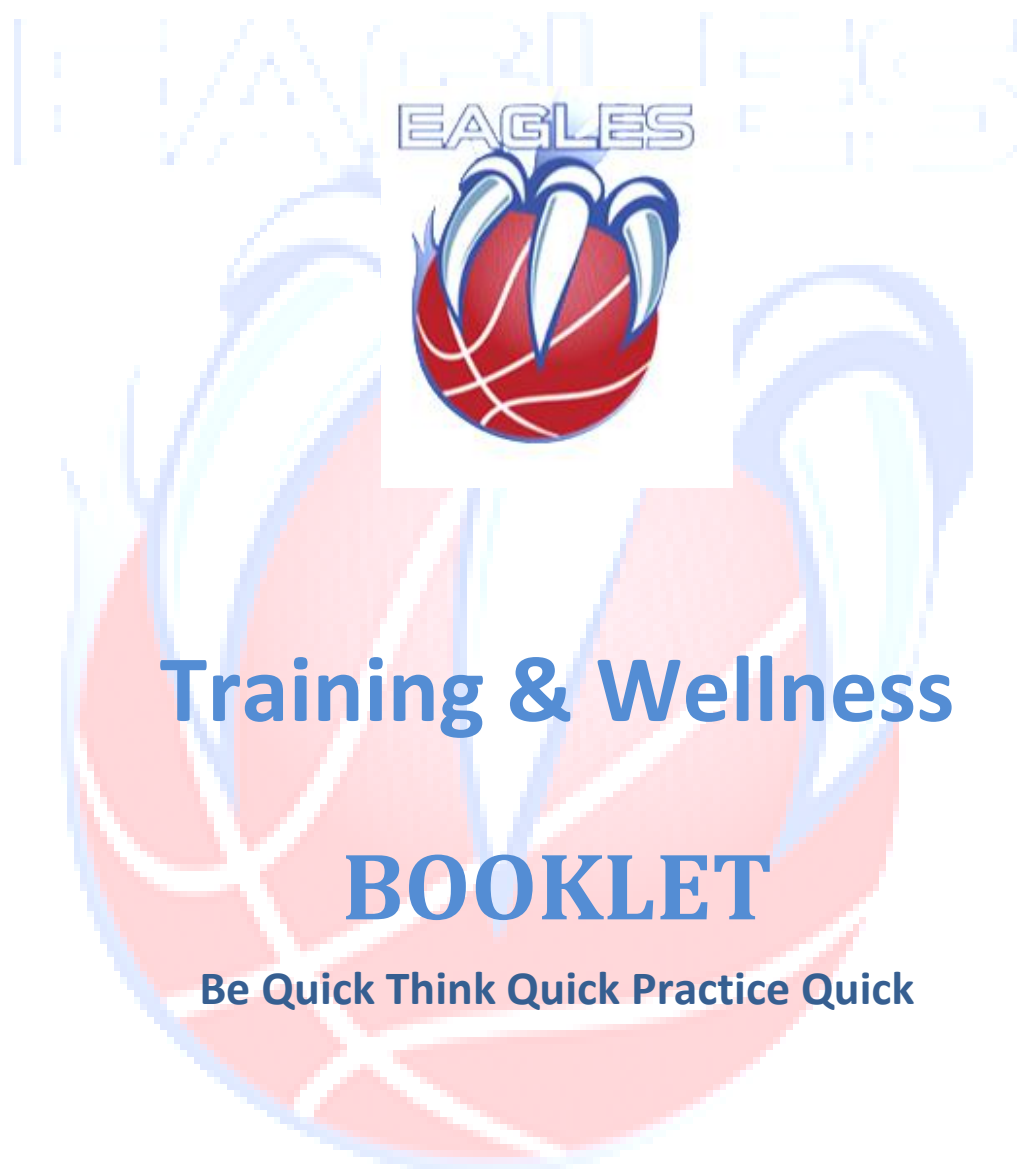


EAST PERTH BASKETBALL ASSOCIATION



Training & Wellness

BOOKLET

Be Quick Think Quick Practice Quick

PURPOSE OF TESTING

You cannot consistently improve your performance without knowing how you are doing.

Name:

Contact Number:

Induction Day - 2019

Sport Science Measurements

Pulse Rate:

Weight:

Height:

Arm Span:

Vertical Jump:

Broad Jump:

Upper Body Strength:

Abdominal Strength:

Speed Dribble:

Endurance:

Basketball Skills Form

1. Passing v Wall

4. Ball Handling

2. Free Throw

5. Spot shooting

3. Dribbling Stationary

Basketball Skills Movement

6. Dribbling Movement

9. 2 Balls

7. Lay-ups

10. Post Moves

8. Footwork

Station Work Testing

Working in pairs. 1 Counts while partner performs as many reps in allotted time. Then swap, alternate through all drills. Total to be recorded on results page

1. Passing v Wall

Chest	30 secs	
Right Hand Push	30 secs	
Left Hand Push	30 secs	
Overhead	30 secs	

2. Freethrows

A partner from each pair to line up behind 2 free throw spots taking turns to shoot and rotating in the line while the other partners rebound. Change spots for 2 nd round.	30 secs	
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3. Dribbling Stationary

Crossovers	30 secs	
Crossovers Scissors	30 secs	
Dribbling Figure 8	30 secs	
Spider dribble	30 secs	

4. Ball Handling:

Around Waist	30 secs	
Around Head	30 secs	
Around Knees	30 secs	
Rhythm - Waist, Head, Knees	30 secs	

5. Spot Shooting Mid-Range

A partner from each pair to line up behind 5 mid-range spots taking turns to shoot and rotating through the spots while the other partners rebound. Change rotation for 2 nd round.	30 secs	
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6. Dribbling Movement completed across court

Crossovers	30 secs	
Crossovers Scissors	30 secs	
Crossovers Behind Back	30 secs	
Backwards between legs	30 secs	

7. Lay - ups		
A partner from each pair to do continuous lay-ups with ball to be bounced out side 3 point line each times. Change sides each time.	30 secs	
8. Footwork		
Line Jumps	30 secs	
Side to side line jumps	30 secs	
Transition	30 secs	
Lateral Slides	30 secs	
9. 2 Ball dribble moves all between waist and knees		
Pound the balls together	30 secs	
Pound the balls pistons	30 secs	
Windscreen wipers – outside knees	30 secs	
Rock the cradle	30 secs	
10 .Post Moves		
A partner from each pair to do continuous drop steps with ball to be bounced outside the lane line by the block each times. Change sides each turn.	30 secs	

HOW TO USE YOUR TRAINING DIARY

A training diary is one of the most important aids for any athlete or player. Regular and correct use of your diary can enhance your performances and help you avoid injury, illness or recurring problems.

Here are some tips that have worked for other athletes and will help you make your diary a valuable training aid:

1. What you need to record:

- Training done each day
- Physical and emotional response to training (did you feel tired, sore, sharp or excited, demotivated etc.).
- Coming events and competitions.
- Competition results, your assessment of your performance and what you can do to improve it. Acknowledge success and what you did well.
- Record the 'life functions' such as:
 - Resting heart rate (first thing on waking each morning)
 - Morning weight (daily, after going to the toilet in the morning)
 - Energy and vitality level
 - Physical injuries, treatment and progress
 - Hours and quality of sleep, including wake up time (it should be about the same each morning)

2. **Be regular.** Fill in your diary each day. Just before you go to bed is a good time because it provides an opportunity to reflect on the day's activities and "sleep on" tomorrow's events.

3. Use your diary to alert yourself to overtraining and fatigue before it spoils your performance.

One of the first clues is a pulse rate more than 20 per cent above your normal. Others are a sudden drop in body weight (more than 3 percent), interrupted or a lower quality of sleep for about 2 consecutive nights, or feeling constantly tired or irritable.

4. **Review the good times and the bad.** Your diary is an invaluable record for reviewing situations that were either successful or a bit of a disaster. Reviewing what you did and how you felt provides vital information on how to repeat or avoid a similar situation.

5. **Use your diary to communicate with your coach.** This is especially useful if you are "one of a team". Your diary can help your coach understand how you are going. It can be an excellent way for the coach to give personalised feedback by making notes in the margins, and also a very effective way to motivate and acknowledge athletes and players.

6. **Plan ahead.** Include coming events, games, matches and competitions in your training diary. This adds valuable structure to the year and helps you focus on the most important things. Remember that training is not the major goal, but a means to achieving your goal. Plan your best performances for competition, not training.

7. **Record, review and modify your goals.** Your sporting goals will be about specific training sessions, weekly lifestyle and behaviour changes (such as reducing the amount of junk food you eat), and season performances. You can also record career results and other life goals. Review and modify your goals at appropriate times.

8. Record other valuable information. This could include

- When you purchase new equipment such as shoes
- Rehabilitation and therapies used to recover from illness or injury
- Performance records and results
- Training partners and their performances
- Women should record menstrual functions and its effect on training and competition.

A training diary is really valuable to be able to look back at a career, at sessions, performances and feelings. A training diary can help your sporting performances, but it will also give you a lifelong record of some of your most memorable experiences.

THE ULTIMATE RESOURCE

You have a lot to consider when planning for sporting success. The high performance camp will provide practical information and tips about different aspects of training and competition – the following extracts touch on these.

Sports Psychology

All good sporting performances come from being well prepared, mentally and physically. To be the best you can be requires using all your skills as effectively as possible.

Often athletes who are fit and talented do not achieve their best possible performances because they have not developed the necessary mental skills. Perhaps their concentration lapses at vital moments; they lack motivation or find it hard to perform under pressure.

Sports psychology is about helping athletes tap their potential and achieve the performances they dream about. Setting goals is an important starting point. Why do you play sport? What do you want to achieve? All good athletes set goals and develop targets and plans to achieve them. Their training and competition involves less trial and error and becomes a learning tool, providing vital information to feed back into their preparation.

Pointers to effective goal setting include:

- Making your goals positive, specific, actionable and flexible
- Focusing on what is important, in the long and short terms

Keep focusing on improving and recognise how far you have come.

Sports Physiology

Exercise physiology is about improving performance by understanding how your body functions during exercise, and how to use scientific principles to allow your body to train and perform better and recover more quickly.

Once you understand about the three energy systems and the one/s most important in your sport, the physiological processes of exercise, how to monitor intensity and how to establish training zones according to your goals, you are ready to start planning your training program.

Successful athletes plan and “periodise” their training and recovery programs for the whole year and sometimes even years ahead. This means designing blocks of training that focus on specific areas at different times of the year. In an integrated, periodised program, all sections build on previous sections and all components of performance are developed in a way that allows for complete physical and mental preparation.

How do you know that you are improving, what is working and what is not, and how well you are responding to training stress? You need to develop physiological tests and strategies to give yourself feedback. You also need to know the signs of overtraining (they include reduced ability to exercise, excessive fatigue and illness) and how to avoid it.

Building Strength

If your sport involves any sort of strength or power development, appropriate strength training can give you a winning edge. To design a strength program for your particular sport, you need to know about the different kinds of strength, what strength you need for your sport, and how to go about designing your program.

Before you start on specialised training, you need a general strength training program to prepare your body. The best way is by performing resistance training exercises that use your own body weight as resistance, for example, press-ups, sit-up and abdominal crunches.

In the early years of your training you need to spend several months on general strength training to ensure you develop sufficient general strength. As your base level of strength improves over the years, you will be able to start specific preparation for your sport earlier in your 12- month training cycle.

In any resistance training you should take simple steps to ensure that your training is safe and to reduce the likelihood of injury. These steps include learning correct lifting techniques from experts and monitoring them to ensure that bad habits do not creep in, especially when you are tired.

Stretching

The main purpose of stretching is to lengthen the muscles and tendons, thus making the limbs, joints and the whole body more flexible. This is physical skill with techniques that must be taught and learned correctly to be effective and safe.

Stretching helps you prepare mentally and physically for training and competition. Stretch before and after any exercise or sport as part of a warm-up routine to prevent injury, and as a part of a warm- down to maintain flexibility and reduce muscle soreness.

It is important to stretch the parts of your body that are subject to stress in your sport. So that you do not forget any important muscles, establish a routine, not only to of when to stretch, but also the order of stretching. In general, it is important to stretch the spine first, followed by the upper, then lower, parts of the limbs. Always warm up the body before stretching.

You should feel a comfortable amount of tension when stretching correctly, but not sharp pain, stinging, burning, tingling or numbness.

Stretch a minimum of five to ten minutes whenever you do sport or exercise, but also stretch specifically for twenty minutes twice a week to really improve your flexibility.

Sport Massage

The aim of sports massage is to create the best possible physical and mental state to allow sports people to achieve their best performance. Physical benefits include increased blood flow through the muscles, stimulation of the nervous system and reduced muscle tightness. Psychological benefits include an increased feeling of well-being, reduced anxiety and controlled arousal.

The role of massage in training and competition includes recovery, preventing injury, preparing for exercise, relaxation and managing injuries (a highly specialised area).

Regular massage will help maintain flexible muscles and keep joints moving freely. These factors lessen the potential for injury and make sports massage a valuable part of all athletes' training programs.

The best way to understand the benefits of sports massage is to experience it yourself. The easiest and most effective way of learning the basic techniques and their effects is to practise them on yourself. Then you can begin experimenting with someone else, but only after you have become aware of important points such as knowing when to avoid massage or when to exercise caution. From here, the greatest benefit and understanding will come from receiving massage from an appropriate professional.

Sport Nutrition

Nutrition can be used to enhance sports performance and is therefore an important part of your training program. In designing your optimal eating program:

- find out if you are planning maintain, lose or gain weight
- take into account your special nutritional requirements for the weeks leading into competition
- plan your pre-event meal carefully
- make sure you replace fuel stores and fluid at the right time as part of your recovery after exercise
- plan ahead if you are travelling
- take into account the important roles of carbohydrates, protein, fats, iron and calcium.

Carbohydrates provide the most readily available source of energy to fuel working muscles during most types of exercise. Sufficient carbohydrates are essential for optimal training and competition. Daily requirements vary from athlete to athlete and depend on the individual's activities and body weight.

Protein is important for normal growth and development, plays a vital role in the repair and recovery of damaged tissue (such as muscle) and is also a fuel source. Eating too much fat or the wrong type of fat is a risk to sporting performance and general health, while iron and calcium are also very important in achieving peak sports performance.

Recovery

To perform at your best without experiencing conditions such as over-training, overuse or burnout, follow the formula for success:

work hard + recover well = best performance

The principles of recovery refers to the part of training where the benefits of the work done are maximised through practises that reduce fatigue and enable the athlete to cope more effectively with their workloads. Recovery training is an important for an athlete's development as improving energy systems, strength, flexibility and mental skills.

Active and passive rest are significant in recovery. You need to plan for them.

Sleep is the most important form of passive rest. A good night's sleep of seven to nine hours provides invaluable adaptation time for athletes to adjust to the physical and emotional stressors of the day. Passive rest can also involve techniques such as meditation, flotation and reading. They help the mind switch off from surrounding stimuli.

Athletes undervalue active rest. The end of the training session is ideal for active recovery activities. These can help recover the athlete's physiological state, for example, light walking or cycling to recover the lactate system; they can focus on musculo-skeletal recovery, for example, massage, stretching and exercises to promote a return to postural efficiency; and they can focus on psychological recovery by using visualisation, breathing and meditation techniques.

Sports Medicine

Illness and injury can restrict, interrupt or even end an athlete's sporting career. Appropriate management is essential to give athletes every opportunity to return to sport as quickly as possible.

Athletes and coaches must learn how to deal with some of the most of the common medical conditions and problems that might confront them. Everyone involved must know when to seek help from a sports medicine professional.

Managing sporting injuries involves:

- obtaining an accurate diagnosis
- receiving appropriate treatment, and
- a specific rehabilitation process that allows full return to sport

There is often delay between the time of injury and seeking a professional diagnosis. With injuries to soft tissues (muscles, tendons and ligaments), limit damage and swelling and prevent further injury by starting treatment as soon as possible.

Implement the RICE regime.

Rest

Ice

Compression

Elevation

Should you exercise if you have an infection? It depends on the severity of the infection. There are some simple guidelines to help determine whether to seek professional advice. Use these guidelines to help determine whether to exercise during infection and if not, when and how to resume exercise. If in doubt, seek professional help.

Sports First Aid

Sport is fun, supports good health and can help you cope better with illness. It can also put you at risk. Planning and first aid training can make all the difference, in some cases, the difference between life and death.

The aims of first aid for sporting injuries are to

- preserve life
- prevent further damage
- return the athlete to training or competition as soon as possible
- know when to refer the athlete for further treatment

“If you do today what you did yesterday you’ll be beaten. If you do today what others are doing now you’ll be competitive. To win, you must seek today what others will be doing tomorrow.”

Robert de Castella

Tips: How to get into your sport and achieve results

1. **START BY MAKING A COMMITMENT.** Begin change by making a commitment to yourself and writing it in your training diary.
2. **GET A FRIEND INVOLVED.** Going it alone is always harder, so share your sporting involvement with a friend or your family.
3. **DISCOVER WHERE YOU ARE NOW.** Assess where you are now in relation to your goal. Keep reviewing your progress using self assessment techniques or by seeking professional help.
4. **START GRADUALLY.** It will take time to achieve your achieve your potential. Be patient. Set challenging and motivating goals.
5. **GET GOOD ADVICE.** Seek help only those who can offer sensible and reliable advice.
6. **HAVE A PLAN.** Plan for success by making plans to achieve your goals. Review and modify your plans frequently.
7. **GROW YOUR PASSION.** Sport must be fun, find ways to increase the fun. Read about your sport, talk about it, dream about success.
8. **MONITOR AND REWARD YOUR PROGRESS.** As you improve, reward yourself.
9. **MAKE SPORT PART OF YOUR LIFE.** Make your training and competition part of your everyday life.
10. **TELL EVERYONE HOW GREAT YOU FEEL.** Encourage others to get into sport.
11. **ACCENTUATE THE POSITIVE.** Who you spend time with determines how you feel. Seek out positive people and be positive yourself.

WEEK Start Date / /

WEEK GOAL

CIRCLE YOUR RESULTS FROM 1 TO 5
 1 = EXCELLENT 2 = GOOD 3 = OK 4 = POOR 5 = AWFUL
T = Team **S** = Shooting **G** = Game **F** = Fundamentals
 C = Conditioning
TRAINING NOTES/SCHEDULE

					Quality of sleep	Energy Levels	Confidence/Estem	Muscle Soreness	Motivation	Attitude to Work	Attitude to Team	Communication	Health
Monday					1	1	1	1	1	1	1	1	1
Training	T S G F	Time		Shots Made	3	3	3	3	3	3	3	3	3
Heart rate		weight		Sleep Hours	5	5	5	5	5	5	5	5	5
Tuesday					1	1	1	1	1	1	1	1	1
Training	T S G F	Time		Shots Made	3	3	3	3	3	3	3	3	3
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HOME TRAINING PROGRAMS

The objective of the Home Training Programs is to provide you with a list of activities to assist you in continuing to develop your basketball skills.

There are three home programs that may be done according to the position you play. They are:

- All Player Home Program
- Big Man's Home Program
- Guard's Home Program

Five (5) modules have been designed which may be used within each Home Program. They cover most of the areas in basketball, allowing you to multi-skill and develop every facet of your game.

You will determine how you want to do the modules. You may choose to complete Module 1 for 3-4 weeks, then move on to Module 2, and so on. This is the most logical way to complete the modules.

However, you may choose to vary which module you do each day eg. Module 1 on Mondays and Module 2 on Wednesdays.

Finally, you may choose to do activities from different modules in the one session eg. On Monday you may do the ball handling from Module 1 and the high post shooting from Module 2 and so on. There is also the opportunity for you to design your own training module with the help of your coach, to suit you better individually.

HOW MANY TIMES A WEEK DO I HAVE TO DO THE MODULE?

This is the question I always get asked. My answer is simple. You choose again! Obviously the more times you do the home training modules the better. I would like to put forward the following proposal – leading up to the start of Tours complete the modules 2-3 times a week. Again, you choose, so if you can do more then good for you – you will continue to improve. Just remember to be smart with your time management and give yourself some rest time from basketball.

The time spent completing the modules should not exceed one (1) hour.

Remember that it is better to work really hard at game pace for 30 minutes, rather than "muck around" for 90 minutes. Quality is better than quantity !

DIFFERENT SKILL LEVELS

The home program has been designed to cater for all athletes. It would be expected that the older athletes (eg.U/16 to U/18's) might be better able to cope with completing the drills.

As such, all athletes should do their best to complete as much as they can. If you find that it is taking you a long time to complete the modules, you should reduce the number of shots. Similarly, if you find a drill too difficult you should either leave it out, or replace it with a similar drill (eg. U/14 athletes may do ball tapping against a wall instead of the backboard)

HOW WILL THIS BE MONITORED?

Basically, doing the training modules is up to you. For those that choose to complete the work, you will undoubtedly get better (providing you work at the appropriate level of intensity). If you walk through the program the benefits gained will be a lot less.

If you choose not to do any individual work, then you will only be cheating yourself. Ultimately failure to do the work set out in the Home Program will lead to you struggling when competition time arrives.

WHAT DO YOU AND YOUR COACH NEED TO DO?

A checklist is provided for you to complete the date you did your individual work by placing a tick in the box provided. If you want to write the number of successful shots that you make instead of ticking the box, this may help you monitor your progress. You will also need to initial your name under the date, as will the coach who works with you. Some athletes may not be able to have a coach present all the time, however I highly advise you to locate a coach to work with you, if at all possible.

It is also a good idea to team up with a "mate" to work out with. If possible, try and play some 1 on 1 at the end of your training to put into action what you have just practised !

FITNESS AND CONDITIONING

It is highly advisable that you develop a good level of fitness. It is very noticeable that athletes who are not been fit, and have struggled. It is suggested that the following activities may help if done 2-3 times a week:

- Running - distance (20+ minutes x 3 times per week)
- Swimming - interval running eg. 20seconds on/ 10 seconds off x 8 times (2 sets)
- Bike Riding OR
1 minute on/ 1 minute off x 6 times (2 sets)
- Aerobic Classes OR
3 minutes on/ 3 minutes off x 6 times (1 set)

Again, coaches will know if you have not done anything. It is up to you to be as best prepared as possible!

BE A BETTER DRIBBLER

Choose some drills below and complete for 30 seconds each as quickly as possible

Stationary Dribbling Drills (Use both hands)

1. Slow to fast dribble (change of pace – high to low)
2. Front to back – one side – same hand
3. Left to right in front of the body – same hand
4. Right to left, cross over dribble in front of body
5. Around each leg
6. Figure eight dribble
7. Scissors
8. Spider

Dribbling Drills on the Move Do your dribbling drills across the court and back, or fullcourt and back

9. Speed (left and right) dribble
10. Crossover
11. Between the legs
12. Behind the back
13. Hesitation (change of pace)
14. Retreat
15. Wave or onside dribble
16. Stutter step (change of direction)
17. Spin
18. Combinations
 - e.g. Crossover, between the legs
 - Crossover, behind the back
 - Double crossover
19. Two Balls
 - Alternate (one up, one down)
 - Together (two up, two down)
 - Drills as above

BE A BETTER BALL HANDLER

Choose some drills below and complete for 30 seconds each as quickly as possible

Some drills you will be able to reverse the direction, that is start going clockwise, then reverse and go anti- clockwise.

Remember to go as fast as you can and don't worry if you make a mistake and drop the ball.

Stationary Ball Handling (no dribbling)

1. Fingertip tapping hand to hand (high and low)
2. Pound the ball
3. Pendulum swings
4. Single leg wraps (left and right)
5. Double leg wraps
6. Head wraps (head, knees, ankles)
7. Whole body wraps (top to bottom)
8. Figure eight
9. Figure eight and drop (rhythm drill)
10. Scissors
11. Two hands in front, two hands behind
12. Left hand in front and right hand behind (cradle)
13. Ricochet or suicide (feet apart, hold ball two hands in front, bounce between legs and catch)
14. Toss ups (throw ball in the air and clap hands before catching the ball. Look to increase number of claps)
15. Waterfall (Hold ball behind your head, drop and catch the ball at the bottom of your back)

Stationary Passing Drills (with a partner or against a wall)

1. Two hand chest pass
2. Bounce pass (one and two hands)
3. Right hand push pass
4. Left hand push pass
5. Two hand overhead pass
6. Baseball pass
7. Curl pass (stationary and off the dribble)
8. Fake to make (using various passes above)

SKIPPING WORKOUT

How many jumps can you do in 20-30 seconds?

Skip for 20-30 seconds and then go onto the next jump.

Start skipping for 3 minutes and build up to 5 minutes plus.

Use this as a warmup in conjunction with ball handling and dribbling before stretching

1. Jump both feet
2. Right foot only
3. Left foot only
4. Forward and back with both feet
5. Forward and back with right foot
6. Forward and back with left foot
7. Side to side with both feet
8. Side to side with right foot
9. Side to side with left foot

Advanced

10. Triangle both feet
11. Star jump
12. Letter "W" jump
13. Double jumps

