



BASKETBALL

Basketball is one of the most influential sports taking center stage as the NBA in the US while being quite prominent in and around Europe as well. Playing it can be quite daunting considering the difficulty of the sport however we at TheGOALkeeper will help break it down for you into simple ways for you to pick up the sport and stick to it. Not only will you improve your skill at one of the most popular sports, the programme will help build your speed, agility and vertical as well as overall sports knowledge and fitness. Attached at the end is the format for each training session where you fill it in according to how you have done. It is important to keep note of all this information so you can track your progress. Anyone can carry out this programme however it will be more able for young athletes looking to pick up basketball as it is quite fitness extensive. Refer to our agility programme to build starting fitness if this programme is too hard.

Week 1:

Starting off all you need is a basketball and some space however as the programme continues, you will require a net and someone to train with it to bring in the factor of competitiveness.

Training session 1:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Dribbling a basketball requires you to keep a low center of gravity and palm the ball down instead of slapping it, keeping control of the ball. Set up a 15m distance and dribble back and forth for 10 reps, and then switching hands. Repeat this 3 times and then focus on dribbling with both hands at the same time for another 3 sets. Next drill is changing direction with the ball so set up a square of distance 8 metres and from the centre go to a corner, dribble back and then move to another corner. Repeat this for 3 minutes, take a break and repeat the whole exercise 5 times. Make sure to focus on control and build speed as you get more comfortable

Training session 2(Optional):

<https://www.youtube.com/watch?v=Bl0EnNbz4qk&ab>

Watch this to get an idea of how to shoot if you're not sure.

Week 2:

This week we will continue on dribbling and overall basketball-related fitness skills.

Training session 1:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. The most important shot in basketball is the layup as it is the simplest yet most effective. Start by standing next to the hoop and with your strong hand, aim to hit the backboard and into the net. Repeat this until you are comfortable with the strength and aim you have to hit the backboard to score. Next simply dribble to the net, stop and score the layup. Again conduct this until you are comfortable scoring it while in movement. Now the hardest step, dribble up to 5m from the net, take two steps and jump off the second step and layup. This will take a while to get comfortable doing this movement and repeat until you are sure of your ability, you cannot take more than two steps when holding the ball therefore make sure to jump off the second step.

Training session 2:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Start today's session with doing 10 reps of drills up and down the court, pushing your maximum speed and ability. Crossover is the most effective basketball move if done correctly and at a fast speed. The drill is very simple, dribble at speed for 10m and cross the ball over to your other hand shifting your body as you do this. Once you are able to do this at a fast speed finish the drill with a layup focusing on not travelling and keeping it at two steps.

Week 3:

To carry out this week you will need a training partner for one of the training sessions and a box for box jumps.

Training session 1:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. If you weren't already aware, being tall in basketball is a huge advantage and having a high vertical jump is a great way to gain that advantage another way. This plyometrics session will involve box jumps with 10 repetitions and then 10 repetitions of burpees and 10 repetitions of jump squats with 30-second breaks. There are 3 sets of these then a longer 10-minute break and the whole session is repeated

Training session 2:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. A key aspect we haven't mentioned yet is passing. There are two ways of passing, chest passes and bounce passes. Chest passes is when you release with both hands from your chest, aiming for your teammates hands. Similarly put your hands out for the teammate to aim at. Bounce passes are similar and can be done with one or two hands, where you aim the ball at the ground with the right power to reach your teammate at a good height. Practice both with your partner 15 passes each, then a break and slowly increase the distance between you. Repeat 4 sets of these and then focus on making a couple passes and then finishing with a layup

Training session 3(optional):

Again like most sports while basketball games are of shorter duration, one still requires a high level of fitness. Fit a 3 mile run into your week.

Week 4:

We have finally reached the shooting part of the programme.

Training session 1:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Today we will work purely on shooting and working up the skill. Shooting is one of those skills that comes with time and practice and if you are unsure on how to start, watch the video attached in week 1, then follow out these drills.

Shoot 20 shots from the freethrow line, then shoot 25 shots, 5 each from different spots inside the 3 points line. Then pick 5 points on the 3 point line and shoot 5 shots each from every point. Take small breaks then a big break and repeat the whole set 3 times.

Training session 2:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. Before our final session, again we will work on agility as it is vital for basketball.

You will set up a shuttle run about 20m long. It will be explosive and be 6-8 runs back and forth with a 30-second break. You will repeat this 4 times and then do a side to side run 4 times then forward-backwards 4 times with a 5-minute break between each change in the run.

Training session 3:

Start with the warmup, a 5-minute jog pulse raiser and 6 dynamic stretches. This will be a model session you can continue to repeat. Start with 30 crossover dribbles and layup finish. Move to 10 shots from the freethrow, then 5 shots each from 5 points on the three point line. Next take a few dribbles and shoot from a new point 15 different times, working on cleanly shooting off the dribble. Finish with a 1v1 against a friend to 7 shots.

Training sessions format:

Candidate name	
Chosen activity/sport	
Chosen method of training	

Pre-exercise heart rate before warm-up	Working heart rate	Immediate post-exercise heart rate

Recovery heart rate at the following intervals	1 min	2 min	3 min	4 min	5 min
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Description of training session appropriate to method of training

Any adaptation or changes you have made to this training session and why