



2008 NSW Country Tours Athlete Summer Skills & Conditioning Program

Congratulations on being selected in a New South Wales Country team to compete in the **2008 Australian Country Junior Basketball Cup or Pacific Coast Slam**.

To ensure all selected athletes arrive for the respective tournament in condition and ready to acquit themselves well, this Athlete Summer Conditioning & Skills Program has been devised.

As with all programs, athletes will only get out what they are prepared to put in and it is the responsibility of each athlete to find a way to complete these work-outs and prepare for the tournament appropriately.

Included in the nine week program are a series of on-court sessions, as well as some cross training and fitness sessions. We understand players can not always get to a stadium or a court during the holidays, but encourage all players to take part in at least two sessions each week, three once the holidays commence.

If any athlete or parent has any questions, please contact Scott Balsar – scott_balsar@nswbasketball.net.au

Good luck and congratulations once again,

A handwritten signature in black ink, appearing to read "Peter Lonergan".

**Peter Lonergan
NITCP Head Coach
Basketball NSW**



**New South Wales Country
2008 Tours Athlete Summer Skills & Conditioning Program**

Athlete's name: _____ **Team:** _____

	Tick when completed
Week 1 (11.11) –	
🏃 45 minute walk/20 push-up/20 sit-ups	<input type="checkbox"/>
🏃 Skills session one	<input type="checkbox"/>
Week 2 (18.11) –	
🏃 60 minute bike ride (or 40 minute jog)	<input type="checkbox"/>
🏃 Skills session two	<input type="checkbox"/>
Week 3 (25.11) –	
🏃 20 push-ups/20 sit-ups/5 minutes skipping/30 minute jog	<input type="checkbox"/>
🏃 Skills session three	<input type="checkbox"/>
Week 4 (2.12) –	
🏃 Skill session four	<input type="checkbox"/>
🏃 45 minute bike ride	<input type="checkbox"/>
Week 5 (9.12) –	
🏃 Skill session five	<input type="checkbox"/>
🏃 40 minute jog	<input type="checkbox"/>
Week 6 (16.12) –	
🏃 Skill session six	<input type="checkbox"/>
🏃 Swim 10 laps of a 50 metre pool (or 60 minute bike ride)	<input type="checkbox"/>
Week 7 (30.12)	
🏃 Swim 10 laps of a 50 metre pool (or 40 minute jog)	<input type="checkbox"/>
🏃 20 push-ups/20 sit-ups/5 minutes skipping	<input type="checkbox"/>
🏃 60 minute bike ride	<input type="checkbox"/>
Week 8 (6.1.08) –	
🏃 Skill session one	<input type="checkbox"/>
🏃 40 minute jog	<input type="checkbox"/>
🏃 Skill session two	<input type="checkbox"/>
Week 9 (13.1.08) –	
🏃 Skill session three	<input type="checkbox"/>
🏃 60 minute bike ride	<input type="checkbox"/>
🏃 40 minute jog	<input type="checkbox"/>

Signed: _____

Date: _____


Athletes are to complete all sessions and return completed form to team head coach at the first training session on Tour.

1 Individual Work-out

Defensive Emphasis: Stance & footwork

Offensive Emphasis: Individual fundamentals

Thought of the Day: "If it is to be, it is up to me"

Time		Activity	Comments/Emphasis
11:00 AM	3	Ball handling set	Wraps, stationary dribble moves at tempo
11:03 AM	3	Mikan drill	15 makes either hand (continuous lay-ups)
11:06 AM	4	Form shooting	1 hand form (all net), add guide hand
11:10 AM	5	X-out lay-ups	Dribble to elbow, turn & dribble into lay-up, dribble to opposite elbow, turn for lay-up etc. 4 sets of 4 each side
11:15 AM	4	Spin out shooting	Catch & square-up from the base-line spin out
11:19 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:23 AM	4	Elbow to elbow slides	3 sets of 15 seconds, defensive slide from elbow to elbow, staying in stance the whole time
11:27 AM	8	1 dribble jump shots	Wing, guard spot, wing - make 5 going each way at all 3 spots
11:35 AM	4	Drink/free throws	
11:39 AM	6	Catch & shoot (stretch spot)	Make 10 each side, turn & face quickly on the catch
11:45 AM		**End of Practice**	

Comments:


- Execute all drills in a stance
- All drills to a target or against the clock
- Visualise defence in all drills, game specific movement
- Finish all offensive drills on a made basket

2 Individual Work-out

Defensive Emphasis: Footwork and close-out technique

Offensive Emphasis: Ball handling, moves off the dribble

Thought of the Day: "Excellence is not an act, but a habit."

Time		Activity	Comments/Emphasis
11:00 AM	3	Left hand dribble	50 left hand dribbles at pace (stationary)
11:03 AM	4	Cone dribbling	Crossover at each cone, stay low, all crossovers
11:07 AM	4	No dribble lay-ups	Correct footwork, make 10 each side
11:11 AM	4	Elbow close-outs	Start in the middle of the foul-line in a stance. Close-out to the left elbow, then get quickly back to the middle, then close out to the right etc
11:15 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:19 AM	6	Spin out shooting	Spin out for catch & shoot. Make 15
11:25 AM	6	1 dribble jumpers	From guard spot, make 15
11:31 AM	3	Elbow to elbow slides	3 sets of 20 seconds
11:34 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
11:38 AM	7	Catch & rip moves	Spin the ball out, rip it through for move off the dribble. Shoot 15 in either guard spot
11:45 AM		**End of Practice**	

Comments:


- Be sharp with the dribble
- Cover ground on all dribble moves - stay down
- Keep the ball low on rip moves - be strong on the rip

3 Individual Work-out

Defensive Emphasis: Stance

Offensive Emphasis: Catching & passing/shooting

Thought of the Day: "If you can dream it, you can do it." -- Walt Disney

Time		Activity	Comments/Emphasis
10:00 AM	4	Wall passing & catching	Pass and catch off the wall. Make 50 passes
10:04 AM	3	Form shooting	All shots, all net
10:07 AM	6	Turnaround bank shots	From the mid-post, use of backboard. Make 15 each side
10:13 AM	4	Drink/free throws	Shoot 4 sets of 2 free throws
10:17 AM	4	Slide the key drill	Defensive slide around the key, swing step at each point. 5 sets
10:21 AM	6	1 dribble speed moves	Start at half-court, spin the ball out sprint after it. On the ctahc, rip into a 1 dribble move
10:27 AM	8	Hornacek spin outs	Start under the basket, spin the ball out towards the elbow for catch & shoot. Make 10 each side
10:35 AM	4	Drink/free throws	
10:39 AM	6	Make 15	make 15 jumpers off spin-outs at various points
10:45 AM		**End of Practice**	

Comments:


- Work on strong hands
- Upper boyd shooting technique
- Making shots off the turnaround & square-up
- Finish each offensive set on a made basket

4 Individual Work-out

Defensive Emphasis: Footwork and stance

Offensive Emphasis: Moves from the 4 and 5 positions

Thought of the Day:

Time		Activity	Comments/Emphasis
11:00 AM	3	Stationary dribbling	Right hand & left hand, stationary crossovers
11:03 AM	4	Form shooting	1 hand form, add guide hand, all net
11:07 AM	4	Base-line spin out shooting	Make 15 each side (use the backboard)
11:11 AM	2	Elbow to elbow slides	3 sets of 20 seconds, 10 second rest between sets
11:13 AM	2	Drink break	
11:15 AM	6	Elbow jumpers	Back to basket, spin out to elbow, turn & face for shot, make 10 each side (strong pivot, stay low)
11:21 AM	6	"Stretch" spot jumpers	Start in the block, spin out to short corner, turn & face for jump shot
11:27 AM	4	Free throws	Shoot 10 (keep score)
11:31 AM	7	1 dribble moves from 4 spot	Spin out, shot fake into 1 dribble move from trail spot
11:38 AM	3	Close-out technique	Start at elbow, close-out to 3 point line, jog to base-line, then back to elbow & repeat. Do 10
11:41 AM	4	Free throws	
11:45 AM		**End of Practice**	

Comments:


- Emphasis on playing the game in a stance
- Strong ball rips and dribble moves
- Early preparation on the footwork, receive the ball low

5 Individual Work-out

Defensive Emphasis: Big to bigger footwork

Offensive Emphasis: Finishing skills

Thought of the Day:

Time		Activity	Comments/Emphasis
10:00 AM	5	No dribble lay-ups	Footwork, technique (eyes up). Make 10 each side
10:05 AM	5	1 dribble lay-ups	Driving from the elbow. Make 10 each side
10:10 AM	5	2 dribble lay-ups	From a wing, off the shot fake. Make 10 each side
10:15 AM	3	Push point defence	Middle to wing. Start in a stance in the middle of the cort, top of the key. Cover as much ground to the sideline as possible with 3 slides. Repeat 5 times.
10:18 AM	2	Drink break	
10:20 AM	5	Turnaround jumpers	Shoot 10 each way on the forward pivot, each side. Total of 40 shots.
10:25 AM	5	Serbian board drill	Start at foul line, throw ball hard off board, grab the rebound & put it in. Continuous drill
10:30 AM	4	Free throws	Shoot 10
10:34 AM	2	Drink break	
10:36 AM	6	Stretch & drive	Start in the block, spin out to short corner. On the catch, turn & face, shot fake and drive to the basket. 10 each side.
10:42 AM	3	Free throws	Make 4 in a row to finish
10:45 AM		**End of Practice**	

Comments:


- Emphasis on finishing at the basket
- Rebound all misses and put it in (get in this habit)
- Stay low and strong on the turn and face
- Visualise defence on the dribble moves

6 Individual Work-out

Defensive Emphasis:

Offensive Emphasis: Shooting - catch & shoot, plus moves off the rip through

Thought of the Day:

Time		Activity	Comments/Emphasis
11:00 AM	4	Mikan drill	Keep the ball up, make 15 each side
11:04 AM	6	Elbow to elbow spin outs	Start at top of key, spin ball out to elbow, step in for jump shot. Shoot 15 each side
11:10 AM	6	Move from short corner	Catch & shoot, shot fake & drive for jumper, drive to basket
11:16 AM	3	Shoot 5 free throws	
11:19 AM	1	Drink break	
11:20 AM	6	Rip through moves from high post	Back to basket, spin it to elbow, turn & face, rip through into move (1 dribble). 15 each side
11:26 AM	6	Turnaround jumpers	Start at base-line, spin it out to middle of the key, shoot the turnaround jumper at around the broken line. Shoot 15 each side
11:32 AM	3	Elbow to elbow slides	4 sets of 20 seconds
11:35 AM	1	Drink break	
11:36 AM	6	Jumpers from the 45	Start at elbow, spin the ball out to the 45, catch & shoot. Shoot 15 each side
11:42 AM	3	Free throws	Make 4 in a row to finish
11:45 AM		**End of Practice**	

Comments: