

# BASKETBALL 8 WEEK PLAN

What you need to be prepared to begin your in home basketball training practice.

1. A comfortable shirt, no buttons or zippers and allows freedom to move your shoulders.
2. Shorts should be a lightweight material and have an elastic waistband that allows freedom of movement at the hips and thighs
3. Socks should be properly fitted and comfortable
4. Shoes are the most important article for practice. They must have a good tread for traction and fit snugly around the ankle, yet provide room in the top to prevent blisters.
5. Full water bottle in reach of your practice area
6. A basketball
7. A hoop, but only if you can be safe by keeping social distance
8. A strong wall if you cannot use a hoop

## Week 1

### Practice 1

- **Warm Up** – Jog forward, backward and defensive sliding (side to side) – do this for 5 minutes
- **Marching** – March in place for 2 minutes
- **Front Kick** – With hands in a neutral position in front of you, Kick each leg one at a time forward staying controlled while raising and lowering your leg. Try to kick as high as hip level, but not any higher. Do this for 2 minutes
- **Shoulder Rotations** – Rotate your shoulders forward for 30 seconds, switch directions and continue for 30 seconds
- **Side Lunges** – Spread legs wider than shoulder width apart, lunge to the left, return upright, keeping your feet in the same position. Do this side for 1 minute. Now do the right side for 1 minute.
- **Stretching** – Calves, hamstrings, quads, groins and arms – stretch for 5 minutes
- **Passing** - Stand 6 feet from a wall, pass the ball towards the wall using two hands, step and push. Hit the wall 10 times without the ball bouncing (chest pass) then 10 times with one bounce before it hits the wall (bounce pass) repeat this 3 times for each pass. When doing this exercise imagine the wall in your team mate and you are passing the ball to them.
- **Shooting** – Feet no further than shoulder width apart put your shooting foot slightly ahead of your non shooting foot, if you're right handed your shooting foot is your right foot. Shoulder, hip and elbow should be aligned with the basket. Flex your knees slightly so you're in a position to jump. With hand in front of your chest (no ball yet) jump forward keeping your shoulders back and pushing your arms up and out towards the basket. Practice this jump 10 reps 3 times.
- **Shooting** – Now add the ball, position your elbow so it's inline with the shoulder, the hand on the bottom of the ball should be your dominant hand. Your non dominate hand guides the ball from the side with the thumb up. Spread your fingers wide, Push the ball out and up towards the target allowing the ball to roll off the fingers. Follow through, when the ball is released make



sure your shooting hand ends up in the shape of a swan, your arm arched towards the basket and your hand loosely cocked downward and your fingers pointed toward the hoop. Practice the full shooting of the basketball with your legs in the correct position jumping and pushing the ball to the target. Do this 10 reps 3 times. Aiming for the square in the middle of the backboard. If you cannot use a hoop, find a place on the wall and practice your shooting using the wall. Try to hit the same area every time.

### Practice 2

- **Warm Up** – Jog forward, backward and defensive sliding (side to side) – do this for 5 minutes
- **Marching** – March in place for 2 minutes
- **Front Kick** – With hands in a neutral position in front of you, Kick each leg one at a time forward staying controlled while raising and lowering your leg. Try to kick as high as hip level, but not any higher. Do this for 2 minutes
- **Shoulder Rotations** – Rotate your shoulders forward for 30 seconds, switch directions and continue for 30 seconds
- **Side Lunges** – Spread legs wider than shoulder width apart, lunge to the left, return upright, keeping your feet in the same position. Do this side for 1 minute. Now do the right side for 1 minute.
- **Stretching** – Calves, hamstrings, quads, groins and arms – stretch for 5 minutes
- **Shooting** – See week 1 practice 1 for instructions. Complete the Shooting exercise with the ball 40 times. You can break this up through out the practice.
- **Dribble** – Bend over, keep head up and protect the ball with your non dribbling arm. Dribble the ball with one hand 10 times. Change to the other hand for 10 times. Alternate hands and dribble 10 times. \* Challenge, Dribble the ball around and alternating each leg ( in a figure 8) 10 times.
- **Passing** – Using the wall stand facing the wall about 6 feet away. Shuffle step to the side 2 times and pass using a chest pass to the wall. Catch the ball. Shuffle step to the other side 2 times and pass using a bounce pass to the wall. Catch the ball. Continue this pattern 20 times each direction for a total of 40 shuffle step sets and passes.



## Week 2

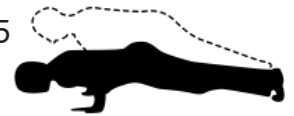
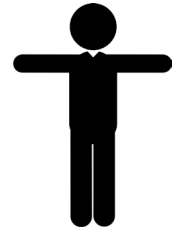
### Practice 1

- **Warm up** – Hold arms out to side at shoulder height, make 15 circles one direction and 15 circles the opposite direction
- **Skipping** - skip for 1 minute straight,
- **Jog** forward and backward and side to side for 3 minutes
- **Lunges** – From a standing position, feet shoulder width apart, take your left foot forward into a lunge, knees bent at 90 degrees. Raise up to a standing position. Repeat with other leg. Do this for 2 minutes.
- **Push Ups**- Complete 20 push ups, you can be on your toes or your knees.
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Dribbling/Passing** – With your ball and one dribbling hand, dribble down 10 meters, end your 10 meters about 6 feet from a wall, Pass the ball to the wall using your choice of pass, chest pass or bounce pass, turn and go back to the start line. Do this as fast as you can 10 times using the same hand. Now switch hands and repeat this 10 times as fast you can while keeping control of the dribble. Be sure to use your non dribbling hand to protect the ball while you're dribbling.

- **Sit-ups/Passes** – Position yourself about 3 feet from the wall. Lay down on the ground with your feet pointing toward the wall. Grasp the ball in your hand. Sit Up, when you have come to a complete sit up, pass the ball to the wall using a chest pass, catch the ball and lower your upper body to the floor. Repeat this 10 times.
- **Rebound Jumping** – Feet shoulder width apart, bend your knees, arms/hand in front of you at shoulder level with a bend in the elbow. Jump in the air and reach your arms above your head. Imagine you are jumping to rebound the basketball after it comes off the hoop. Do this 10 reps 3 times.

### Practice 2

- **Warm up** – Hold arms out to side at shoulder height, make 15 circles one direction and 15 circles the opposite direction,
- **Jog** forward and backward and side to side for 3 minutes
- **Skipping** - skip for 1 minute straight,
- **Jog** forward and backward and side to side for 3 minutes
- **Lunges** – From a standing position, feet shoulder width apart, take your left foot forward into a lunge, knees bent at 90 degrees. Raise up to a standing position. Repeat with other leg. Do this for 2 minutes.
- **Push Ups**- Complete 20 push ups, you can be on your toes or your knees.
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Target Pass** – Now you will get more technical with where you are aiming during your passes. Using tape or a piece of paper mark a 3ft by 3ft square about head height on the wall. Stand back 6 feet. Complete 10 Bounce passes with the goal of the ball hitting your target area each time. You can step forward using your dominate leg during the pass. Now pass 10 time using a chest pass, try to hit your target area each time. Complete this exercise 2 more times per type of pass.
- **Pivot and Pass** – Facing the wall, about 6 feet away, shoulder width apart. Keep one foot solid on the ground, with your other foot quickly move it forward about a foot and back to it's original position, Pivoting on the ball of your supporting leg. Pivot 3 times, then pass the ball to the wall using either bounce or chest pass. Do this 10 times on one leg, then switch legs and do it 10 more times.
- **Lunge/Overhead pass** – Face the wall about 6 feet away. Feet together, move one foot forward into the lunge position. With hands over your head throw the ball to the wall. Catch the ball and come back to an upright position feet together. Repeat on the other side. Do this 10 times for each side.



## Week 3

### Practice 1

- **Warm up** – Butt kicks for 2 minutes, high knees for 2 minutes, toe taps for 2 minutes
- **Jogging** forward and backward and side to side for 5 minutes
- **Torso Bends** – Stand with your legs straight, feet shoulder width apart, arms above your head, bend at the waist and touch your toes, Raise back up with your hands above your head. Do this for 1 minute.
- **Torso Swings** – Stand with your legs straight, feet shoulder width apart, arms stretched out to the side, shoulder height. Bend at the waist and touch your right hand to your left foot. Raise back up to a standing position and arms out stretched. Repeat and touch your left hand to your right foot. Do this 15 times for each side.

- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Defending Drills** – in a wide stance bend knees and reach arms out to the side about mid torso level, Shuffle two steps to one side and two steps to the other side, repeat 10 reps 3 times. While doing this activity, picture an athlete from the opposing team in front of you, you are blocking them from getting past you to the net.
- **Dribbling/Shooting** – With your ball and one dribbling hand, dribble down 10 meters, end your 10 meters about 6 feet from a wall/hoop, throw the ball to the wall/hoop using the correct shooting position and technique, rebound the ball, turn and go back to the start line. Do this as fast as you can 10 times using the same hand. Now switch hands and repeat this 10 times as fast as you can while keeping control of the dribble. Be sure to use your non dribbling hand to protect the ball while you're dribbling.
- **Shoot Around** – stand 3 feet in front of the basket, shoot the ball 3 times, Now move to the Right Two Giant Steps, Shoot the ball 3 times. Now step back two giant steps, shoot the ball 3 times, Now step to the Left 2 giant steps, shoot the ball 3 times. Repeat this patterns 3 times.

### Practice 2

- **Warm up** – Butt kicks for 2 minutes, high knees for 2 minutes, toe taps for 2 minutes
- **Jogging** forward and backward and side to side for 5 minutes
- **Torso Bends** – Stand with your legs straight, feet shoulder width apart, arms above your head, bend at the waist and touch your toes, Raise back up with your hands above your head. Do this for 1 minute.
- **Torso Swings** – Stand with your legs straight, feet shoulder width apart, arms stretched out to the side, shoulder height. Bend at the waist and touch your right hand to your left foot. Raise back up to a standing position and arms out stretched. Repeat and touch your left hand to your right foot. Do this 15 times for each side.
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Dribble** 10 times standing with one hand, switch hands and dribble 10 times. Now move into a kneeling position, dribble with one hand 10 times, switch hands and dribble 10 times. Now move into a seated position, Dribble the ball 10 times with one hand, then switch hands and dribble 10 more times.
- **Catching** – Stand 3 feet from a wall, chest pass the ball to the wall, catch the ball, do this 10 times. Move back 3 more feet. Bounce pass the ball to the wall, catch the ball, do this 10 times. Repeat this exercise 3 times.
- **Shooting A Lay Up** – Complete 10 Lay up shots.
  - Face the front of the backboard and stand two steps away and to the right of the rim for a right handed shooter, and to the left for a left handed shooter.
  - Pick the ball up to chest height in proper shooting position.
  - Sight the target over the ball. Focus on the top right of the square on backboard for a right-hander.
  - Step forward onto right foot, then left foot.
  - Raise the shooting side knee as the ball is lifted to the forehead.
  - Extend body toward basket off left foot.
  - Gently lay the ball up against the backboard on the top right corner of the square.
  - Land on both feet under the backboard.



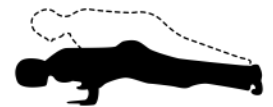
## Week 4

### Practice 1

- **Warm up** – Jogging forward and backward and side to side for 5 minutes
- **10 push ups, 10 lunges, 10 sit ups/crunches**
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Pivot and Pass** – Facing the wall, about 6 feet away, shoulder width apart. Keep one foot solid on the ground, with your other foot quickly move it forward about a foot and back to it's original position, Pivoting on the ball of your supporting leg. Pivot 3 times, then pass the ball to the wall using either bounce or chest pass. Do this 10 times on one leg, then switch legs and do it 10 more times.
- **Defending Drills** – in a wide stance bend knees and reach arms out to the side about mid torso level, Shuffle two steps to one side and two steps to the other side, repeat 10 reps 3 times. While doing this activity, picture an athlete from the opposing team in front of you, you are blocking them from getting past you to the net.
- **Sit-ups/Passes** – Position yourself about 3 feet from the wall. Lay down on the ground with your feet pointing toward the wall. Grasp the ball in your hand. Sit Up, when you have come to a complete sit up, pass the ball to the wall using a chest pass, catch the ball and lower your upper body to the floor. Repeat this 10 times.

### Practice 2

- **Warm up** – Jogging forward and backward and side to side for 5 minutes
- **10 push ups, 10 lunges, 10 sit ups/crunches**
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Shooting A Lay Up** – Complete 10 Lay up shots.
  - Face the front of the backboard and stand two steps away and to the right of the rim for a right handed shooter, and to the left for a left handed shooter.
  - Pick the ball up to chest height in proper shooting position.
  - Sight the target over the ball. Focus on the top right of the square on backboard for a right-hander.
  - Step forward onto right foot, then left foot.
  - Raise the shooting side knee as the ball is lifted to the forehead.
  - Extend body toward basket off left foot.
  - Gently lay the ball up against the backboard on the top right corner of the square.
  - Land on both feet under the backboard.
- **Lunge/Overhead pass** – Face the wall about 6 feet away. Feet together, move one foot forward into the lunge position. With hands over your head throw the ball to the wall. Catch the ball and come back to an upright position feet together. Repeat on the other side. Do this 10 times for each side.
- **Dribble** – Bend over, keep head up and protect the ball with your non dribbling arm. Dribble the ball with one hand 10 times. Change to the other hand for 10 times. Alternate hands and dribble 10 times. \* Challenge, Dribble the ball around and alternating each leg ( in a figure 8) 10 times.





## Week 5

### Practice 1

- **Warm up** – Jogging forward and backward and side to side for 5 minutes
- **Side to side slid shuffles** for 3 minutes
- **Arm Circles** 30 seconds one direction 30 seconds the opposite direction
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Rebound Jumping** – Feet Shoulder width apart, bend your knees, arms/hand in front of you at shoulder level with a bend in the elbow. Jump in the air and reach your arms above your head. Imagine you are jumping to rebound the basketball after it comes off the hoop. Do this 10 reps 3 times.
- **Passing** - Stand 6 feet from a wall, pass the ball towards the wall using two hands, step and push. Hit the wall 10 times without the ball bouncing (chest pass) then 10 times with one bounce before it hits the wall (bounce pass) repeat this 3 times for each pass. When doing this exercise imagine the wall in your team mate and you are passing the ball to them.
- **Dribble** 10 times standing with one hand, switch hands and dribble 10 times. Now move into a kneeling position, dribble with one hand 10 times, switch hands and dribble 10 times. Now move into a seated position, Dribble the ball 10 times with one hand, then switch hands and dribble 10 more times.



### Practice 2

- **Warm up** – Jogging forward and backward and side to side for 5 minutes
- **Side to side slid shuffles** for 3 minutes
- **Arm Circles** 30 seconds one direction 30 seconds the opposite direction
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Over Head Pass/Rebound** – Stand 6 feet from a wall. With hands overhead pass the ball to the wall with both hands, aim about 3 feet higher than you. As the ball comes back to you, Jump in the air to catch the ball. Do this 30 times.
- **Shoot Around** – stand 3 feet in front of the basket, shoot the ball 3 times, Now move to the Right Two Giant Steps, Shoot the ball 3 times. Now step back two giant steps, shoot the ball 3 times, Now step to the Left 2 giant steps, shoot the ball 3 times. Repeat this patterns 3 times.
- **Dribbling/Passing** – With your ball and one dribbling hand, dribble down 10 meters, end your 10 meters about 6 feet from a wall, Pass the ball to the wall using your choice of pass, chest pass or bounce pass, turn and go back to the start line. Do this as fast as you can 10 times using the same hand. Now switch hands and repeat this 10 times as fast you can while keeping control of the dribble. Be sure to use your non dribbling hand to protect the ball while you're dribbling.

## Week 6

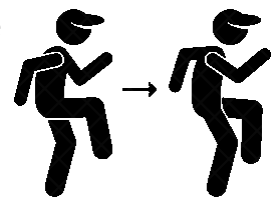
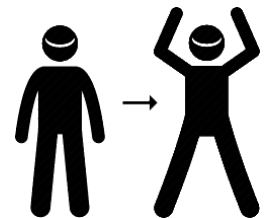
### Practice 1

- **Jumping jacks** for 2 minutes
- **20 lunges**
- **Bend and jump** in the air reaching arms up 10 jumps 3 times
- **High knees** for 1 minutes, butt kicks for 1 minute
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Sit-ups/Passes** – Position yourself about 3 feet from the wall. Lay down on the grown with your feet pointing toward the wall. Grasp the ball in your hand. Sit Up, when you have come to a complete sit up, pass the ball to the wall using a chest pass, catch the ball and lower your upper body to the floor. Repeat this 10 times.

- **Shooting A Lay Up** – Complete 10 Lay up shots.
  - Face the front of the backboard and stand two steps away and to the right of the rim for a right handed shooter, and to the left for a left handed shooter.
  - Pick the ball up to chest height in proper shooting position.
  - Sight the target over the ball. Focus on the top right of the square on backboard for a right-hander.
  - Step forward onto right foot, then left foot.
  - Raise the shooting side knee as the ball is lifted to the forehead.
  - Extend body toward basket off left foot.
  - Gently lay the ball up against the backboard on the top right corner of the square.
  - Land on both feet under the backboard.
- **Rebound Jumping** – Feet Shoulder width apart, bend your knees, arms/hand in front of you at shoulder level with a bend in the elbow. Jump in the air and reach your arms above your head. Imagine you are jumping to rebound the basketball after it comes off the hoop. Do this 10 reps 3 times.

### Practice 2

- **Jumping jacks** for 2 minutes
- **20 lunges**
- **Bend and jump** in the air reaching arms up 10 jumps 3 times
- **High knees** for 1 minutes, butt kicks for 1 minute
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Passing** – Using the wall stand facing the wall about 6 feet away. Shuffle step to the side 2 times and pass using a chest pass to the wall. Catch the ball. Shuffle step to the other side 2 times and pass using a bounce pass to the wall. Catch the ball. Continue this pattern 20 times each direction for a total of 40 shuffle step sets and passes.
- **Dribble** 10 times standing with one hand, switch hands and dribble 10 times. Now move into a kneeling position, dribble with one hand 10 times, switch hands and dribble 10 times. Now move into a seated position, Dribble the ball 10 times with one hand, then switch hands and dribble 10 more times.
- **Defending Drills** – in a wide stance bend knees and reach arms out to the side about mid torso level, Shuffle two steps to one side and two steps to the other side, repeat 10 reps 3 times. While doing this activity, picture an athlete from the opposing team in front of you, you are blocking them from getting past you to the net.



## WEEK 7

### Practice 1

- **20 air squats**
- **Jogging** forward and backward for 2 minutes
- **Side to Side shuffle** for 3 minutes
- **10 push ups, 10 sit ups, 10 lunges**
- **Arm Circles** 30 seconds one direction 30 seconds the opposite direction
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Target Pass** – Now you will get more technical with where you are aiming during your passes. Using tape or a piece of paper mark a 3ft by 3ft square about head height on the wall. Stand back 6 feet. Complete 10 Bounce passes



with the goal of the ball hitting your target area each time. You can step forward using your dominate leg during the pass. Now pass 10 time using a chest pass, try to hit your target area each time. Complete this exercise 2 more times per type of pass.

- **Footwork** - Take 2 steps forward stop and jump. Take 2 steps back, stop and jump. Take two steps Left, stop and jump. Take 2 steps Right, stop and jump. Do this pattern 10 times
- **Shoot Around** – stand 3 feet in front of the basket, shoot the ball 3 times, Now move to the Right Two Giant Steps, Shoot the ball 3 times. Now step back two giant steps, shoot the ball 3 times, Now step to the Left 2 giant steps, shoot the ball 3 times. Repeat this patterns 3 times.

### Practice 2

- 20 air squats
- Jogging forward and backward for 2 minutes
- Side to Side shuffle for 3 minutes
- 10 push ups, 10 sit ups, 10 lunges
- Arm Circles 30 seconds one direction 30 seconds the opposite direction
- Stretching – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- Dribbling – Dribble 5 times with Right hand, switch hands, dribble 5 times. Dribble 4 times with Right hand, switch hands, dribble 4 times. Dribble 3 times with Right hand, switch hands, dribble 3 times. Dribble 2 times with Right hand, switch hands, dribble 2 times. Dribble 1 time with Right hand, switch hands, dribble 1 time. Complete this pattern 5 times.
- Shooting A Lay Up – Complete 10 Lay up shots.
  - Face the front of the backboard and stand two steps away and to the right of the rim for a right handed shooter, and to the left for a left handed shooter.
  - Pick the ball up to chest height in proper shooting position.
  - Sight the target over the ball. Focus on the top right of the square on backboard for a right-hander.
  - Step forward onto right foot, then left foot.
  - Raise the shooting side knee as the ball is lifted to the forehead.
  - Extend body toward basket off left foot.
  - Gently lay the ball up against the backboard on the top right corner of the square.
  - Land on both feet under the backboard.
- Passing – Using the wall stand facing the wall about 6 feet away. Shuffle step to the side 2 times and pass using a chest pass to the wall. Catch the ball. Shuffle step to the other side 2 times and pass using a bounce pass to the wall. Catch the ball. Continue this pattern 20 times each direction for a total of 40 shuffle step sets and passes.

## WEEK 8

### Practice 1

- Squat and pivot return to neutral position, repeat for 2 minutes
- High knees for 1 minute, butt kicks for 2 minutes
- Hop on one foot for 10 seconds and switch feet for 10 seconds, continue for 1 minute
- Take 2 steps stop and jump. Do 10 sets 3 times
- Jog forward and backward for 5 minutes
- Stretching – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- Pivot and Pass – Facing the wall, about 6 feet away, shoulder width apart. Keep one foot solid on the ground, with your other foot quickly move it forward about a foot and back to it's original position, Pivoting on the ball of your supporting leg. Pivot 3 times, then pass the ball to the wall using either bounce





or chest pass. Do this 10 times on one leg, then switch legs and do it 10 more times.

- **Lunge/Overhead pass** – Face the wall about 6 feet away. Feet together, move one foot forward into the lunge position. With hands over your head throw the ball to the wall. Catch the ball and come back to an upright position feet together. Repeat on the other side. Do this 10 times for each side.
- **Rebound Jumping** – Feet Shoulder width apart, bend your knees, arms/hand in front of you at shoulder level with a bend in the elbow. Jump in the air and reach your arms above your head. Imagine you are jumping to rebound the basketball after it comes off the hoop. Do this 10 reps 3 times.



### Practice 2

- **Squat and pivot** return to neutral position, repeat for 2 minutes
- **High knees** for 1 minute, butt kicks for 2 minutes
- **Hop on one foot** for 10 seconds and switch feet for 10 seconds, continue for 1 minute
- **Take 2 steps stop and jump.** Do 10 sets 3 times
- **Jog** forward and backward for 5 minutes
- **Stretching** – Calves, hamstrings, calves, quads, groins and arms – stretch for 5 minutes
- **Footwork** - Take 2 steps forward stop and jump. Take 2 steps back, stop and jump. Take two steps Left, stop and jump. Take 2 steps Right, stop and jump. Do this pattern 10 times
- **Target Pass** – Now you will get more technical with where you are aiming during your passes. Using tape or a piece of paper mark a 3ft by 3ft square about head height on the wall. Stand back 6 feet. Complete 10 Bounce passes with the goal of the ball hitting your target area each time. You can step forward using your dominate leg during the pass. Now pass 10 time using a chest pass, try to hit your target area each time. Complete this exercise 2 more times per type of pass.
- **Dribbling/Passing** – With your ball and one dribbling hand, dribble down 10 meters, end your 10 meters about 6 feet from a wall, Pass the ball to the wall using your choice of pass, chest pass or bounce pass, turn and go back to the start line. Do this as fast as you can 10 times using the same hand. Now switch hands and repeat this 10 times as fast you can while keeping control of the dribble. Be sure to use your non dribbling hand to protect the ball while you're dribbling.

#### NOTE

As you work through the Workbook, the daily activities are just suggestions and you can choose to flip days to match your schedule. Training is progressive, so we ask that you do not skip ahead