

PLAYER TRAINING PLAN



Training Theme: The benefit of the “Fake”
Skill Focus: Creating space on the court
Goal: Focus on your options before you put the ball to the ground

Warm Up

Time 10 mins

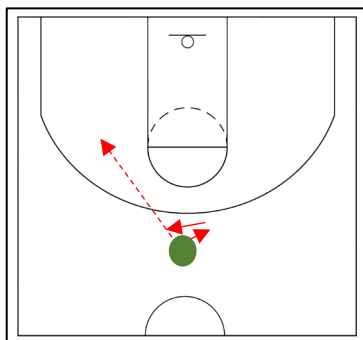
Individual static dribbling – Drills (The Dribble)
Passing against an outside wall utilising the 4 techniques from the August Newsletter
Defensive shuffle – keep low

Activity 1

Cross Over Fake & Dribble

Time 10 mins

Details: Throw the ball in the air to yourself as if you are receiving a pass. Catch the ball, however do not dribble straight away. Using your non-pivot foot, fake to one-side, cross over with that foot to the opposite side and then dribble. Make sure you go left to right and right to left. Once you have this Fake mastered you can either dribble to the basket for a lay-up or pull up for a jump shot. Keep Balanced.



Particular Focus:

The Fake movement must be convincing.

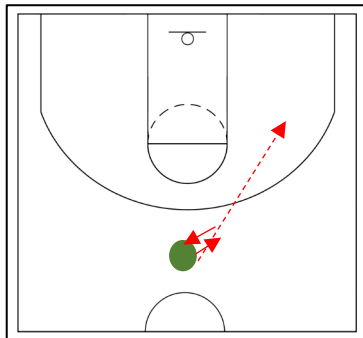
Activity 2

Double Fake & Dribble

Time 10 mins

Details: Again, throw the ball in the air to yourself as if you are receiving a pass. Catch the ball, however do not dribble straight away. Using your non-pivot foot, fake to one-side, bring that foot back and fake again to the same side and dribble. Make sure you go to the left and right using your non-preferred hand to dribble when appropriate. Once you have this Fake mastered you can either dribble to the basket for a lay-up or pull up for a jump shot. Keep Balanced.

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Particular Focus:

Keep the ball protected in the triple threat position throughout the Fake

Activity 3

Offensive Fake off the Ball

Time 10 mins

Details:

When we are kids, we actively dodge and change direction when playing tiggy. This assists in becoming free from your opponent. These moves also benefit within the game of basketball. We see many young players gravitate toward the ball for the pass instead of spreading out and confusing the defence. When practicing at home, try the following moves as if you are trying to get away from your opponent to receive the pass.

Moves:

Take your opponent towards your target and then drop back for the pass

Drop away from the target taking the defence with you and quickly change direction to receive the ball

Pretend to cut through the key and then double back for a passing opportunity.

Remember, once you receive the pass, consider your options prior to dribbling the ball

Activity 4

Fake Passes

Time 10 mins

Details:

Using the outside wall, fake a pass in one direction and then pass onto the wall. Ensure that you practice each passing technique with a fake included.

Cool Down

Time 5 mins

Walk it out dribbling the ball with your non-preferred hand.
Stretching – arm stretches as demonstrated in the previous “drills” session, Shooting.