10 shots each side.



Particular Focus:

Concentrate on hitting the backboard each time.

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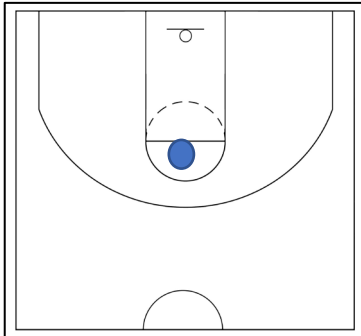
Activity 3

Foul Shots

Time 10 mins

Details:

The successful conversion of a foul shot is an important ingredient of the game. When in offence, you must make the most of every opportunity to score. Foul shots require confidence and this comes with practice.



Particular Focus:

Keep practicing until every shot feels the same.

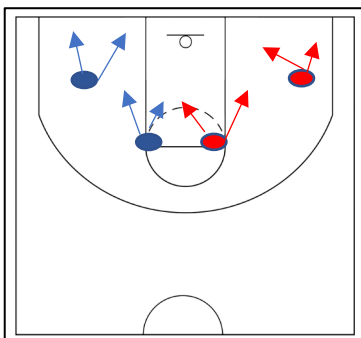
Activity 4

Shooting off your own pass

Time 10 mins

Details:

Spin the ball back to yourself as if you are receiving a pass. Pivot towards the basket and shoot the ball. Remember to always be balanced and utilise the correct technique. Depending on your age level, ensure that you shoot the ball at a comfortable range. You do not want to throw the ball. Practice will allow you to move out to a further distance. Do not extend your distance from the basket until you feel competent in doing so.



Particular Focus:

Balanced Shots

Cool Down

Time 5 mins

Walk it out dribbling the ball with your non-preferred hand.
Stretching - ensure you hold each stretch for at least 20 seconds.

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Stretching examples:

