

Before you start

- Before each workout make sure to warm up and stretch.
- Remember to wear suitable clothes and footwear.
- Try to do 1-2 sections four or five times a week.
- Practice in a safe place away from windows and cars etc. (check with parents/guardians)
- I understand there are outdoor public basketball courts at Westside.

Note re Basketball Size

U12 girls play with a size 5 basketball. At U13 level girls play with a size 6 (adult ladies) size ball. Ladies only play with size 6 basketballs. Only men play with size 7 basketballs.

For the 2016/2017 season (from Sept) girls born in 2004 will be U13. Girls born in 2005 or after will be U12.

Without the ball

Shuttle Runs

- Pace out 30 meters on grass or a running track. Place a cone at the start and at 5 meter intervals (7 cones in total).

NOTE: If you don't have 30 metres place as many cones as you can at 5 meter intervals and increase repetitions.
- Sprint from the starting cone to the 5 meter cone and back. Turn and sprint to the 10 meter cone and back to start. Sprint to 15 meter cone and back to start and so on until you sprint the full 30 meters and back.
- Rest for 90 seconds and repeat. Complete a total of 3 sets keeping rest periods to 90 seconds.

Skipping

Using a skipping rope do 200 boxers' skips. As you get better do 100 on two feet and then 20 on left foot, 20 on right foot till you have done another 150 skips

4 – corners

Image 4 dots in a square about 50cm apart. To complete 4 corners - hop on both legs, two feet together, around the square clockwise landing on each corner.. 4 jumps completing the square is one repetition.

Start with 2 sets of 10 repetitions and then move up to 4 sets of 15. **Remember to land softly**

Slow motion squats

Stand with feet shoulder width apart. Slowly lower down until you are in a deep squat making sure your **heels are flat on the ground & hips in line with heels**. Hold for 2 seconds before slowly rising back to starting position.

3 set of 10 repetitions

Lateral jumps

Best performed over a line or a stick. Stand parallel to the line on one side, with both feet together, then quickly jump sideways back and forth on two feet, over the line. Over and back = 1 repetition. 3 sets of 20 repetitions. **Remember to land softly**

Tuck jumps

Get down into a comfortable squat. Then jump up as high as you can, bringing your knees to your chest. **Remember to land softly**

3 sets of 8 repetitions

High reach jumps

Similar to tuck jumps but instead of bringing your knees to your chest just reach up as high as you can. **Remember to land softly**

3 sets of 8 repetitions

With a ball and no basket

Ball handling, dribbling and passing drills

Ball Handling – all 45 seconds to 1 minute drills

1. Pass ball rapidly from side to side using only fingertips. No palms touching. (1 min)
2. Continue with arms stretched out straight in front. (1 min)
3. Next bring arms up high over your head (still passing ball from hand to hand on fingertips) then bring back down low arms still straight. (1 mins)
4. Pass ball around waist from hand to hand (circle waist) (1 min). Then opposite direction. (1 min)
5. Pass ball from hand to hand around head, waist, knees, ankles and back up (1 min). Then opposite direction. (1 min)
6. Standing with feet shoulder width apart, bend knees, head up and back straight. Pass ball in figure of 8 between legs. Then other direction.
7. Pass ball rapidly around one leg (same position as above). Then switch directions.
8. Pass ball around two legs together. Then switch directions.
9. Standing with feet shoulder width apart, bend knees, head up and back straight. Hold ball between legs one hand in front, one behind. Let ball drop and switch hands before it touches the ground. Keep switching until you have done 10 without ball touching the ground.
10. Standing up straight. Rest ball on head and allow to fall down back. Catch with both hands behind back. (Tip – try resting ball on back of neck before letting it roll down back. Catch with hands tucked up underneath like cup). This one takes practice and quick hands 😊

Dribbling

Staying stationary, in correct offensive stance (feet apart, knees bent so low to ground, back straight, head and eyes up). Do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace.

1 ball Drills

- pound low with R/pound low with L
- pound high with R/pound high with L
- push/pull in front L + R
- push/pull on side L + R

- crossover in front
- Figure of 8 (both directions)
- Spider dribble

2 ball Drills (If you have them. Make sure same size – stance and pointers as above)

- pound in sync
- pound alternating
- pound high with R/pound low with L
- pound low with R/pound high with L
- push/pull in front (same direction)
- push/pull on side (same direction)
- dribble in circle around body (crossover in front/crossover in back)
- crossover in front

Ball Handling Full court;

Do each down and back; keep eyes up, dribble low and push your pace. Practice with both hands.

- Crossover L + R
- Behind back L + R
- Through legs L + R
- Hesitation L + R
- Inside out (switching hands with reverse pivot) L + R
- Full speed L + R

Passing Drills

For each of these pick a spot on the wall to aim for and hit it each time. As you get better move further back from the wall.

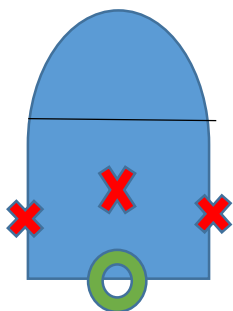
- Against a wall. Close in. Dribble ball against wall with right hand. Up high between shoulder and head height. Then left hand. 1 minute each
- Move further out in stages as you get better at this. (One step back at a time)
- Pick a spot on the wall. 15 chest passes. Hit the spot each time.
- 10 one hand right hand push passes. Step out as if around defender and pass with outside hand to receiver (wall!!) (no bounce)
- 10 one hand left hand push passes (as above)
- 15 bounce passes – pick a spot on the wall, lower than for chest pass. Hit it each time.
- 10 one hand right hand bounce passes. Step out as if around defender and pass with outside hand to receiver.
- 10 one hand left hand bounce passes. Step out as if around defender and pass with outside hand to receiver.
- 20 overhead passes. Hit that spot. It should be slightly higher up than for chest or bounce passes.
- Step back. 5 baseball passes. Make sure no nearby windows!! Strong hand only.

With a ball and a basket – shooting drills.

18 foot is the **maximum range** you should be shooting from. That's 3 foot inside the 3-point line. Forcing up a shot from outside your natural range leads to bad shot form – which in turn becomes a bad habit 😊

If you jump when you shoot you should take off and land in the same spot.

- Mikan drill - <https://www.youtube.com/watch?v=jMegqlaYunI> (2 mins). It's important that you concentrate on the footwork and ball is kept high – don't bring down to waist height.
- Right hand layup – full speed – make the shot
 - start from 3 point line.
 - Right hand dribble.
 - Two steps – outside leg – inside leg
 - Right knee up as jumping off left foot
 - Ball off top right hand corner of small square.
 - Rebound and dribble out for next layup
- Left hand layup – full speed – make the shot
 - start from 3 point line.
 - Left hand dribble.
 - Two steps – outside leg – inside leg
 - Left knee up as jumping off right foot
 - Ball off top left hand corner of small square. Try shooting with left hand.
 - Rebound and dribble out for next layup
- 5 foot bank shot
 - 20 from right – Ball off top right hand corner of small square
 - 20 from straight on - Ball off top of small square.
 - 20 from left - Ball off top left hand corner of small square.



- Free throws x 20
 - Beef. Balance, Elbow, Eyes, Follow through.
 - Finish with hand high
 - Hold follow through – elbow above ear
 - Finish on toes – no jump.
- Five spots x 20 shots from each. Start at 10 foot then move to 15 foot and finally 18 foot from basket. Range increases over the summer – not all in one day 😊
- Image shows 3 point line.

