



MANDURAH BASKETBALL ASSOCIATION

Home Training Program



This program is designed to increase player individual skills in a game context. For optimum results, 2 sessions a week is ideal. It's very important that the athlete adheres to the following guidelines:

- ✓ Once a moderate skill level is reached, complete all drills at a 'game-like' pace with high intensity
- ✓ Constantly challenge yourself in each drill – use time frames or beat previous number of makes
- ✓ Record your makes/attempts for as much of the session as possible. This way you have an idea of your rate of improvement and areas that need attention

KEY PRINCIPLES:

- ★ Keep your eyes up when handling the ball
- ★ Always start offensive moves in stance – TRIPLE THREAT
- ★ Work on both hands – if your non preferred hand is substantially weaker then work on a 2:1 ratio
- ★ Complete all drills at game pace!

This program includes sessions for:

- 🏀 Ball handling
- 🏀 Individual Shooting
- 🏀 Post Moves
- 🏀 Strength and Conditioning – speed, agility, strength, stability, flexibility

Coach Thommo's favourite quotes:

- ✓ ***You don't have to be the best, but you have to be YOUR best!***
- ✓ ***Dreams don't work unless you do***
- ✓ ***Dream. Believe. Achieve.***

Megan Thompson (Coach Thommo)
Development and Pathways Officer
development@mandurahmagic.com.au

Mandurah Basketball Association

NB: Refer to website or FB page for drill video footage

DRIBBLING & HANDLES

Each exercise should be done with eyes up and even eyes closed. Do it in blocks of 30 seconds or reps of 20-50 depending on your level. Aim for **speed** with **control**.

Ball Handling

1. Finger tips above head
2. Circle waist
3. Circle double leg
4. Circle single leg (L for 30 secs, R for 30 secs)
5. Step forward leg (left step, right step alternating)
6. Body wrap
7. Figure 8
8. Blur (1 hand in front, 1 hand behind alternate catches)
9. Flip Catch (2 hands in front, 2 hands behind)
10. Scoop bounce (L leg/L hand for 30 secs, R leg/R hand for 30 secs)

Single Ball Stationary Dribbling (all done below the knee - low)

11. Paint brush (front to back) R hand
12. Paint brushes – L hand
13. Side to side – R hand
14. Side to side – L hand
15. Crossovers 2 bounce R to L
16. Figure 8 dribbling
17. MJ dribbles (between legs)
18. Spider dribble

2 Ball Stationary Dribbling

19. Unison (at the same time)
20. Alternating
21. Paint brushes
22. Side to side (push pull)
23. Pound dribble (waist height hard)
24. L hand pound, R hand low (below knee)
25. R hand pound, L hand low (below knee)

“What you do today can improve all your tomorrows”

BALL HANDLING DIARY

For each drill record drill completion. There is space for 2 sessions per week.

Drill	Wk 1		Wk 2		Wk 3		Wk 4		Wk 5		Wk 6		Wk 7		Wk 8	
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																
17																
18																
19																
20																
21																
22																
23																
24																
25																

“Excellence is not a singular act but a habit. You are what you repeatedly do.”

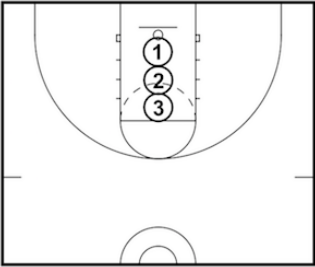
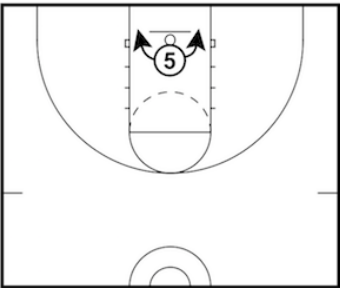
INDIVIDUAL SHOOTING

Shooting is a combination of **'Mechanics and Mentality'**. Embracing the **'M&M'** philosophy will enable you to become an efficient, reliable and clutch shooter! The *Mechanics* of your shot is your 'form'. The *Mentality* of shooting comes from the confidence you gain from repetition and correct form shooting.

KEY POINTS:

- 🏀 Shot pocket – from triple threat stance into your 'shot pocket' (where you position the ball for your shot)
- 🏀 Form – elbow in, ball up on fingers (gap from palm of hand), wide hand (spread fingers)
- 🏀 Lock and Snap – lock the elbow (on extension), snap the wrist
- 🏀 Follow Through – hold your follow through
- 🏀 Readiness to shoot – be in stance, eyes on the prize
- 🏀 Footwork

NOTE: Between each drill shoot 5 free throws. Keep a note of consecutive makes. Choose from drills below ensuring you always start with form shooting and progress out.

DRILL	Points of Emphasis (POE)
<p>Warm up Dribbling on the move crossovers, onside, between legs, retreat Figure 8 dribbles, body wraps Form shooting lying down – 10 times without drop</p> <p>Form Shooting 1 hand shooting (dominant hand) 3 spots inside keyway – 1 min each or 10 makes</p> <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="margin-left: 20px;"> <p>Repeat spot shooting with guide hand on</p> </div> </div> <p>Mikan Drill Stand under basket facing the baseline. Start on R side with R hand lay-up. Catch the ball through the net and go into L hand lay-up on L side.</p> <div style="display: flex; align-items: center; margin-top: 10px;">  <div style="margin-left: 20px;"> <p>10 made shots (20 advanced) or 1 minute</p> <p>Advanced – use 2 basketballs</p> </div> </div>	<ul style="list-style-type: none"> * stance - chin up, butt down, balanced * x-overs below knee * change pace, change direction * shoot the ball up to yourself with follow through and catch * hold follow through * lock out the elbow straight and then snap the wrist * aim for the swish (ball does not hit the rim) *keep hands up after shot to catch rebound *footwork – same shooting arm, same leg knee drive up *use the backboard *aim for consecutive makes

DRILL

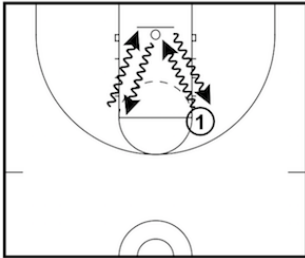
Points of Emphasis (POE)

X out drill

Player lays-up from the wing through the block alternating sides. Use your dribble out to the wing.

Series (1 and 2 compulsory, 3 optional)

1. Overhand
2. Underhand
3. Reverse



Count makes to 10 or do each one for 1 minute

Spin Outs

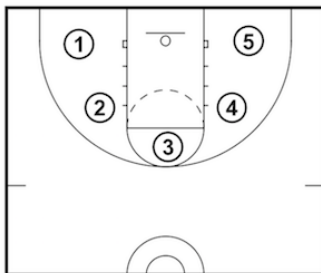
Start in the keyway with your back to the basket.

Toss the ball out and catch in stance with back to basket

Pivot on your inside foot to face the basket.

Series of shots:

- Catch and shoot
- Shot fake shot
- Shot fake, dribble jump shot
- Jab fake, dribble jump shot



Keep your progress with makes or attempts

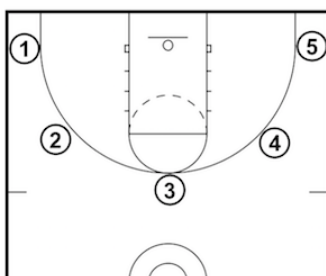
Another option is 1 minute each spot

Adjust your range eg: progress to 3-point line

Rapid Fire Shooting

Toss the ball out, step in and catch, square up and shoot

Rebound the shot, dribble out to the spot and then toss the ball again



5 spots – make 5 shots from each spot or shoot 5 attempts

- * correct footwork (L/R or R/L)
- * correct hand shooting the ball
- * drive knee up
- * use the backboard – high off the glass
- * aim for consecutive makes

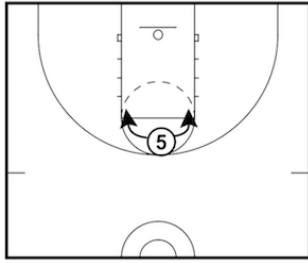
- * shooting footwork with strong low inside foot pivot
- * have the ball in your shot pocket
- * gain ground on the dribble moves
- * be explosive and attack the rim

- * correct footwork stepping in to catch the ball off the toss (L/R and R/L)
- * get low into shot preparation
- * eyes on the prize (the basket)
- * keep balance during shot then hustle for the rebound

DRILL

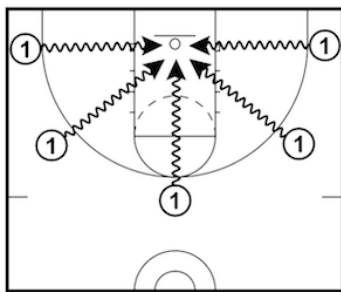
Elbow to Elbow

Continuous jump shots swapping from elbow to elbow for 1 minute or until a certain number of makes.






Lay-up Series

Make 6 lay-ups beginning from the outside of the 3 point line at each of the 5 spots.



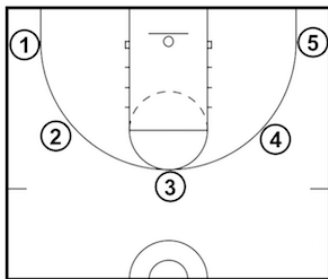
The 6 advanced lay-ups are:

-  Over hand Lay-up x2
-  Floater x2
-  Euro step x2

NOTE: for novice just make 6 overhand lay-ups

3-2-1 Shooting

From the 5 spots make a 3 point shot (closer in if not your range), a dribble jump shot and a lay-up to score. Move from spot 1 to 2 after all 3 shots are made



Consecutive Free Throws

At the end of each session, make 2 free throws.

You can progress to the following:

- ✓ 2 in a row
- ✓ 5 in a row
- ✓ 10 in a row
- ✓ 2 in a row and then a 3 point shot!

POE

*hold your follow through on the shot before getting the rebound
*keep your shooting form
*can dribble out or toss the ball out to the elbow

*use the backboard from the wing positions
*eyes on the prize when dribbling in (the basket)
*elevate on the lay-up

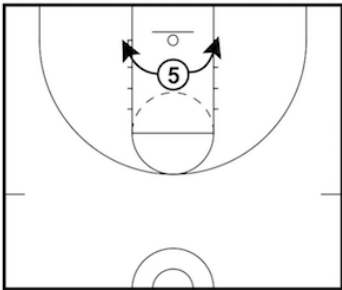
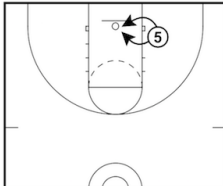
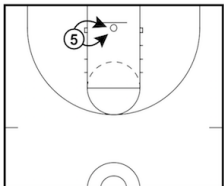
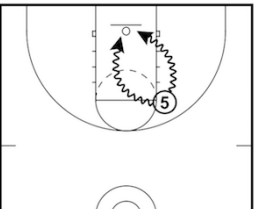
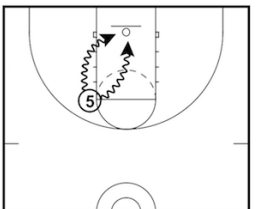
*high intensity shooting
*chase your rebounds

*Focus on your form
*Use your 'game' routine

*"The difference between ordinary and extraordinary is just that little **extra**"*

POST MOVES

These drills can be incorporated into individual shooting sessions. The emphasis is on strong finishes and second efforts (rebounding).

DRILLS	Points of Emphasis (POE)
<p>Superman Drill</p> <ul style="list-style-type: none"> Throw the ball against the backboard and rebound it. Go back up strong and finish the shot. Work both sides of the rim. Make 8 on one side before changing to the other side. 	<ul style="list-style-type: none"> *keep the ball high (chin rebounds) *finish with the correct hand (L on left side of rim and R on right side)
<p>Block to Block Shooting</p>  <p>Continuous jump shots swapping from block to block for 1 minute or until you have made 10 (20 for advanced)</p>	
<p>Right & Left Block Post Moves</p> <p>With back to the basket, make 5 of each both L & R side</p> <ul style="list-style-type: none"> Drop Step Baseline Drop Step Middle Reverse Pivot to face-up, shoot Reverse Pivot to face-up, jab fake, power up to basket Up and Under – drop step, dribble, up fake, shot Hook shot to baseline Hook shot to middle  	<ul style="list-style-type: none"> *footwork on each side *maintain balance *shoot off the backboard <ul style="list-style-type: none"> *finish with the correct hand *power up to the basket *foot to the baseline/middle on drop steps *keep balance
<p>Elbow Post Moves</p> <p>From the left elbow, make 5 shots of each:</p> <ul style="list-style-type: none"> Shot fake, 1 dribble lay-up (R hand then L hand) Shot fake, 1 dribble spin lay up (R land then L hand) <p>Repeat from the right elbow.</p>  	<ul style="list-style-type: none"> *eyes up to sight the basket *strong dribble and pick up *big explosive step *power up

STRENGTH AND CONDITIONING

The following programs aim to improve players conditioning including core strength, speed and agility, and stamina to compete in games. This can be done 2-3 times per week for best outcome.

KEY POINTS:

- ★ This all helps in preventing injury (ensure you stop or adjust what you're doing if injured)
- ★ Consistency is crucial
- ★ Start slowly and build up as you progress
- ★ Flexibility and stability are important

Skipping Great for overall conditioning, agility and greatly assists with footwork and coordination.

- Frequency 2 x per week (can be used as a training warm up)
- Duration approx. 10 minutes (for younger players 3-5mins) with 15 sec rest between each set
- Technique – on the toes, knees flexed, bouncing high enough to barely clear the rope.

2 feet	1 min
Straddle (together – apart)	30 sec
Side to side (2 feet together)	30 sec
Front to back (2 feet together)	30 sec
Crossovers	30 sec
Heal/Toe	30 sec
Right foot	15 sec
Left foot	15 sec
2 Right, 2 Left	30 sec
1 Left, 1 Right, 2 Left/1 Right, 2 Right/1 Left etc	30 sec
Running on spot	1 min
Running crossover	30 sec
Running side to side	30 sec
Jump in Box (hit the 4 corners of the box)	30 sec
Jump in Box Reverse direction	30 sec
Double Jumps	30 sec
Skipping on the run (to the halfway line and back)	30 sec

Fitness Session

Part 1 - Sequence running - can repeat several times	Part 2 - Continuous Circuit 3-5 mins or 10 for advanced
Jog forwards to half court and back	10 push-ups
Jog backwards to half court and back	Sprint to the other end of court
Large skips to half court, jog back	10 sit-ups
Stutter steps to half court and back	Jog a lap of the court
3 step change of direction to half court and back	10 squat jumps
Jog, sprint, jog to the half court and back	Sprint to the end of court
	Bridge hold (goal is between 1 – 3 minutes)

“Don't limit your challenges, challenge your limits”