

## **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



# ALL PLAYER

MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5
3 minutes skipping, line jumping	running - high knees, high heels, 3 minutes skipping	plant and pivot running, 3 minutes skipping	running - high knees, grapevine, 3 minutes skipping	line jumping, bounding, 3 minutes skipping
Stretch	Stretch	Stretch	Stretch	Stretch
Maravich stationary ball handling drills	Maravich stationary ball handling drills	2 ball stationary dribbling drills on the spot	Stationary dribbling drills	Maravich stationary ball handling drills
1 X ball moves, x-over, hesitation, spin, inside/out	1 x ball moves, speed dribble, retreat and explode, x-over	1 x ball moves, combinations, double x-over, legs/spin, legs/back	2 ball moves, alternate, together, legs/x-over, x-over/behind	1 or 2 balls, Circle dribbling in jump ball circles
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	One hand technique shooting (close to basket), rhythm shooting, Mikan drill (1 min/28)	One hand technique shooting, rhythm shooting, reverse Mikan	Technique shooting, Mikan drill (1 min/ 28) rhythm shooting
Toss and catch, forward pivot and mid-range shot (outside key)	Toss and catch, shot fake, 1 dribble j/shot	Toss and catch, jab/drive fake and j/shot	Toss and catch, dribble move and j/shot	Toss and catch, 1 dribble move to basket for power layup
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Toss and catch, reverse pivot and shot	Toss and catch, reverse pivot, shot fake and 1 dribble power layup	Toss and catch, forward pivot and shot	Toss and catch, 1 x-over dribble to middle for short j/shot	Toss and catch, reverse pivot and shot
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Toss and catch, drop step low, power layup	Toss and catch, forward pivot highside and shoot	Toss and catch, drop step middle and jump hook shot	Toss and catch, drop steps high and low, counters high and low	Toss and catch, drop step low, power layup
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Toss and catch, shoot the "3" (from wherever the ball ends up)	1/2 way line, 1-2 dribbles, shoot the "3"	Catch a skip pass and shoot the "3"	Toss and catch, shoot the "3" (from wherever the ball ends up)	Toss and catch, shoot the "3" (from wherever the ball ends up)
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
2-3 dribble wing j/shot - start from 1/2 way sideline	2 dribble elbow j/shot - start from 1/2 way sideline	2-3 dribble block j/shot (go straight up) - start from 1/2 way	2 dribble, 3 point shot - start from 1/2 way (U/16 & U/18 only)	pass to coach, sprint, catch and shoot - start from 1/2 way
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Throw ball off backboard, rebound, keep ball high, up and score x 10	Ball Tapping - L hand x 10, R hand x10, Both hands x 10	Throw ball off backboard, rebound, keep ball high, up and score x 10	Superman drill - toss ball over ring, catch keeping ball up , repeat x 10	Ball Tapping - L hand x 10, R hand x10, Both hands x 10
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Zig zag agility drill - Sprint forward, slide diagonally, sprint, slide diagonally, sprint	Wing denial - deny pass twice, snap head on backdoor (go both sides)	Slide, run, slide baseline to 1/2 way x twice each side
1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
Consecutive free throws	X - out layups in 1 minute	X - out layups in 1 minute	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7
Stretch	Stretch	Stretch	Stretch	Stretch

# BIG MAN

ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5
<b>SKIPPING/ FOOTWORK</b>	3 minutes skipping, line jumping	running - high knees, high heels, 3 minutes skipping	plant and pivot running, 3 minutes skipping	running - high knees, grapevine, 3 minutes skipping	line jumping, bounding, 3 minutes skipping
<b>STRETCHING</b>	Stretch	Stretch	Stretch	Stretch	Stretch
<b>DRIBBLING - FULLCOURT DOWN AND BACK TWICE ON EACH MOVE</b>	1 X ball moves, x-over, hesitation, spin, inside/ out	1 x ball moves, speed dribble, retreat and explode, x-over	1 x ball moves, combinations, double x-over, legs/spin, legs/back	2 ball moves, alternate, together, legs/x-over, x-over/behind	1 or 2 balls, Circle dribbling in jump ball circles
<b>WARMUP SHOOTING (5 minutes)</b>	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	One hand technique shooting (close to basket), rhythm shooting, Mikan drill (1 min/28)	One hand technique shooting, rhythm shooting, reverse Mikan	Technique shooting, Mikan drill (1 min/28) rhythm shooting
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>BLOCK SHOOTING</b>	rhythm shooting	Toss and catch, back to basket, reverse pivot, j/shot	Toss and catch back to basket, forward pivot, j/shot	rhythm shooting - spin ball out, forward pivot and shoot	Toss and catch, back to basket, reverse pivot, j/shot
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>LOW POST MOVES (Shoot for 2 minutes)</b>	Toss and catch, fake middle, drop step low, power layup	Toss and catch, fake low, drop step middle, baby hook shot	Toss and catch, reverse pivot, shot fake, 1 dribble, power layup	Toss and catch, drop steps high and low, counters high and low	Toss and catch, fake middle, drop step low, power layup
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>HIGH POST Shoot for 2 minutes)</b>	Toss and catch, reverse pivot and shot	Toss and catch, reverse pivot, shot fake and 1 dribble power layup	Toss and catch, forward pivot and shot	Toss and catch, 1 x-over dribble to middle for short j/shot	Toss and catch, reverse pivot and shot
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>CREATIVE WING SHOOTING (Shoot for 2 minutes)</b>	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>EFFORT DRILLS (1 minute)</b>	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side	Box drill high - 1 or 2 basketballs on elbow block, pickup, 1 dribble, layup, go side to side	Backboard taps - tap ball against backboard using left hand, right hand or both hands	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side	X-out layup drill - start at the elbow, 1 dribble and layup, rebound, dribble to other side, repeat
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>REBOUNDING</b>	Throw ball off backboard, rebound, keep ball high, up and score x 10	Superman drill - toss ball over ring, catch keeping ball up , repeat x 10	Throw ball off backboard, rebound, keep ball high, up and score x 10	Superman drill - toss ball over ring, catch keeping ball up , repeat x 10	Ball Tapping - L hand x 10, R hand x10, Both hands x 10
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>DEFENSIVE DRILL (2 times)</b>	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Post defense footwork	Post cutter defense footwork	Slide, run, slide baseline to 1/2 way x twice each side
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>COMPETITION</b>	Consecutive free throws	X - out layups in 1 minute	Spot shooting drill - shoot the ball from 10 different spots	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7
<b>STRETCHING</b>	Stretch	Stretch	Stretch	Stretch	Stretch

# GUARDS

ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5
<b>SKIPPING/ FOOTWORK</b>	3 minutes skipping, line jumping	running - high knees, high heels, 3 minutes skipping	plant and pivot running, 3 minutes skipping	running - high knees, grapevine, 3 minutes skipping	line jumping, bounding, 3 minutes skipping
<b>STRETCHING</b>	Stretch	Stretch	Stretch	Stretch	Stretch
<b>BALL HANDLING (2 minutes)</b>	Maravich stationary ball handling drills	Maravich stationary ball handling drills	2 ball stationary dribbling drills on the spot	Stationary dribbling drills	Maravich stationary ball handling drills
<b>DRIBBLING - FULL COURT DOWN AND BACK TWICE ON EACH MOVE</b>	1 X ball moves, x-over, hesitation, spin, inside/ out	1 x ball moves, speed dribble, retreat and explode, x-over	1 x ball moves, combinations, double x-over, legs/spin, legs/back	Dribble the lines	1 or 2 balls, Circle dribbling in jump ball circles
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>WARMUP SHOOTING (5 minutes)</b>	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	Toss outs	Rhythm shooting	Toss outs
<b>WING (Shoot for 2 minutes)</b>	Toss and catch, forward pivot and mid-range shot (outside key)	Toss and catch, shot fake, 1 dribble j/shot	Toss and catch, jab/drive fake and j/shot	Toss and catch, dribble move and j/shot	Toss and catch, 1 dribble move to basket for power layup
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>HIGH POST (2 mins)</b>	Toss and catch, reverse pivot and shot	Toss and catch, reverse pivot, shot fake and 1 dribble power layup	Toss and catch, forward pivot and shot	Toss and catch, 1 x-over dribble to middle for short j/shot	Toss and catch, reverse pivot and shot
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>OFF THE DRIBBLE (2 mins)</b>	Toss and catch, shot fake, 1 dribble move and j/shot	Point Moves	Toss and catch, 2 dribble move and j/shot	Toss and catch, shot fake, 1 dribble, change of direction , 1 dribble and jumpshot	Block Shooting
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>CREATIVE SHOOTING (2 mins)</b>	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>3 PT SHOOTING (Shoot for 2 minutes)</b>	Toss and catch, shoot the "3" (from wherever the ball ends up)	1/2 way line, 1-2 dribbles, shoot the "3"	Catch a skip pass and shoot the "3"	Toss and catch, shoot the "3" (from wherever the ball ends up)	Toss and catch, shoot the "3" (from wherever the ball ends up)
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>TRANSITION SHOOTING - SHOOT 5 EACH SIDE</b>	2-3 dribble wing j/shot - start from 1/2 way sideline	2 dribble elbow j/shot - start from 1/2 way	2-3 dribble block j/shot (go straight up) - start from 1/2 way	2 dribble, 3 point shot - start from 1/2 way (U/16 & U/18 only)	pass to coach, sprint, catch and shoot - start from 1/2 way
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>DEFENSIVE DRILL (twice each side)</b>	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Zig zag agility drill - Sprint forward, slide diagonally, sprint, slide diagonally, sprint	Wing denial - deny pass twice, snap head on backdoor (go both sides)	Slide, run, slide baseline to 1/2 way x twice each side
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
<b>COMPETITION</b>	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	X - out layups in 1 minute	Spot shooting drill	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7

