


2008 BNSW Tours 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

2008 BNSW Tours 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

2008 BNSW Tours 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

2008 BNSW Tours 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

2008 BNSW Tours 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

2008 BNSW Tours 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:

2008 BNSW Tours Work-outs

Defensive Emphasis:

Offensive Emphasis: Shooting footwork, shooting off the bounce

Thought of the Day:

Time		Activity	Comments/Emphasis
11:00 AM	3	Ball handling set	Quick hands, challenge yourself
11:03 AM	4	X-out lay-ups	Correct footwork, make 10 each side
11:07 AM	3	Elbow close-outs	Start at broken line, close-out to elbow, sprint back, close out to opposite elbow. Do 3 sets of 20 seconds
11:10 AM	1	Drink break	
11:11 AM	5	Base-line spin outs	Spin out from junction of base and lane lines for catch & shoot off the glass. Make 10 each side.
11:16 AM	5	1 dribble jumpers	From out top, shoot 10 1 dribble jumpers going left, 10 going right
11:21 AM	5	Mavs board & shoot	Bounce the ball hard off the glass 3 times, jumping to rebound each time. On the 4th, put the ball in. Repeat 5 times each side of the basket
11:26 AM	3	Elbow to elbow slides	3 sets of 20 seconds
11:29 AM	1	Drink break	
11:30 AM	6	Low post forward pivot moves	Catch it in the low post, turn & face on forward pivot, make a move off 1 dribble. Shoot 12 either side
11:36 AM	6	Elbow spin outs	From the top of the key, spin it out to the elbow and shoot. Shoot 12 each side
11:42 AM	3	Free throws	Make 4 in a row to finish
11:45 AM		**End of Practice**	

Comments: