




Return to Training

 Click the [links](#) for video examples

WEEK 1

No game play. Ease the athletes back into the movements of the game, especially laterally.

To be performed in order (Stretch > skipping > strength > fitness > skillset). Increase intensity in Week 2.

STRETCH/ROLL/ACTIVATE

SKIPPING (30 SEC EACH)

2 foot > 2 foot forward and back > 2 foot side to side > Splits > Alternating single leg

STRENGTH

Not a competition - focus on technique

<u>LEG SQUATS</u> 10 X 2	<u>GLUTE BRIDGES</u> 10 X 2	<u>PUSH UPS</u> X 10	<u>SHOULDER PLANK</u> 30 SECONDS
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FITNESS

All 1 v 0 and controlled

<u>PITTER PATTER SINGLE LEG LANDING (30 SECONDS)</u>	<u>FORWARD CHANGE OF DIRECTION (WITH BALL)</u>	<u>BACKWARDS CHANGE OF DIRECTION (DEFENSIVE SLIDES)</u>	<u>WALL TAPS</u>
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SKILL SET

SHOOTING	BALL HANDLING	PASSING
<u>FORM SHOOTING</u>	<u>STATIONARY FIGURE 8</u>	<u>1 BALL PUSH PASS AGAINST WALL</u>
	<u>STATIONARY SPIDER</u>	
<u>MIKAN DRILL</u>	<u>STATIONARY BODY WRAPS</u>	
	<u>1 V 0 SPEED</u>	
<u>STATIC CATCH AND SHOOT (RAPID FIRE)</u>	<u>1 V 0 CROSSOVER</u>	<u>1 BALL BOUNCE PASS AGAINST WALL</u>
	<u>1 V 0 HESITATION</u>	
<u>1 V 0 CATCH AND SHOOT OFF V CUT</u>	<u>1 V 0 RETREAT</u>	
	<u>1 V 0 ONSIDE</u>	
<u>1 V 0 PULL UPS OFF V CUT</u>	<u>1 V 0 BEHIND BACK</u>	
<u>1 V 0 LAY UPS OFF V CUT</u>	<u>1 V 0 BETWEEN LEGS</u>	

POTENTIAL ISSUES TO KEEP IN MIND

We will all need to be particularly understanding of the athletes mental wellbeing when we return to train. There will be a drop in skillset and fitness which will upset some athletes. It is important to reassure them that it 1. is not their fault and 2. they will get back to where they were and beyond. Penalties and excessive running are not recommended.



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WEEK 2

From Week 2 start to add decision making components into the session for change of direction.
No full competitive play but increase intensity of 1 v 0 play.

STRETCH/ROLL/ACTIVATE

SKIPPING (30 SEC EACH)

2 foot > 2 foot forward and back > 2 foot side to side > Splits > Alternating single leg

STRENGTH

Not a competition - focus on technique

<u>LEG SQUATS</u> 20 X 2	<u>GLUTE BRIDGES</u> 10 X 3	<u>PUSH UPS</u> X 15	<u>SHOULDER PLANK</u> 40 SECONDS
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FITNESS

All 1 v 0 and controlled

<u>PITTER PATTER SINGLE LEG LANDING</u> (30 SECONDS)	<u>FORWARD CHANGE OF DIRECTION (WITH BALL)</u>	<u>BACKWARDS CHANGE OF DIRECTION (DEFENSIVE SLIDES)</u>	<u>WALL TAPS</u>
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SKILL SET

SHOOTING	BALL HANDLING	PASSING
<u>FORM SHOOTING</u>	<u>STATIONARY FIGURE 8</u>	<u>1 BALL PUSH PASS AGAINST WALL</u>
	<u>STATIONARY SPIDER</u>	
<u>MIKAN DRILL</u>	<u>STATIONARY BODY WRAPS</u>	
	<u>1 V 0 SPEED</u>	
<u>STATIC CATCH AND SHOOT (RAPID FIRE)</u>	<u>1 V 0 CROSSOVER</u>	<u>1 BALL BOUNCE PASS AGAINST WALL</u>
	<u>1 V 0 HESITATION</u>	
<u>1 V 0 CATCH AND SHOOT OFF V CUT</u>	<u>1 V 0 RETREAT</u>	
	<u>1 V 0 ONSIDE</u>	
<u>1 V 0 PULL UPS OFF V CUT</u>	<u>1 V 0 BEHIND BACK</u>	
<u>1 V 0 LAY UPS OFF V CUT (ONSIDE AND THROWDOWN)</u>	<u>1 V 0 BETWEEN LEGS</u>	
<u>1 V 0 REACTION DRILL</u>	<u>CONTROLLED ALLEY DRILL (NO 1 V 1)</u>	

Ensure all athletes stretch/roll/activate pre-practice and stretch/roll post practice. If you have a 45 minute practice, then tell your athletes it is a 65 minute practice to allow for a 10 minute warm up and cool down.



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WEEK 3

Begin to add competitive play 1 v 1 and 2 v 1 after working up from 1 v 0. Mistakes will happen, champion the 'idea.

STRETCH/ROLL/ACTIVATE

SKIPPING (60 SEC EACH)

2 foot > 2 foot forward and back > 2 foot side to side > Splits > Alternating single leg

STRENGTH

Not a competition - focus on technique

<u>LEG SQUATS</u> 30 X 2	<u>GLUTE BRIDGES</u> 10 X 3	<u>PUSH UPS</u> X 20	<u>SHOULDER PLANK</u> 50 SECONDS
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FITNESS

All 1 v 0 and controlled

<u>PITTER PATTER SINGLE LEG LANDING</u> (30 SECONDS)	<u>FORWARD CHANGE OF DIRECTION</u> (WITH BALL)	<u>BACKWARDS CHANGE OF DIRECTION</u> (DEFENSIVE SLIDES)	<u>WALL TAPS</u>
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SKILL SET

SHOOTING	BALL HANDLING	PASSING
<u>FORM SHOOTING</u>	<u>STATIONARY FIGURE 8</u>	<u>PAIRS-2 BALL PUSH PASS</u>
	<u>STATIONARY SPIDER</u>	
<u>MIKAN DRILL</u>	<u>STATIONARY BODY WRAPS</u>	
	<u>1 V 0 SPEED</u>	
<u>STATIC CATCH AND SHOOT (RAPID FIRE)</u>	<u>1 V 0 CROSSOVER</u>	<u>PAIRS- 2 BALL BOUNCE PASS</u>
	<u>1 V 0 HESITATION</u>	
<u>1 V 0 CATCH AND SHOOT OFF V CUT</u>	<u>1 V 0 RETREAT</u>	
	<u>1 V 0 ONSIDE</u>	
<u>1 V 0 PULL UPS OFF V CUT</u>	<u>1 V 0 BEHIND BACK</u>	
<u>1 V 0 LAY UPS OFF V CUT (ONSIDE AND THROWDOWN)</u>		
<u>1 V 0 REACTION DRILL</u>	<u>1 V 0 BETWEEN LEGS</u>	<u>PIGGY IN THE MIDDLE (30 SECONDS)</u>
<u>1 V 1 FROM SET OFFENCE AND DEFENCE</u>		
<u>1 V 1 OFF A LEAD</u>	<u>CONTROLLED ALLEY DRILL</u> (1 V 1 AFTER HALF)	
<u>2 V 1 FROM HALF COURT/WINGS</u>		

WEEK 4

You're nearly there, stay patient. Build from Week 2 and 3 and add 2 v 2, 3 v 2 and 3 v 3. Small sided games. 70% of your practice should now be at game pace.

STRETCH/ROLL/ACTIVATE

SKIPPING (30 SEC EACH)

2 foot > 2 foot forward and back > 2 foot side to side > Splits > Alternating single leg

STRENGTH

Not a competition - focus on technique

<u>LEG SQUATS</u> 30 X 2	<u>GLUTE BRIDGES</u> 12 X 3	<u>PUSH UPS</u> X 20	<u>SHOULDER PLANK</u> 60 SECONDS
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FITNESS

All 1 v 0 and controlled

<u>PITTER PATTER SINGLE LEG LANDING</u> (30 SECONDS)	<u>FORWARD CHANGE OF DIRECTION</u> (WITH BALL)	<u>BACKWARDS CHANGE OF DIRECTION</u> (DEFENSIVE SLIDES)	<u>WALL TAPS</u>
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You do not need to add everything in the list into your practice. These are a guide to help create your practice plan.

SKILL SET

SHOOTING	BALL HANDLING	PASSING
<u>FORM SHOOTING</u>	<u>STATIONARY FIGURE 8</u>	<u>PAIRS-2 BALL PUSH PASS</u>
<u>MIKAN DRILL</u>	<u>STATIONARY SPIDER</u>	
<u>STATIC CATCH AND SHOOT (RAPID FIRE)</u>	<u>STATIONARY BODY WRAPS</u>	
<u>1 V 0 CATCH AND SHOOT OFF V CUT</u>	<u>1 V 0 SPEED</u>	<u>PAIRS- 2 BALL BOUNCE PASS</u>
<u>1 V 0 PULL UPS OFF V CUT</u>	<u>1 V 0 CROSSOVER</u>	
<u>1 V 0 LAY UPS OFF V CUT (ONSIDE AND THROWDOWN)</u>	<u>1 V 0 HESITATION</u>	
<u>1 V 0 REACTION DRILL</u>	<u>1 V 0 RETREAT</u>	
<u>1 V 1 FROM SET OFFENCE AND DEFENCE</u>	<u>1 V 0 ONSIDE</u>	
<u>1 V 1 OFF A LEAD</u>	<u>1 V 0 BEHIND BACK</u>	
<u>2 V 1 FROM HALF COURT/ WINGS</u>	<u>1 V 0 BETWEEN LEGS</u>	<u>PIGGY IN THE MIDDLE (30 SECONDS)</u>
<u>2 V 2 FROM SET OFFENCE AND DEFENCE</u>		
<u>2 V 2 OFF CLOSE OUT</u>		
<u>3 V 2 (HALF OR FULL COURT)</u>	<u>CONTROLLED ALLEY DRILL (1 V 1 AFTER HALF)</u>	
<u>3 V 3 OFF SET OFFENCE AND DEFENCE</u>		
<u>3 V 3 OFF DISADVANTAGED START TO DEFENCE</u>		