

Training Plans

Training plans are very important. This is your one hour per week to build the team mentality, individual skills and team competitiveness. Making the most of this time is paramount for good development. At the same time many kids love challenges being set and working hard, if there is a lot of time spent waiting or listening to drills then sessions may become less interesting.

When communicating the drills at training, the FIBA coach's website has a lot of great information.

<https://wabc.fiba.com/manual/level-1/l1-coach/l1-2-know-how/l1-2-3-effective-practice-sessions/>

As a summary, some of the topics include:

- Conducting the Session - Organizing Players into Groups
- Conducting the Session - Introduce the Activity
- Conducting the Session - Observe and Give Feedback
- Adaptive Coaching - Changing Activities to be more effective
- Adaptive Coaching - Coaching Athletes of Varying Abilities

The type of activity is also very important. During a basketball game you will notice areas of the game that the team and individuals need work on. Activities should be built around this. It may take several training sessions to develop these areas so if the activities do not succeed at first, stick with them and you may find after 2-3 sessions the kids understand them a lot better. Giving them memorable names also helps and age specific drills should be selected.

When you first start coaching, your team may not have played a game together yet and therefore you would not have a good understanding of your team's skill level. That is normal, so in this instance it is good to start with general skills, drills that involve running, competitive work, passing, shooting, rebounding. After 2-3 training sessions and games you should then be ready to start adjusting these sessions based on required development.

Training plans should be structured, timed, notes made on the drill, and notes made on what you are looking to develop. Encourage players to meet the requirements whether this is in intensity, form, skills or voice. Some information on planning appropriate activities can be found here:

<https://wabc.fiba.com/manual/level-1/l1-coach/l1-2-know-how/l1-2-1-planning/2-1-4-planning-practice-planning-appropriate-activities/>

Another great resource to build training plans with for older age groups is the Basketball Australia Skills Checklist. Understanding some of the Skills and variations on this page will assist with areas that players may need developing.

<https://coach.basketball.net.au/skills-checklist/>

Basketball Victoria have a session plan template which is on the following page. Following that is a completed session plan for a 2-hour training session which is an idea of how this template can be used.

Example Training Plan

Below is an example training plan for a 2-hour session. Many of these drills can be used throughout the age groups at domestic level.



BASKETBALL VICTORIA COMMUNITY COACHING CLINIC

SESSION PLAN		
TIME	SKILLS or DRILLS	POINTS OF EMPHASIS
0 – 6	Introduction Drills – Intro, name, description, points of emphasis, demo (if needed), perform, and possibly make competitive. Keep players active, coaches stay out of drills and correct, philosophy. Names of drills Training expectations/consistency – Basketballs, drink bottles, well planned. Use basketball related drills as a warm-up.	
6 – 8	Triple Threat Stance	Ability to pass, shoot or dribble.
Ball Handling/Dribbling Drills		
8 – 10	Dribbling Technique	Keep the ball in finger tips and below hips Keep eyes up Keep elbows close to body and flick the wrist
10 – 20	Stationary Ball Handling Waist Wraps/Ankle wraps/Head wraps Around the world Figure 8 wraps/ Figure 8 Dribbling Step back wraps Dribbling – Left, right, crossovers, behind back, between legs. Spider Dribble	Do it as fast as possible, even if it means making a mistake. Head up Keep ball low when dribbling
20 – 23	Number Dribbling Drill Players get in groups of 3 positioned on either side of the court, players on the sideline hold up numbers while dribblers call out numbers.	
23 – 30	Dribble Collision Drill (Chicken Dribble) Players begin opposite each other and dribble at each other. As they are going to 'collide' they make a dribble move to avoid the collision.	Change of pace on every change of direction Crossover below knees Head up between legs Slap butt on around the back
30 – 35	Dribble Tiggy Players begin with a basketball, person who is it must tag a player, after player is tagged pass their ball to player who is tagged and find new person to tag.	Variations: Gang on Tiggy Multiple basketball
Lay Ups		
35 – 40	Lay Up Technique Challenge players to use left hand on left side, right hand on right side – Under 12 rep requirement.	Footwork: Outside, Inside Up Elbow and knee work together for balance Jump as high as possible and use the backboard
40 – 44	High Five Lay Up Drill Coach stands to the outside of players in line. Players rehearse footwork then jump and high five the coach.	
44 – 50	Lay Up Progression Teaching 1. No dribble from block – Outside, inside up only. 2. 1 dribble from block then outside, inside up. 3. Inside step, dribble, outside, inside up.	
50 – 57	Chase Down Lay up Drill (Half Court) Ball begins at centre, player outlets to player on sideline and chases them down as they lay it up. Defence takes ball out, shooter sprints to opposite sideline for outlet ball returns to centre.	Keep your eyes on the basket. Quick outlets Minimal dribbles
Defensive Drills		
57 – 62	Closing Out Technique Practice closing out technique. Players should come to a stutter step stop, have their butt down low, knees bent and have both hands together above their heads in a stance	Carry Hands initially 1 hand on the ball, 1 hand in the passing lane Stay low and wide Big to bigger
62 – 68	Defensive Sliding Technique Slide to elbow then drop step and slide to side/centreline etc.	Big to Bigger One Dig Hand, One Lead Hand
68 – 75	Alley Drill (70%) Pace – 1 on 1 from Wing Sliding up the floor, check the ball at the wing & play 1 on 1.	Moderate pressure up the floor – NO MIDDLE!



BASKETBALL VICTORIA COMMUNITY COACHING CLINIC

SESSION PLAN CONTINUED		
TIME	SKILLS or DRILLS	POINTS OF EMPHASIS
Passing Drills		
75 – 82	Passing Technique Covering basic passing technique in pairs with 1 ball. Cover passes including: 1. Chest pass 2. Bounce pass – 2/3rds of the way to partner. 3. Overhead pass – Above the head to the head 4. Baseball pass	Fingers either side of the ball Flick the fingers downwards and finish with the thumbs out. Passes must be firm and flat.
82 – 87	Spider web Passing Drill Players begin in 8 lines around the half-court. Ball is passed to one side while the player runs to the opposite line.	Good flat passes Call names Keep the ball off the floor
87 – 93	Three Man Weaves (With variations) Players get in three lines on the baseline, ball begins in the middle, player passes then runs around the player they passed to progressing up the court. Variations include: 2 on 1 etc.	Firm, flat passes. Keep the ball off the ground. Call for the ball. Make all lay-ups.
Shooting Drills		
93– 100	Shooting Philosophy 1. Out of stance or triple threat position 2. Keep it basic – BEEF or TOE-KNEE-ELBOW 3. Seeing the ring – Above and Below 4. Minimal moving parts – Still guide hand, be in stance 5. Process not outcomes 6. Stepping into shot	Balance – Feet shoulder width apart, strong foot forward Eyes – Firmly on the ring Elbows – Tucked in, preferred in line with foot and hip. Follow Through – Finger tips in the rim.
100 – 104	Shot Check 1 Hand at Charge zone, then 2 hand at key. Piece of paper for 2 hands.	Follow through – Elbow above the eyebrow Aim to swish
104 – 110	Slovenian Shooting Drill Players spin the ball out around the three point line squaring up before shooting from the elbow on the far side of the court.	Early Preparation Inside Pivot Foot Heel-Toe Pivot
110 – 114	Solo Turn Outs – 20 @ Block Spin the ball out to the block and pivot and shoot.	Early Preparation Inside Pivot Foot Heel-Toe Pivot Land in stance
114 – 118	Run Around the Coach Drill Players begin in 3 lines across the foul line with a ball at front of each line. Players shoot the ball, rebound & pass the ball back to their line & run around coach, before joining back in.	Catch the ball in the air Preferred foot free
Game Play		
118 – 125	3 on 3 Progressions: 1. No dribbling, no screening. 2. 2 dribbles at a time, no screening. 3. 2 dribbles, away screens allowed. 4. 3 dribbles, all screening allowed.	SPACING MOVING WITHOUT THE BALL Score you keep it.
125	Q & A	

Blank Training Plan



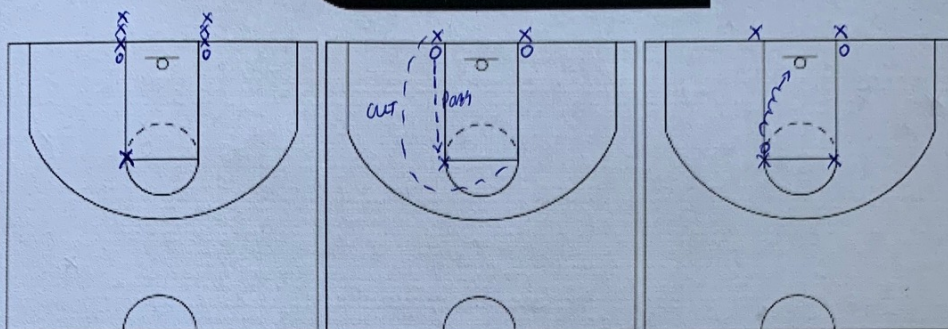
BLANK TRAINING PLAN

DATE:		VENUE:	
ABSENCES:		SESSION GOALS:	

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Drill Plans

DRILL : HORSE SHOE



STARTING POSITION

- 2 LINES ON THE BASELINE
- ONE PLAYER AT THE ELBOW
- ONE BALL AT THE START OF EACH LINE.

PASS & CUT

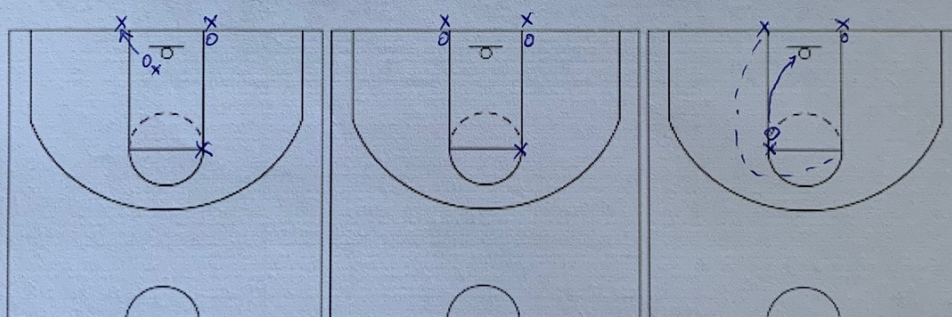
- PASS TO ELBOW PLAYER
- RUN (CUT) AROUND TO OPPOSITE ELBOW

DRIBBLE & SHOOT

- FIRST ELBOW PLAYER DRIBBLES TO RING AND COMPLETES LAYUP

• STRONG CHEST PASSES

• LEFT HAND DRIBBLE & SHOT



REBOUND & PASS

- LAYUP PLAYER GETS OWN REBOUND AND PASSES BACK TO BASELINE.

STARTING POSITION

- WE ARE NOW BACK AT THE START.
- RUN IN REVERSE

VARIATION

- PLAYER AT ELBOW CAN CATCH & SHOOT INSTEAD OF A LAYUP

• STRONG REBOUND

• RIGHT HAND DRIBBLE & SHOT

• SHOOTING FORM.

GOALS : Warmups, layups, pass & move, catch & shoot, rebound, court awareness, thinking, using your voice.

