



SPP Camp 3 (U16's)

24-25 March 2018



Venue: Kalamunda and Bendat

***"DEVELOPING AND PREPARING YOUNG BASKETBALL
ATHLETES TO REPRESENT WA"***

3-4 February 2018

Venue: Kalamunda and BBC

Saturday 24 March 2018

1.00-2.30pm	Session 1 – Fastbreak concepts and screening play
2.30-3.00pm	Break (Coaches Meeting)
3.00-4.30pm	Session 2 – Style of Play (Receiver Rules)
4.30-5.00pm	Break (Coaches Meeting)
5.00-6.00pm	Session 3 – Scrimmage
6.00pm	Wrap-up/ Depart

Sunday 25 March 2018

9.00-10.15am	Session 4 – Boys – Home Program/Girls S&C (Ryan Grove)
10.15-11.30pm	Session 5 – Girls – Home Program/Boys S&C (Ryan Grove)
11.30-12pm	Break (Coaches Meeting/Group Meeting)
12.00-1.30pm	Session 6 – Individual and Transition Defense (Adam Forde – Perth Wildcats Assistant Coach)
2.00pm	Athletes Shower/ Depart and Lunch for coaches

Court Allocations

SATURDAY	1	2	3	4	5	6
1.00-2.30pm	16M	16M	16M	16W	16W	16W
3.00-4.30pm	16M	16M	16M	16W	16W	16W
5.00-6.00pm			16CM	16MM	16CW	16MW

SUNDAY	1	2	3	4	5	6	7	8
9.00-10.15am	16W	16W	16M	16M	16M	16M	18MW	
10.15-11.30am	16M	16M	16W	16W	16W	16W	18MW	
12.00-2.00pm			16W	16W	16W	16M	16M	16M

“ N o e x c u s e s ... g e t i t d o n e ! ”

Welcome

Housekeeping

- Communication – good so far (especially regarding injuries). Keep it up!
- Time Management (number of basketball activities) – things will get very busy quickly (need to prioritize)
- Wellness Survey – how to complete? Can't miss SPP however train for school and WABL
- A session you miss is a lost opportunity to get better
- A reminder about WA Player Values and Style of Play
- Outline weekend schedule

Objectives/Aims for the weekend

* Players

1. What are the qualities of WA Players?
2. Time to "pick it up" – Nationals are in July (not that far away)
3. Hold each other accountable on court
4. Everyone to last every session
5. Last chance to impress – "you are always being evaluated"

* During Competition

- Box outs (3 slides)
- Hand above the ball
- Point Man – Point Ball
- Competition – 2nd Efforts

* Coaches

1. Crank up the teaching
2. Demand intensity and competitiveness over the weekend
3. Continue to evaluate – what players are the "best fit?"
4. Reinforce teaching points
5. Observe your kids

Thought for the Camp

- Athletes to decide

" N o e x c u s e s ... g e t i t d o n e ! "

Western Australian Values



WA basketball players represent the following values that identify and formalize the components of success.

These values not only provide a blue print for success, they are the basis for all our evaluation. WA players project these themes.

- *WA Players play with Passion* – (WORK ETHIC/GRUNT/INTENSITY/HUSTLE)
- *WA Players compete with Persistence* – (NEVER GIVE UP/CAN DEAL WITH ADVERSITY)
- *WA Players are Skilled* – (VERSATILE/CAN DO MANY THINGS WELL/
FIT & STRONG)
- *WA Players are Unselfish* – (TEAMWORK/UNITY/SACRIFICE/DISCIPLINE)

Players who cannot embrace and exhibit these values and guidelines do not have the attitudinal skills necessary to play for Western Australia

Western Australian Style of Play

The following characteristics are common to the way Western Australian Teams play:

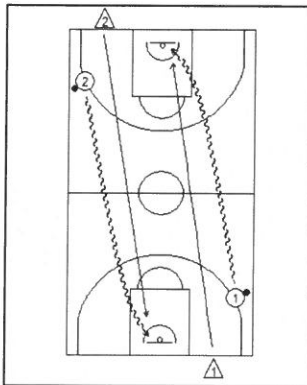
- *WA Teams play Pressure Defence* – DISRUPT & DELAY
- *WA Teams Push the Ball* – PACE
(Transition/Easy Baskets)
- *WA Teams value the Possession Game* – POISE (Low TO's, 2nd efforts)
- *WA Teams understand Penetration and Receivers Principles* – PENETRATION
- *WA Teams read the Game* – INTELLIGENCE/
UNDERSTANDING/
ARE ABLE TO EXECUTE

“ No e x c u s e s ... g e t i t d o n e ! ”

Saturday 24 March

Session 1: Fastbreak concepts and screening play

1.00-1.07pm Warmup - Chase down layups



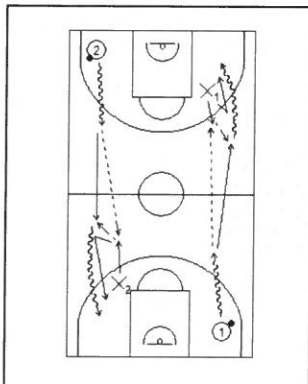
Coach starts by bringing the offensive player out a few steps depending on how fast they are compared to the defense to give them the fast break advantage.

On the coach's call, the offensive and defensive player sprint the floor.

The offensive player's goal is to make the layup and the defensive player's goal is to challenge the layup without fouling.

After the make or miss, both players join the end of the lines at their current end of the floor

1.07-1.15pm 1/1 Closeout from $\frac{3}{4}$ court pass back

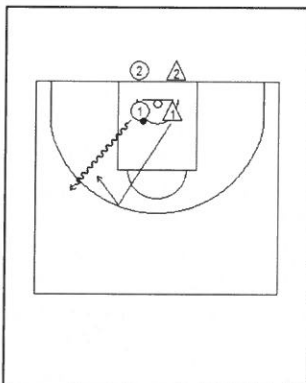


Dribble to $\frac{3}{4}$ court, pass to D at foul line, D bounce pass back, closeout for 1/1.

Block out, whoever wins goes to offense line, whoever loses goes to defense line.

1.15-1.17pm Drink break

1.17-1.25pm 1v1 (dribble exit) – include defensive emphasis



2 lines on the baseline

1 shot only

Offence rebounds and dribbles clear 2 feet outside the 3pt line.

Defence touches 1 foot on the 3pt line.

Layup is worth 1pt, 3pt shot is worth 2pts

Defensive Emphasis

Ball pressure

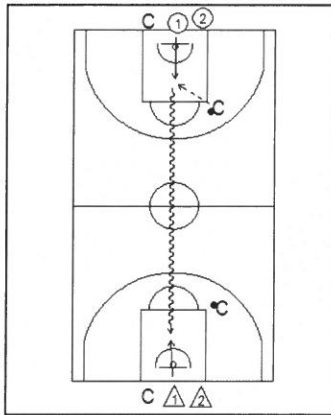
Chest bumps (when the gap is closed) and verticality

Variation

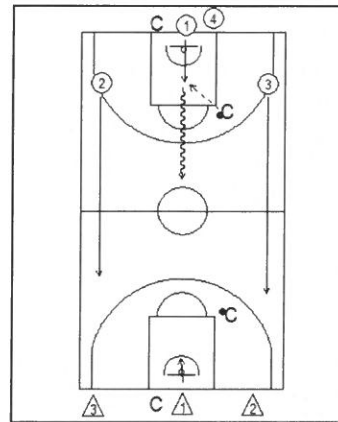
Change position of "D" to give them an advantage

" No excuses ... get it done ! "

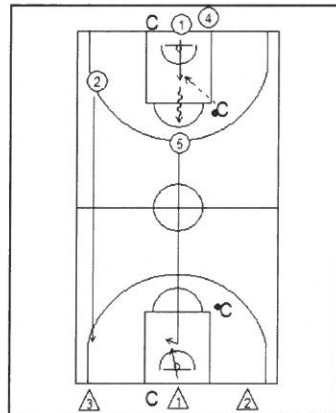
1.25-1.40pm Fastbreak Skills – (full court)



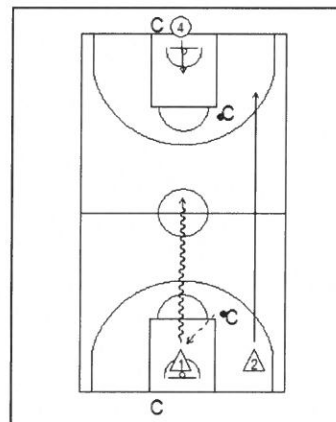
1 (v1 – coach hold d on baseline)
Coach rolls ball
1 dribbles full court
D1 enters court to play d (late)



1 + W + W (v1 or v2)



1 + W + B (v1 or v2)



1.40-1.42pm Drink break

“ No excuses ... get it done ! ”

1.42-2.12pm Screening

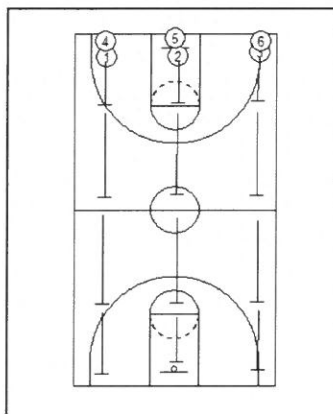
Offensive Emphasis

Position of hands/arms (protect yourself)
 Screener to call "wait" and "go"
 Wide, strong stance
 Offensive player to set their opponent up (make a lead)

Defensive Emphasis

Talk to help on another
 Change your stance
 See the screen coming
 Don't run in to the screen

1.42-1.47pm Screening Stance Drill



On a whistle the first three players sprint to the free throw line, jump stop with their knees flexed, bodies low and arms crossed tightly over their chests in a screening stance. Maintain good balance until the whistle sounds to continue.

At the next whistle the first 3 players sprint to halfway and repeat while the next 3 players sprint to the free throw line and screen.

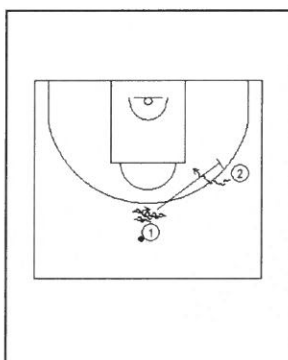
Emphasis:

- remain low with good balance
- arms crossed
- Head and eyes up.

Variation:

- Have screeners perform a roll, step back or step through after each screen

1.47-2.02pm Offensive options after setting a screen (2v0)



Player 1 dribbles the ball and then makes a pass to player 2.
 Player 1 sets a screen.
 Player 2 dribbles off that screen.

Offensive options for the screener are:

- Pop
- Dive
- Roll
- Slip
- Re-screen

Middle PNR (pick and roll) set-up

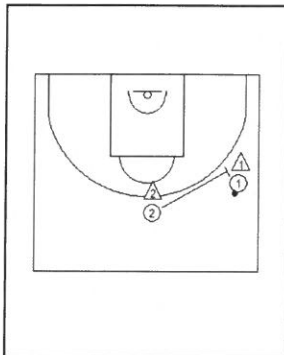


2.02-2.03pm Drink break

" N o e x c u s e s ... g e t i t d o n e ! "

2.03-2.30pm Defending screens (2v2)

Talk –
“screen
coming”,
“screen left”
“get under”

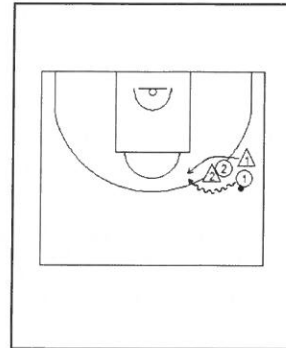


Squeeze and slide UNDER

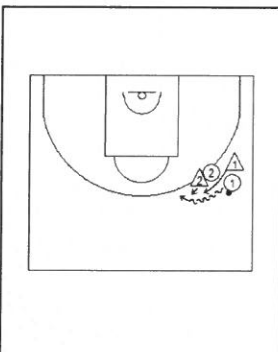
When to use – guarding a non-shooter

- Triangle 2 (T2) bodies up to circle 2 (O2) and walks them out so that the screen is set outside of the three point line.
- T1 forces O1 over the screen
- As O1 dribbles off the screen T1 slides under the screen and meets O1 as they come off the screen
- It is important that T2 holds his ground

and does not allow O2 to cut to the basket



Importance
of changing
your
“stance”

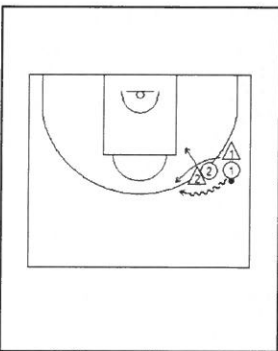


Show and recover OVER (and TRAIL)

When to use – guarding a shooter

- T1 forces O1 over the screen.
- As O1 dribbles off screen T2 steps towards baseline at other end (shows). This creates a gap. Once gap is created then T2 recovers to their man
- T1 follows O1 over the top off the screen (“in their footsteps trailing”) and then slides into the gap created by the show of T2.
- The main objective of T1 is to regain front position once they get over the screen

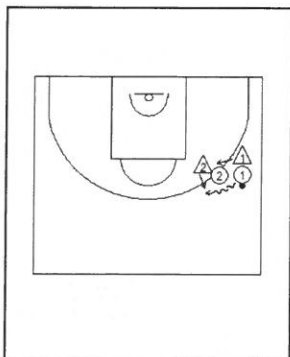
Talk –
“screen
coming”,
“screen left”
“get under”



THROUGH

When to use – containment is the priority

- T1 forces O1 over the screen
- As O1 dribbles off the screen T2 steps off the screen (jumps to the ball) to allow T1 to go through the gap (between the screener and T2)
- T2 recovers to O2

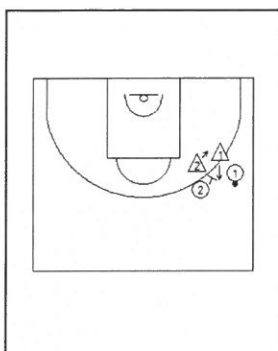


SWITCH

When to use – with like size players and where no disadvantages or mismatches occur

- T1 forces O1 over the screen
- As O1 dribbles off the screen, T2 switches to guard the ball (T2 calls “switch”), while T1 guards the screener

“ No excuses ... get it done ! ”

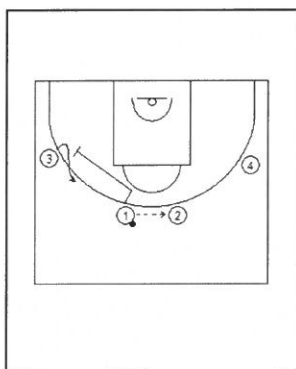


FORCE Baseline (ICE or BLUE)

When to use – when dictating play and relying on help

- As screen is being set by O2, T1 steps up to force O1 towards the baseline
- T2 moves towards the baseline to trap O1

Screening using shell drill concepts



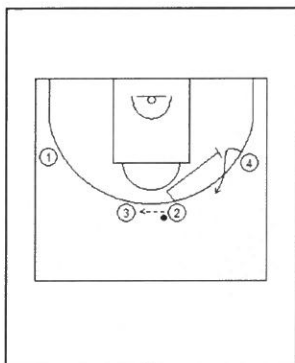
Downscreen action

1 passes to 2. Player 1 now sets a downscreen for 3.

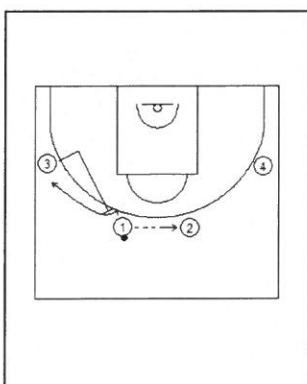
Note: Offense should use catch fakes when setting up their player.

Defense can work on defending the screens using four methods:

- through
- under
- over
- switch



2 passes to 3. Player 2 now sets a downscreen for 4.



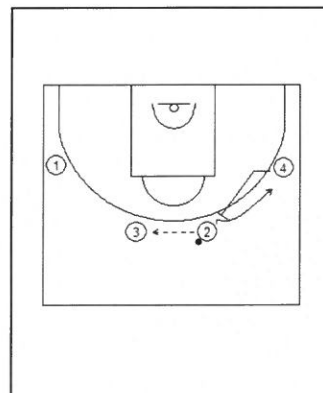
Upscreens action

1 passes to 2. Player 3 now sets an upscreens for 1.

Note: Offense should use catch fakes when setting up their player.

Defense can work on defending the screens using four methods:

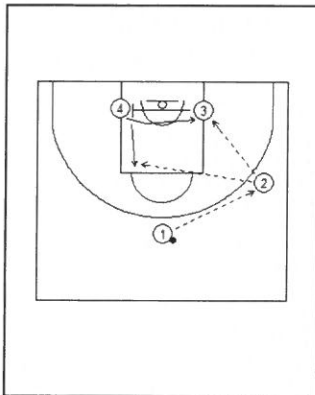
- through
- under
- over
- switch



2 passes to 3. Player 4 now sets an upscreens for 2>

" No excuses ... get it done ! "

Cross screen action



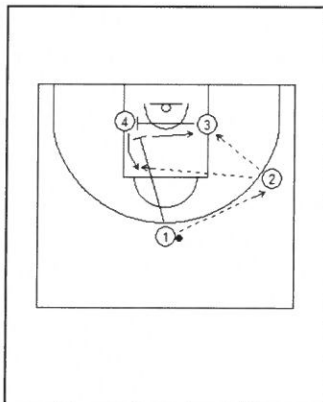
1 passes to 2. Player 3 now sets a cross screen for 4.
2 can pass to player 4 in the post, or to player 3 who flashes high after setting the screen.

Defense can work on defending the screens using four methods:

- through
- under
- over
- switch (not ideal)

Note: Look to bump cutter high ("ride them out")

Combination cross screen and downscreen action



1 passes to 2. Player 3 now sets a cross screen for 4.

1 sets a downscreen for 3. Player 2 can pass to player 4 in the post, or to player 3 who flashes high after setting the screen

Defense can work on defending the screens using four methods:

- through
- under
- over
- switch

Note: Look to bump cutter high then roll off the pin-down

Huddle at end of session – group chant

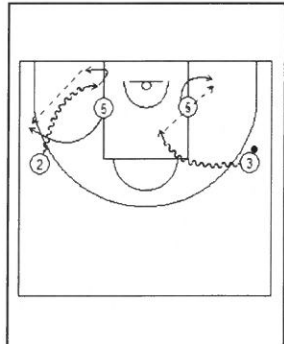
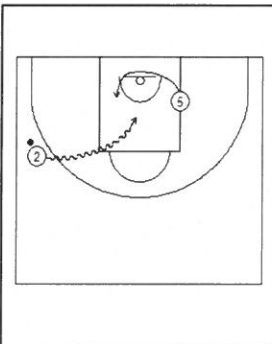
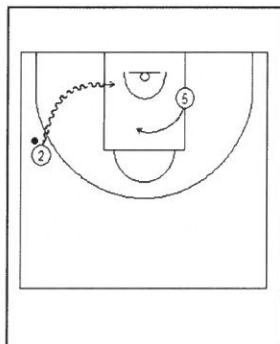
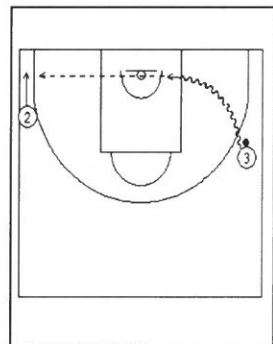
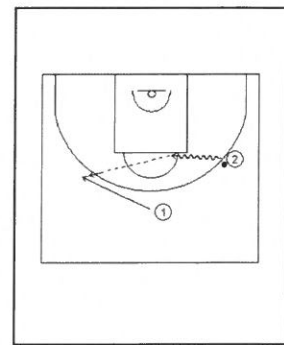
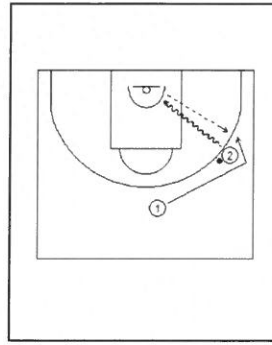
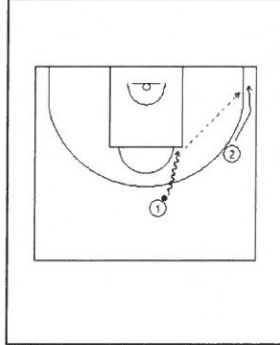
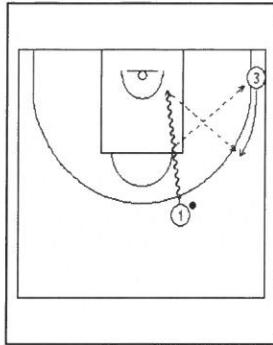
EVALUATION

" N o e x c u s e s ... g e t i t d o n e ! "

Session 2: Style of Play (Receiver Rules)

3.00-4.30pm

3.00-3.20pm Warmup shooting - 2 on 0/ 2 on 2 (Receivers spots) – work both sides



OTHER KEY WORDS:

- Receiver spots
- Baseline Corner
- Middle Penetration
- Lift
- Drift
- Diag (FT line extended)
- Dunker's spot
- Short Corner
- Bail-out

3.20-3.22pm Drink break

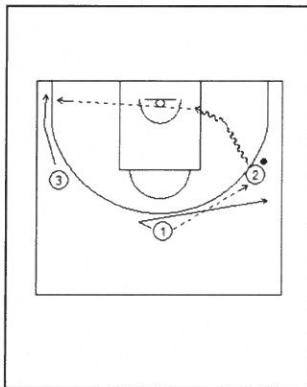
" N o e x c u s e s ... g e t i t d o n e ! "

3.22-3.42pm 3 on 0/ 3 on 3 Perimeter Play – Wing Penetration

OTHER KEY WORDS:

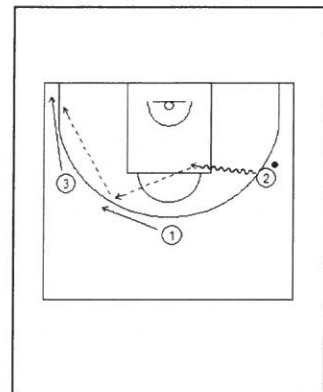
- Receiver spots
- Baseline Corner
- Middle Penetration
- Lift
- Drift
- Diag (FT line extended)
- Bail-out

****START THE DRILLS WITH A BASIC PASS AND CUT ACTION, AND THEN A BALL REVERSAL TO THE WING****



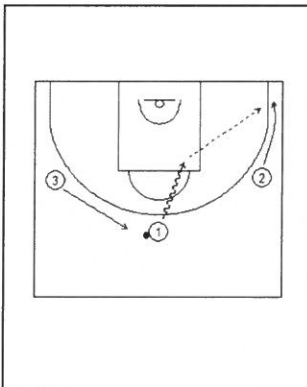
<1 passes to 2 and steps away
2 penetrates baseline looking for a layup
3 drifts to the corner
1 fills behind ("bail-out")

>If penetration is to the middle
1 drifts across the top of the key
2 drifts to the corner



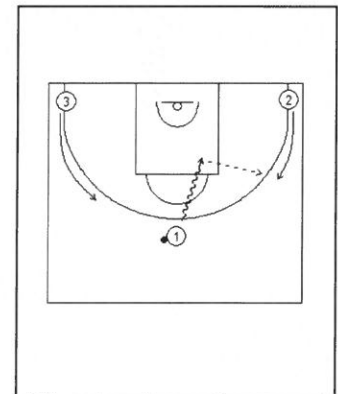
****START THE DRILLS WITH A BASIC PASS AND CUT ACTION, AND THEN A BALL REVERSAL TO THE POINT****

3 v 0 Top Penetration – Drift and Lift action



<1 penetrates through the free throw line
2 drifts to the baseline corner
3 fills behind ("bail-out")

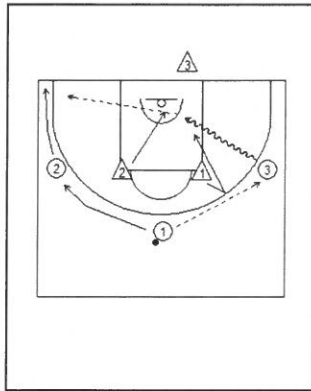
> 2 and 3 start in the baseline corner
1 penetrates through the free throw line
2 lifts out of the corner
3 fills behind ("bail-out")



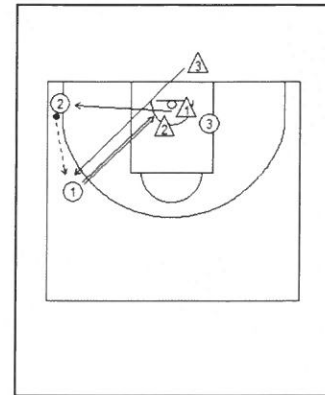
3.42-3.44pm Drink break

" No excuses ... get it done ! "

3.44-3.54pm Split/Kick/Extra



D1 must touch the 3pt line on the pass
D2 rotates down to prevent layup
D3 is not allowed to come on to the court until the shot is made

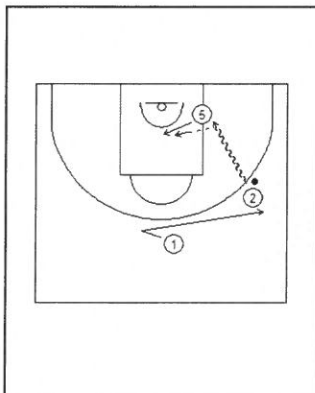


3.54-3.56pm Drink Break

OTHER KEY WORDS:

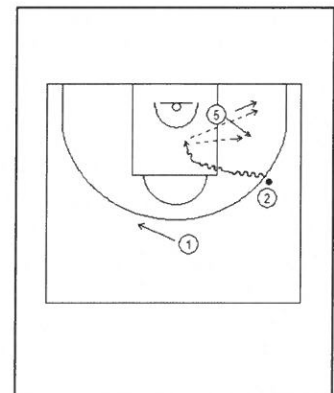
- Receiver spots
- Baseline Penetration
- Middle Penetration
- Dead Low
- Dunker's spot
- Short Corner
- Post Open (weakside)
- Post Filled (strongside)

3.56-4.11pm 3 v 0 Strong Side Play – Post Filled (strongside)

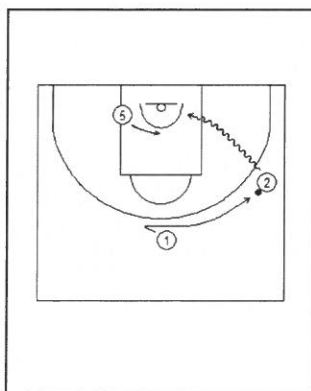


<1 passes to 2
2 penetrates baseline looking for layup
5 steps to the dunker's spot
1 stunts away then fills behind

>2 penetrates middle
5 steps to short corner banana cuts behind to the bailout position
1 drifts to diag.

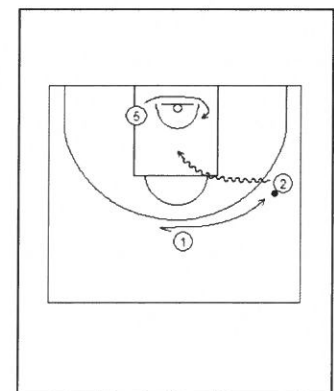


3 v 0 Weak Side Play – Post Vacant (weak side)



<1 passes to 2
2 penetrates baseline looking for a layup
5 "wheels" to middle of key (dunkers spot)
1 stunts away then fills behind

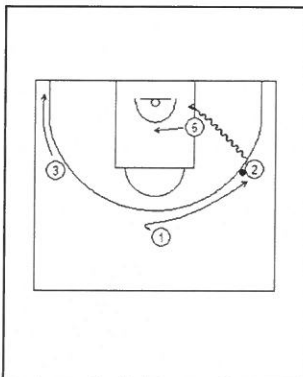
>If 2 penetrates middle,
5 wheels baseline to the dead low
1 stunts away then fills behind



4.11-4.13pm Drink Break

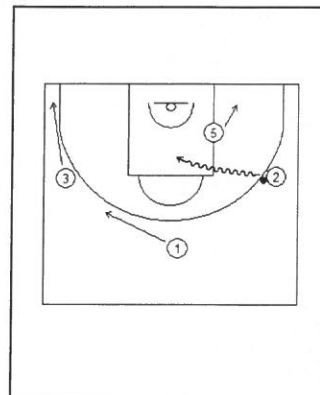
" N o e x c u s e s ... g e t i t d o n e ! "

4.13-4.28pm 4 on 0 Receivers – Post filled (strongside)

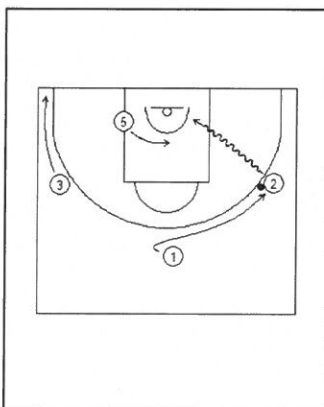


<2 penetrates baseline looking for layup
5 steps to the dunker's spot
1 stunts away then fills behind
3 drifts to the corner

>2 penetrates middle looking for layup
5 steps to the short corner
1 drifts to the diag
3 drifts to the corner

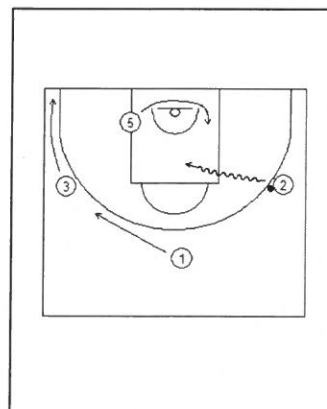


4 v 0 Weak Side Play – Post Vacant (weak side)

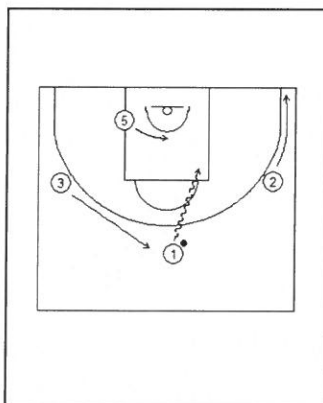


<2 penetrates baseline looking for a layup
5 "wheels" to middle of key (dunker's spot)
1 stunts away then fills behind
3 drifts to the corner

If 2 penetrates middle,
5 wheels baseline to the dead low
1 drifts to the diag
3 drifts to the corner

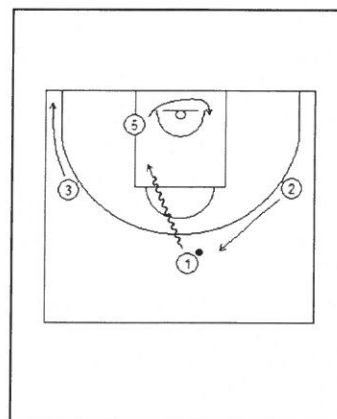


4 v 0 Top Penetration



<1 penetrates through the free throw line
5 "wheels" to middle of key (dunker's spot) or holds their ground
2 drifts to the baseline corner
3 fills behind ("bail-out")

>1 penetrates through the free throw line
5 "wheels" baseline to the dead low
3 drifts to the baseline corner
2 fills behind ("bail-out")



4.28-4.30pm Drink break

Huddle at end of session – group chant

EVALUATION

"No excuses ... get it done!"

Session 3: Scrimmage Time (in squads)

5.00-6.00pm

Only using courts 3-6

Little teaching to be done

Mix up players – have different matchups

Can play 5v5 full or half court for a set time (5mins) or 5mins “up and backs” (3 possessions)

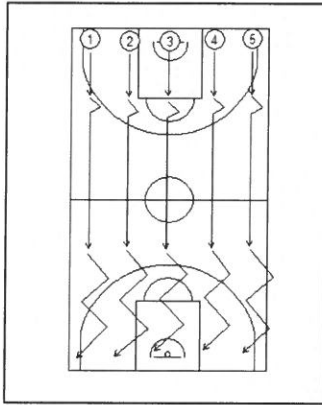
“ N o e x c u s e s ... g e t i t d o n e ! ”

Sunday 25 March

9.00-10.15am

Session 4 - Home Program (to be done 1-2 times a week) – 60mins max

4 Warmup - Transition D footwork (complete 4 trips of each drill)

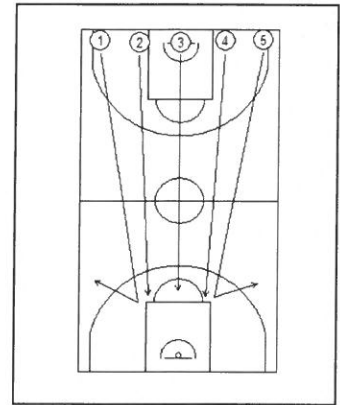


Drill 1

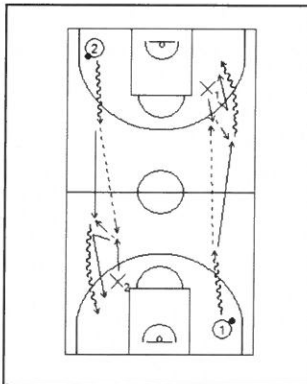
Sprint, turn and run backwards and 3 Def slides

Drill 2

Trans D sprint to F/T and deny wing pass



6 1/1 Closeout from ¾ court pass back

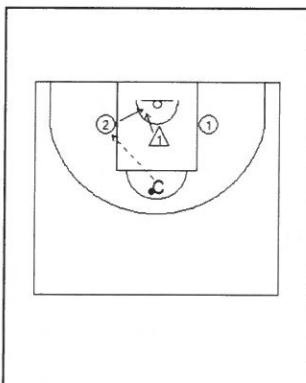


Dribble to ¾ court, pass to D at foul line, D bounce pass back, closeout for 1/1.

Block out, whoever wins goes to offense line, whoever loses goes to defense line.

1 Free throw (make it = drink break, miss it = 5 push-ups and then an up and back)

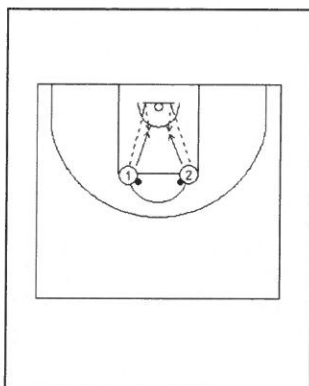
5 Verticality drill 2 (2v1 rim protection)



D starts facing top of key, one step higher than charge circle.
Two offensive players one step outside keyway on either side.
Coach bounce passes to one O player who attacks rim (w/ no dribble)
D looking to chest blow & wall up. Maintaining verticality.
Jump up, side & back with two hands only. Maintain shape.

" N o e x c u s e s ... g e t i t d o n e ! "

6 Offensive rebound and score



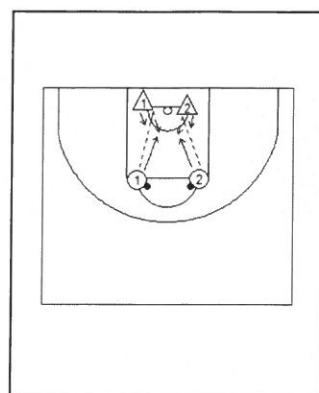
Part 1

Players 1 and 2 throw the ball against the backboard and grab and offensive rebound.

Players should look the put the ball back in with left or right hand (depending on what side of the basket you are at).

Part 2

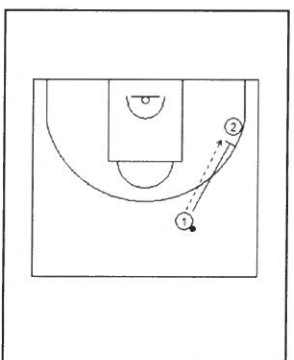
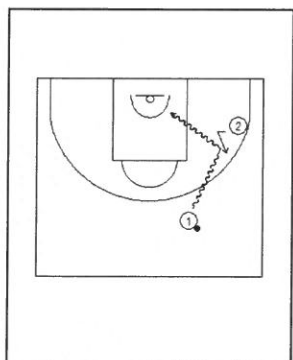
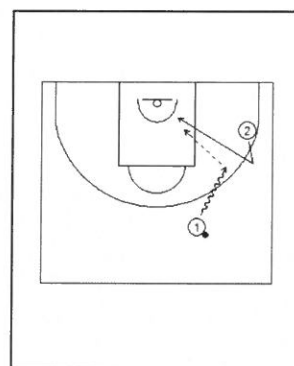
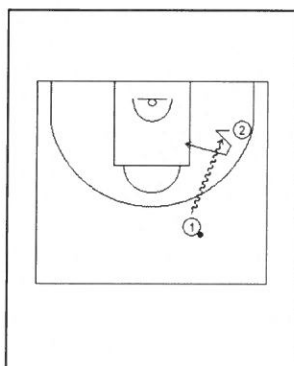
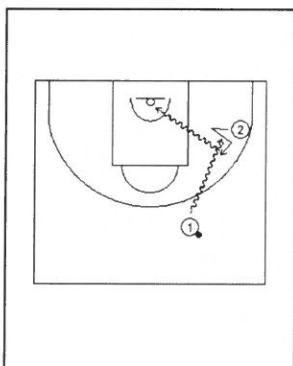
Add defender to enter from under the basket. They play defense once the ball is rebounded.



1 Free throw (make it = drink break, miss it = 5 push-ups and then an up and back)

10 Dribble Hand-off action -2-on-0 (wing) – “get”

- Curl to layup
- Curl to jumper (with and without a dribble)
- Wing back-cut
- Keep & attack rim
- Kick and on-ball



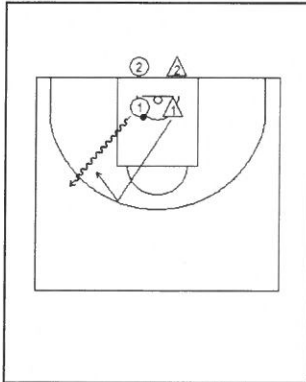
****Look at the dribbler or screener to be a post-up target as well after they do their action**

6 Play 2 on 2

1 Free throw (make it = drink break, miss it = 5 push-ups and then an up and back)

“ No excuses ... get it done ! ”

4 1v1 (dribble exit) – include defensive emphasis



2 lines on the baseline
1 shot only
Offence rebounds and dribbles clear 2 feet outside the 3pt line.
Defence touches 1 foot on the 3pt line.
Layup is worth 1pt, 3pt shot is worth 2pts

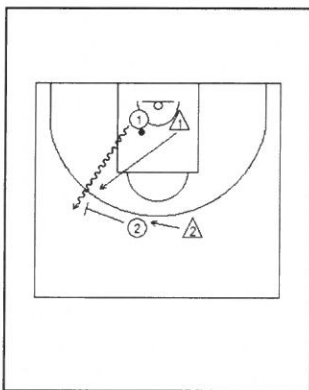
Defensive Emphasis

Ball pressure
Chest bumps (when the gap is closed) and verticality

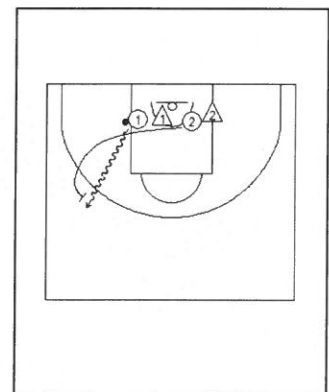
Variation

Change position of "D" to give them an advantage

5 2v2 "pick" and 2v2 "punch"

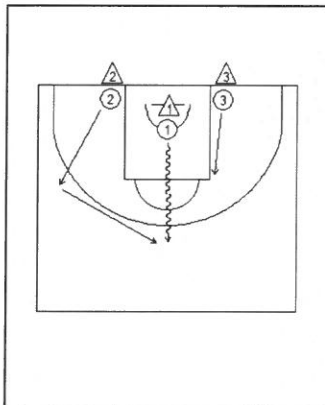


2 lines on the free throw line and 2 lines on the baseline
1 shot only
Offence rebounds and dribbles clear 2 feet outside the 3pt line.
Other offensive player sets a "pick" or "punch" screen
Defence must be touch distance
Layup is worth 1pt, 3pt shot is worth 2pts.



1 Free throw (make it = drink break, miss it = 5 push-ups and then an up and back)

5 3v3 double action

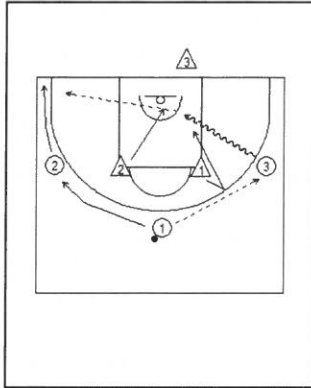


3 lines on the baseline
1 shot only
Offence is in front of defence
Offence rebounds and dribbles clear 2 feet outside the 3pt line.
Must call/run x2 actions. "Pick", "punch", "get", "pinch".
Defence must be touch distance
Layup is worth 1pt, 3pt shot is worth 2pts.
Note: Keep spacing

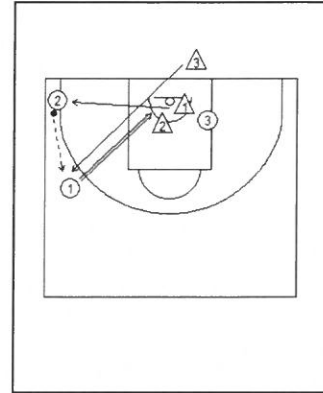
Note: Any action can start the offence

" N o e x c u s e s ... g e t i t d o n e ! "

5 Split/Kick/Extra



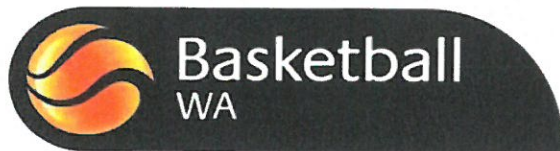
D1 must touch the 3pt line on the pass
D2 rotates down to prevent layup
D3 is not allowed to come on to the court until the shot is made



Free throw (make it = drink break, miss it = 5 push-ups and then an up and back)

Huddle at end of session – group chant

" N o e x c u s e s ... g e t i t d o n e ! "



Home Core and Balance Program

Foam roll: Fig 4 Glute 60s/side



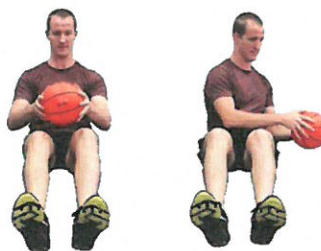
Foam roll: Thoracic Spine 60s



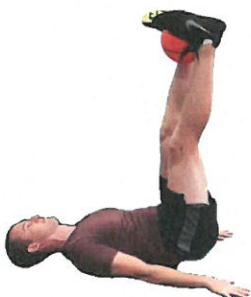
Core: Crunches 3x20



Core: Russian Twist 3x20



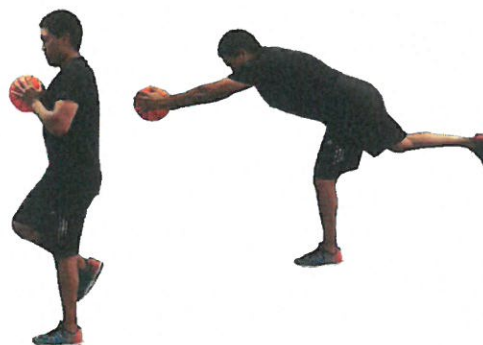
Core: Leg Raises 3x10



Core: Flutter Kick 2x30s



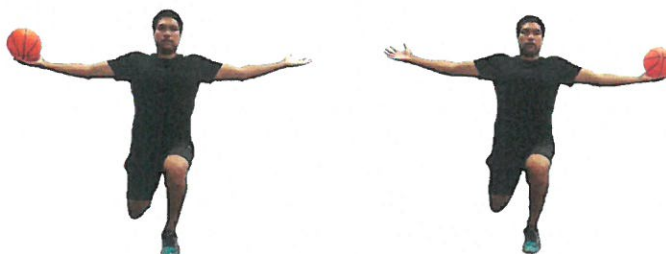
Balance: Push outs on one leg 2x5/leg



Balance: Ball raise on a leg 2x15/leg

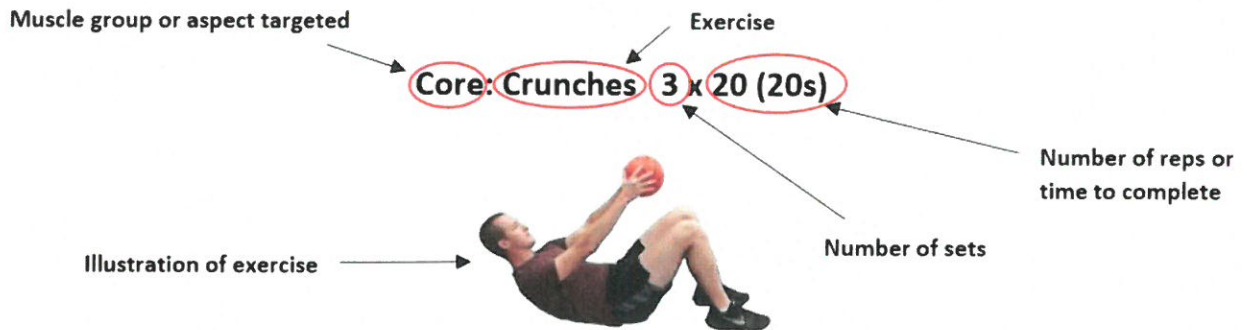


Balance: In place lunge with ball exchange 2x10/leg



" No excuses ... get it done ! "

How to interpret this prescription:



Why do exercises that target your core?

When you exercise and strengthen your core you are training the muscles of the hip, lower back, pelvis and abdomen to work in synchronisation. This leads to better balance and stability which is an important aspect of basketball performance. Stability is also fundamental to the development of strength of the other muscle groups. When completing the exercises be sure to 'brace' your core. To 'brace' your core just means to contract your abdomen when you execute the exercise. The best way to do this is to think as if someone was about to hit you in the stomach.

The importance of training balance.

Balance is important to movement. In basketball you are moving in multiple directions and you jump to shoot or rebound. These movements all require balance to be established prior to or post the movement. Therefore, it is important to train balance. The benefit of this is not to just improve stability but to also strength the ankles and improve proprioception. Proprioception refers to spatial awareness or knowing where your body is within the playing situation. For example, having to move in a certain way to get away from two defenders.

Progress slowly.

Have you ever heard of the story about the tortoise and the hare? Improving the strength and conditioning of your body is a progressive process that requires discipline, diligence and patience. Too often athletes are in such a hurry to get stronger, faster or more powerful that they overlook doing the exercises safely and with proper technique to get the most benefit. This often leads to injury. The steps to progressing are quite simple:

1. When your body and mind is ready then increase your workload. This is achieved when you can do the prescribed exercises for the full set and rep count and with proper technique.
2. Progress gradually by manipulating one of the training variables, i.e. sets, reps and rest. For example you may add one or 2 more reps, decrease rest or add one more set.

Remember, improving your athletic performance is a marathon and not a race. Be patient with yourself and trust the process.

" N o e x c u s e s ... g e t i t d o n e ! "

Exercise Instructions:

Crunches

Lay flat in your back with knees bent. Lower back should be touching the floor.

Brace your core and flex at the waist to raise your torso while breathing out. Return to the starting position and repeat for prescribed sets and reps.

Russian twist

Seated on your bum lean your torso back at roughly 45° and bend your knees while your feet are on the ground. Twist your torso to one side until arms are parallel to the floor and breathe out. Return to the starting position and repeat on the opposite side. Repeat for prescribed sets and reps.

Leg raises

Lay flat on your back with legs extended. Lower back should be touching the floor. Raise your legs until perpendicular with the floor by flexing at the hip and breathing out. Return to the starting position and repeat for prescribed sets and reps.

Flutter kick

Lay flat on your back with legs extended. Lower back should be touching the floor. Raise your legs slightly and start to kick your legs from the hips. Do not bend your knees. Do for the prescribed amount of sets and time.

Ball raise on one leg

Standing on one leg and raise your hands (or ball) above your head. Keep your head still. Flex at the knee of the other leg and raise the knee by flexing at the hip. Try and maintain this hold for the prescribed amount of time. Repeat on the other leg.

Push outs on one leg

Standing on one leg with your hands (or ball) at chest level. Looking forward start to flex at the hip and push your hands (or ball) out while at the same time extending your other leg. Main hold for a second or two and return to the starting position. Repeat for prescribed sets and reps. Repeat on the other leg.

In place lunge with ball exchange


Get into a lunge position with the knee of the back leg not touching the ground. Extend your arms to the side of your body with the ball on one hand. While maintaining the lunge position move the ball horizontally from one side of your body to the other side and back again. Repeat for prescribed sets and reps. Repeat on the other leg.

" N o e x c u s e s ... g e t i t d o n e ! "



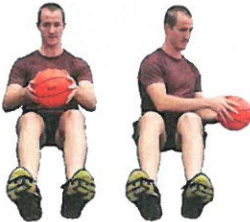
Exercise Record Sheet

Crunches	W1	W2	W3	W4	SET 1	SET 2	SET 3
Rest 60s between sets					20	20	20



Lay flat in your back with knees bent. Lower back should be touching the floor. Brace your core and flex at the waist to raise your torso while breathing out. Return to the starting position and repeat for prescribed sets and reps.

Russian twist	W1	W2	W3	W4	SET 1	SET 2	SET 3
Rest 60s between sets					20	20	20




Seated on your buttocks, lean your torso back at roughly 45° and bend your knees while your feet are on the ground. Twist your torso to one side until arms are parallel to the floor and breathe out. Return to the starting position and repeat on the opposite side. Repeat for prescribed sets and reps.

Leg raises	W1	W2	W3	W4	SET 1	SET 2	SET 3
Rest 60s between sets					20	20	20



Lay flat on your back with legs extended. Lower back should be touching floor. Raise your legs until perpendicular with the floor by flexing at the knees and breathing out. Return to the starting position and repeat for prescribed sets and reps.


Flutter kick	W1	W2	W3	W4	SET 1	SET 2	SET 3
Rest 60s between sets					20	20	20



Lay flat on your back with legs extended. Lower back should be touching the floor. Raise your legs slightly and start to kick your legs from the hips. Do not bend your knees. Do for the prescribed amount of sets and time.


" N o e x c u s e s ... g e t i t d o n e ! "

Ball raise on one leg Rest 5s between sets	W1	W2	W3	W4	SET 1	SET 2
					15s	15s




Standing on one leg and raise your hands (or ball) above your head. Keep your head still. Flex at the knee of the other leg and raise the knee by flexing at the hip. Try and maintain this hold for the prescribed amount of time. Repeat on the other leg.


Push outs on one leg Rest 5s between sets	W1	W2	W3	W4	SET 1	SET 2
					5	5




Standing on one leg with your hands (or ball) at chest level. Looking forward start to flex at the hip and push your hands (or ball) out while at the same time extending your other leg. Main hold for a second or two and return to the starting position. Repeat for prescribed sets and reps. Repeat on the other leg.



In place lunge with ball exchange Rest 5s between sets	W1	W2	W3	W4	SET 1	SET 2
					10	10

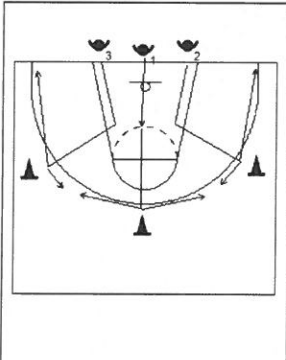
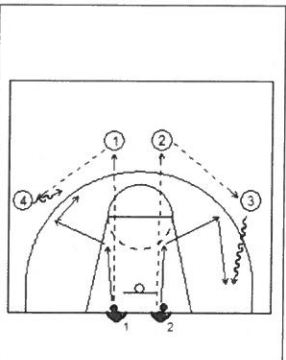
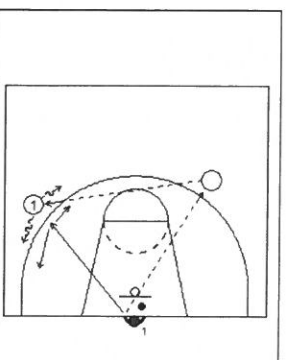


Get into a lunge position with the knee of the back leg not touching the ground. Extend your arms to the side of your body with the ball on one hand. While maintaining the lunge position move the ball horizontally from one side of your body to the other side and back again. Repeat for prescribed sets and reps. Repeat on the other leg.



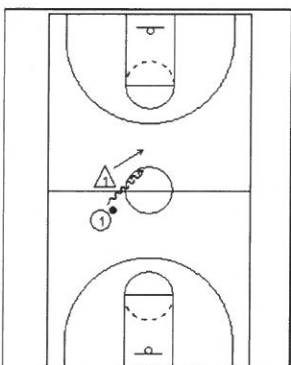
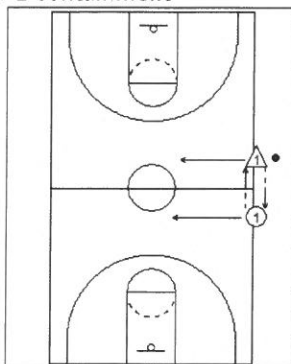
" N o e x c u s e s ... g e t i t d o n e ! "

Session 6 – Individual and Transition Defense (Adam Forde – Perth Wildcats Assistant Coach)

<p>Shadowing</p>	<p>Drill In pairs spaced all over the court. Aggressive on the ball by taking away the space and using hand pressure. Hands shadow the ball, then crawl into defender staying low when the ball is above his head. 24 second shot clock, maintain intensity. Build up from no dribble, to one dribble & add the close out.</p> <p>Emphasis</p> <ul style="list-style-type: none"> • Low wide base. • Hand pressure.
<p>3 Line Close out</p> 	<p>Drill Players commence in three lines on the baseline sprint and stutter at mid point of keyway. On coaches command close out to respective spots and then rehearse containing 1 to 2 dribbles On the wings one hard step to middle to simulate taking this away. Then hard containment to short corner</p> <p>Emphasis</p> <ul style="list-style-type: none"> • Mix up Long and Short Close Out through coach command • Quick feet, low base and active hands.
<p>2 Line Close out</p> 	<p>Drill Drill commences as diagrammed Pass is made to guard spot passers move to mid keyway. When ball is passed to forward spot a close out is completed with an emphasis on reading defence and containing one or two dribbles</p> <p>Emphasis Be proactive, not reactive to the ball.</p>
<p>Drexel Close Out Drill</p> 	<p>Drill Pass is made wing and then the ball is skipped as diagrammed. A close out is completed. This time it is 1 v 1 to a score. If defender steals ball or</p> <p>Offence is allowed 1 dribble, 2 dribbles if defended well on drive</p> <p>Emphasis</p> <ul style="list-style-type: none"> • Defend 1 to 2 dribbles

" No excuses ... get it done ! "

1 v 1 Containment



Drill

Containment defence.

Drill:

Two teams start at half way, one ball between each pair. Drill commences with pairs passing between each other. Coach will yell 'go' Player who catches the ball after this call is on Offence opponent is on Defence. Play to a score or Defence has the ball. Keep a score for 5 minutes. You score on a stop.

Penalties:

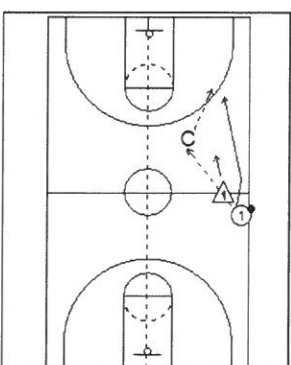
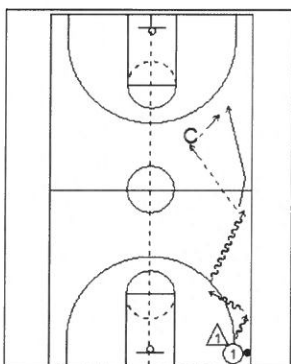
Ball allowed to middle
No attempted block out

10 push ups
10 push ups

Emphasis:

- Stance
- Get low
- Hand Pressure – Spear and Trace
- Keep ball out of middle
- Block Out to gain possession

1 v 1 Full Court plus Coach



Focus:

The focus of the drill is turning and containing the dribbler and then jumping to the ball and denying it back.

Drill

The drill is set up as diagrammed with the ball starting in the corner in a one on one situation. The coach will start close to the split line behind half court.

You cannot cross the split line during the drill. The drill commences with the handler and defender one on one. As they approach half way the handler passes to the coach and cuts for the ball. The defender must jump to the ball and deny the pass back to the handler. It becomes live if the coach is able to make a return pass

Emphasis

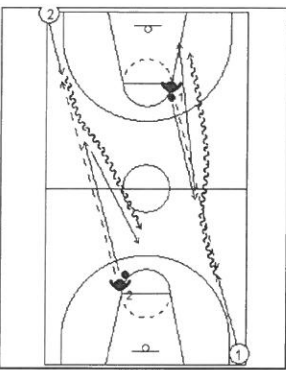
Offence

- Moves off the dribble
- Protect the ball
- Change of pace
- Cross overs

Defence

- Turn the dribbler in the back court
- Contain and slow down the dribbler
- Channel to side and short corner – NO MIDDLE
- Jump to the ball
- Jump below the line of the ball
- Do not allow in the key way
- Nose behind your toes
- Deny the pass back
- Body balance

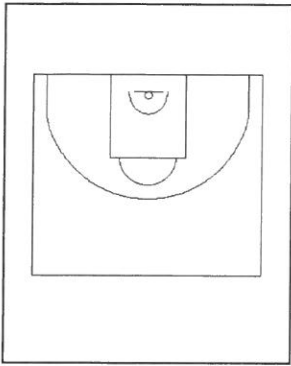
" N o e x c u s e s ... g e t i t d o n e ! "

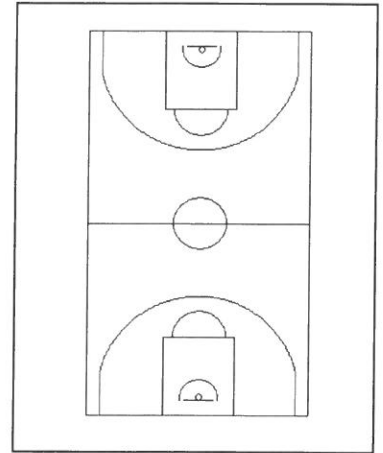
<p>Roll It Drill 1 v 1</p> 	<p>Drill The ball commences with athletes at the elbow as diagrammed. The ball is rolled down court and is picked up by the player in the corner who is building up speed.</p> <p>Emphasis</p> <p>Offence</p> <ul style="list-style-type: none"> • Moves off the dribble • As per previous drills <p>Defence</p> <ul style="list-style-type: none"> • Contain and slow down the dribbler • Channel to side and short corner • Do not allow in the key way • Keep head back • Body balance
<p>Defensive Transition</p>	<p>Number advantage possessions for opposition – 1 player back, stop the layup and aggressively attack the ball carrier on approach. 2 players back, defend low/high split line (top takes ball, bottom player takes first pass and quick pass made back to the middle). 3 players back, triangle positioning with two up (split line and strong side) and one back.</p> <p>Drill</p> <ul style="list-style-type: none"> • 2 v 1 • 3 v 2 – 2 v 1 • Defensive Transition, start with FT.

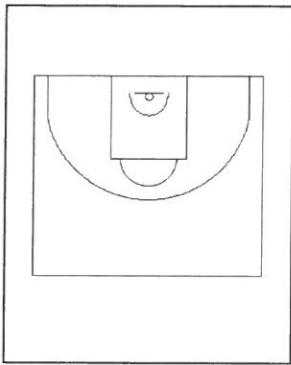
EVALUATION

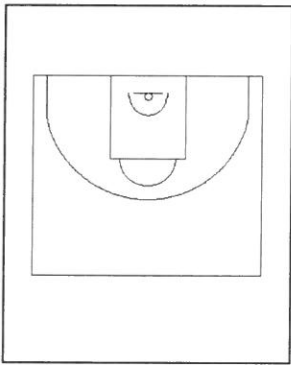
Huddle at end of session – group chant

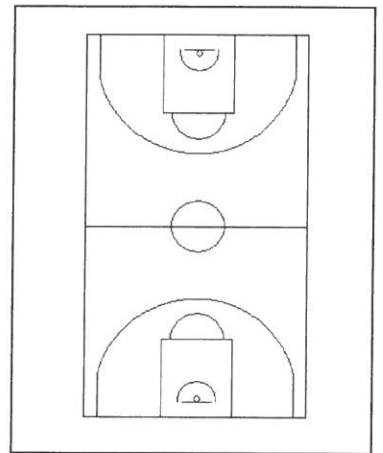
“ N o e x c u s e s ... g e t i t d o n e ! ”

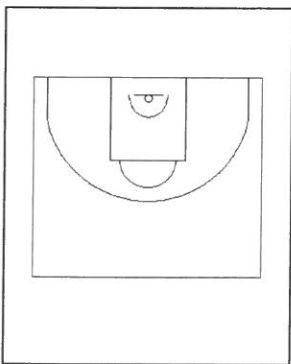




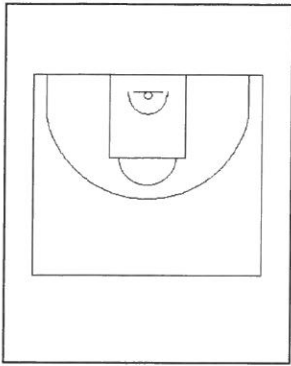


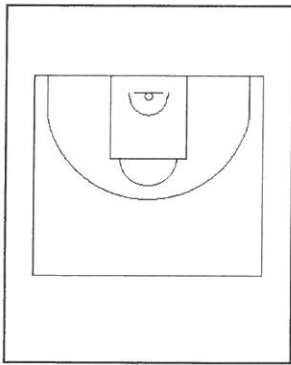
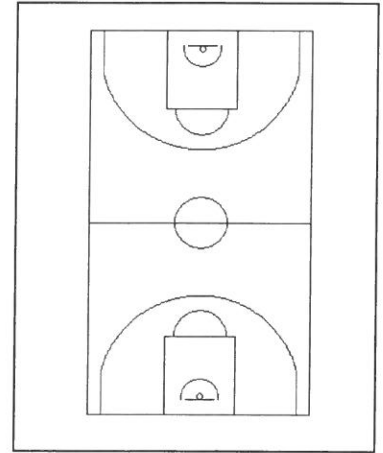


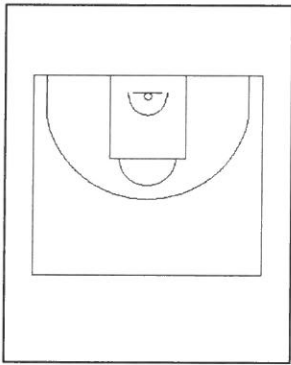


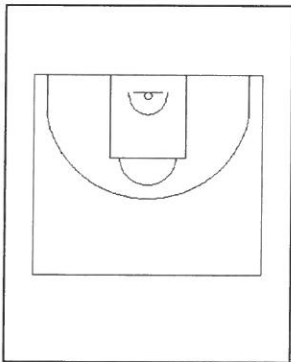
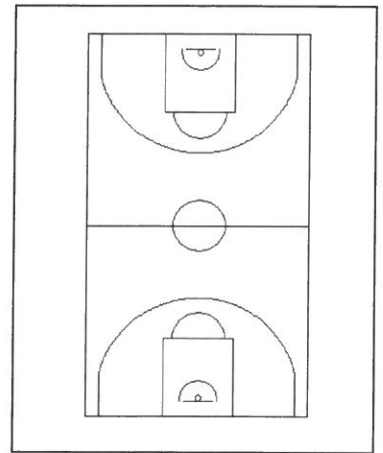


" No e x c u s e s ... g e t i t d o n e ! "









" No excuses ... get it done ! "

GROUP MEETING (ON SUNDAY)

- Camps are all finished
- Some cuts may be made – what is your response if you miss out?
- Obligation to the program and to the squad to make the State better
- Continue with home program and S&C (will advise a date we break up)
- Weekly wellness survey (check emails on Fridays)
- Communication with me regarding if about SPP sessions. Otherwise State Coaches regarding State team matters. Both coaches re injuries/exemptions
- Friday emails (check every week)
- Weekly/ Monthly/ Yearly Schedules (State Coaches have schedules)
- School reports/exams
- Visits
- Email addresses
- Correspondence/ Questions

What was done well?

1. _____
2. _____
3. _____
4. _____
5. _____

What was done poorly?

1. _____
2. _____
3. _____
4. _____
5. _____

Coaches Feedback - content to target and/or "attack" next camp?

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

" N o e x c u s e s ... g e t i t d o n e ! "