

NSW Development Tours / Event



2007 Fitness Training Diaries for

- U/14 Eltham Tour
- PCS Metro Tour
- East Coast Challenge
- New Zealand V Metro Games



Dear Athlete,

Enclosed is a basic 'Fitness Training Diary' (designed in conjunction with Jodie Linsley from "Top Notch Performance & Health") that we would like you to follow prior to participating in your basketball Tour/Event.

***You should commence the program on Monday 18th December 2006.

What is the reason I am being given this program?

The reason you are being given this program is that we have found in recent years that many of the athletes selected for tour arrive with a poor aerobic conditioning or fitness level. This means they can not cope with the increased volume and intensity associated with playing a number of games over the duration of a tournament.

What is involved with the training program?

The training program enclosed is a very basic fitness program including aerobic conditioning, agility and speed work. You will be required to achieve a set amount of points each week leading up to your Tour/Event in January.

An Intensity rating should also be recorded (Hard/ Medium/ Easy).

Do I have to complete the training program?

It is compulsory for you to complete and hand in your completed training diary to your Team Head Coach, which will then be forwarded to the NSW ITCP Head Coach.

Why should I complete this training program?

Because this program will greatly benefit you (and your team mates) for your tour/event as you will be in a good physical shape!

Can I use a team training session as an activity?

No. A team training session is not allowed to be used as a training activity.

What happens if I am sick or I can't complete my program?

All athletes are reminded to only record those activities they complete. If you are unable to achieve the set amount of points then you should only record what you do complete. Be honest and don't cheat yourself!

Who do I contact if I have any questions about the training program?

If you have any questions regarding the program or what is required please phone NSW Basketball and ask for the NSW ITCP Head Coach on (02) 97462969.

Good luck with your training!



NSW DEVELOPMENT TOURS / EVENT

2007 FITNESS TRAINING DIARY

As part of your training program you are required to complete this fitness training diary. For each week you will need to earn a certain number of points.

In order to earn 1 point, you can complete any one of the following activities:



CATEGORY A

- 10 mins jogging (non stop)
- 20 mins cycling moderate pace (non stop)
- 5 x 2 mins skipping hard (30 secs rest between each 2 mins)
- 15 mins swimming freestyle or backstroke easy (non stop)
- 10 x 1 min boxing hard (20 secs rest between each 1 min)
- 10 mins stair running moderate pace (non stop)
- Basketball home program (1 hour)
- 20 mins paddling in canoe or ski (non stop, moderate pace)
- An aerobics class (at least 45 mins)
- Organised game of touch footy
- 10 mins stepper & 10 mins rowing moderate pace (non stop)

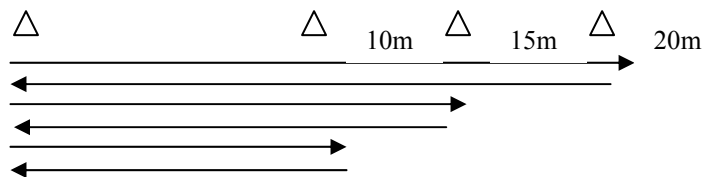
In order to earn 2 points, you can complete any one of the following activities



CATEGORY B

Before commencing each activity complete the following warm-up : 5 mins easy jog, 3 x 30m high knees and 3 x 30m grapevine, stretch.

- In's and out's x 6 : Start on the beach 20m from water, sprint in and swim out 50m, return to starting position on the beach. Have 30 secs rest between each)
- Beach sprints: 8 x 100m beach sprints walk back to start (hard) This can be done at a park as well.
- Mini Iron man: on the beach. Run solidly 5 mins, do 10 sit-ups, 10 push-ups, run into water swim out 50m then return for a sprint finish 50m from the shore. Do this two times.
- Suicides x 8 : Give 100% effort/sprint. Must be completed in the shortest possible time. Aiming for under 35 secs if a guard and under 40 secs if a forward.
- Speed and agility work (see below). 100% effort.
Sprint 20m, jog back
Sprint 15m, jog back
Sprint 10m, jog back
Repeat x 10
30 sec rest between sets



Fartlek run : Vary the speed and effort whilst running between easy, moderate and hard. 2 min easy followed by 2 mins, 2 mins moderate followed by 1 min hard. Do this 4 times.

Week 1, 2, 3: You will need to exercise 3 times a week earning 2 points each session (any category) . You must also complete at least two basketball home programs. Total of 8 points for the week.

Week 4 is a recovery week: This means that you only need to do 2 sessions earning 2 points each session (any category) . You must also complete one basketball home program. Total of 5 points for the week.

Week 5, 6, 7: You will need to exercise 3 times a week earning 2 points each session. You must do at least one session from category B. Two basketball home programs are also compulsory. Total of 8 points for the week.

Athletes Name: _____

Age Group: _____

		Activity	Intensity Rating	Time of the day		Points	Athlete Signature	Parent/coach signature
				Start	Finish			
	Week 1	e.g. Jogging	Easy	7.00am	7.10am	1		
DAY	DATE	8 points						
Monday	18/12/06							
Tuesday	19/12/06							
Wednesday	20/12/06							
Thursday	21/12/06							
Friday	22/12/06							
Saturday	23/12/06							
Sunday	24/12/06							
DAY	Week 2	8 points						
Tuesday	26/12/06							
Wednesday	27/12/06							
Thursday	28/12/06							
Friday	29/12/06							
Saturday	30/12/06							
DAY	Week 3	8 points						
Tuesday	2/1/07							
Wednesday	3/1/07							
Thursday	4/1/07							
Friday	5/1/07							
Saturday	6/1/07							
Sunday	7/1/07							
DAY	Week 4	8 points						
Monday	8/1/07							
ECC		Tour Home	Program	Concludes				
Tuesday	9/1/07							
Wednesday	10/1/07							
Thursday	11/1/07							
Friday	12/1/07							
Saturday	13/1/07							
Sunday	14/1/07							
DAY	Week 5	8 points						
Monday	15/1/07							
Tuesday	16/1/07							
Wednesday	17/1/07							
NZ		Challenge	Tour Home	Program	Concludes			
Thursday	18/1/07							
PCS		Tour Home	Program	Concludes				
Friday	19/1/07							
Saturday	20/1/07							
Sunday	21/1/07							
DAY	Week 6	4 points						
Monday	22/1/07							
Tuesday	23/1/07							
Eltham		Tour Home	Program	Concludes				
Wednesday	24/1/07							

**TO BE HANDED IN TO YOUR HEAD COACH
AT THE START OF YOUR DEVELOPMENT TOUR / EVENT
THIS IS COMPULSORY**

Ball Handling

- KEEP YOUR HEAD UP - DON'T LOOK AT THE BALL - CHANGE DIRECTION – SPEED -



Finger Tipping

Tip the ball continuously, and rapidly, between the fingertips of both hands. Move the position of the ball from above your head to out in front of your body and back again as you tip the ball.



Body Wraps

Wrap the ball around your head from hand to hand. Move down your body and wrap the ball around your waist. Move down again and wrap the ball around your ankles.



Single leg wraps

Stand with your legs apart and wrap the ball around one of your legs from hand to hand. Do 10 in one direction, then 10 in the other, then change legs.



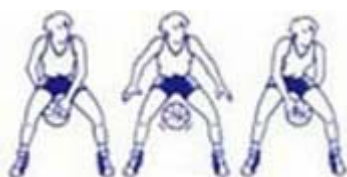
Figure-8 wraps

Stand with your legs apart and wrap the ball around both of your legs from hand to hand in a figure 8 pattern. Do 10 in one direction, then 10 in the other.



Blurr - with a bounce

Stand with your legs apart and hold the ball with one hand in front and one hand behind your body. Letting the ball bounce only once, change hands, the front to the back, and the back to the front.



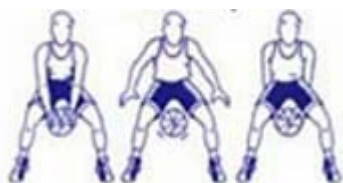
Blurr - with no bounce

Same as above but don't let the ball bounce.



Spider Drill

Dribble the ball twice in front of your body, once with each hand, then dribble the ball twice with the hands behind the body, again once with each hand. Then return to the front for the same again.



Straddle Flip

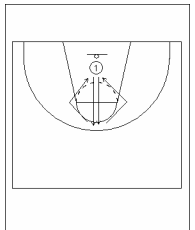
Hold the ball with both hands in front of the body. Release the ball and catch it before it bounces with both hands behind the body. Repeat coming back to the front.

NSW BASKETBALL DEVELOPMENT TOURS / EVENT HOME PROGRAMS 2006



ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5
SKIPPING/ FOOTWORK	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
BALL HANDLING	Stationary ball handling drills	Stationary ball handling drills	2 ball stationary dribbling drills on the spot	Stationary dribbling drills	Stationary ball handling drills
DRIBBLING - FULLCOURT DOWN AND BACK TWICE ON EACH MOVE	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
STRETCHING	Stretch	Stretch	Stretch	Stretch	Stretch
WARMUP SHOOTING (5 minutes)	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
WING SHOOT 10 EACH SIDE	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
HIGH POST SHOOT 10 EACH SIDE	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
LOW POST SHOOT 10 EACH SIDE	Toss and catch, drop step low, power layup	Toss and catch, forward pivot highside and shot	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
CREATIVE WING SHOOTING - SHOOT 10 EACH SIDE	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)
3 PT SHOOTING SHOOT 20 (for U/16 & U/18 athletes only)	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)
TRANSITION SHOOTING - SHOOT 5 EACH SIDE	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
REBOUNDING	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
DEFENSIVE DRILL	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Wing denial - deny pass twice, snap head on backdoor (go both sides)	Slide, run, slide baseline to 1/2 way x twice each side
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10
COMPETITION	Consecutive free throws (Record score)	X - out layups in 1 minute (keep score)	X - out layups in 1 minute (keep score)	Consecutive free throws (Record score)	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7
STRETCHING	Stretch	Stretch	Stretch	Stretch	Stretch

Circle Closeouts



Wing Denial

