

BBNZ HIGH PERFORMANCE TRAINING PROGRAMME

ALL PLAYERS' HOME TRAINING WORKOUT

ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4
SKIPPING/ FOOTWORK (8 mins)	<ul style="list-style-type: none"> 3 minutes skipping (choice) 1 minute each Line jumping (side to side, then forward & back) – count jumps 	<ul style="list-style-type: none"> Running x6 lengths ½ court then jog up & back - High knees, but kicks 3 minutes skipping (choice) 	<ul style="list-style-type: none"> Zig-zag pivots(jump/stride) x2 each Stick the landing with ball – hold for 30 seconds (left foot, right foot x8) 3 minutes skipping (choice) 	<ul style="list-style-type: none"> Accelerated running x6 lengths ½ court then jog up & back - High knees skips, grapevine 3 minutes skipping (choice)
STRETCHING (5 mins)	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin stretch	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin stretch	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin stretch	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin stretch
BALL HANDLING/PASSING (3 mins)	<ul style="list-style-type: none"> Maravich stationary ball handling drills (choose 6 @ 30 secs) Wall Passing – 15 of each (chest, bounce, push, overhead, baseball) 	<ul style="list-style-type: none"> Maravich stationary ball handling drills (choose 6 @ 30 secs) Wall Passing – 15 of each (chest, bounce, push, overhead, baseball) 	<ul style="list-style-type: none"> 1 & 2-ball stationary dribbling drills on the spot Wall Passing – 15 of each (chest, bounce, push, overhead, baseball) 	<ul style="list-style-type: none"> 1 & 2-ball dribbling on the move Wall Passing – 15 of each (chest, bounce, push, overhead, baseball)
DRIBBLING – Fullcourt down and back twice on each move(4 mins)	Zig-zag 1 x ball moves, x-over, hesitation, reverse(spin), inside-out	Zig-zag 1 x ball moves, speed dribble, retreat and explode, x-over	Zig-zag 1 x ball moves, combinations, double x-over/between legs, reverse/between legs, behind back	Zig-zag 2 ball moves (alternate, together) between legs/x-over, x-over/behind back
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
WARMUP SHOOTING (5 mins)	Technique shooting (close to basket), rhythm shooting	Mikan, reverse Mikan, dropstep pound ball lay-up, X-over layup drill (both hands)	One hand technique shooting (close to basket), rhythm shooting,	Free-throw line Back to the basket "Drive up, Drive Down" x 20 (BEEF)
WING (2 mins)	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
HIGH POST (2 mins)	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 jumpshot
LOW POST (2 mins)	Toss and catch, drop step low, power layup	Toss and catch, forward pivot highside and shoot	Toss and catch, drop step middle and jump hook shot	Toss and catch, drop steps high and low, counters high and low
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
CREATIVE SHOOTING (2 mins)	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 (2 mins)	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)
TRANSITION SHOOTING (SHOOT 5 EACH SIDE)	2-3 dribble wing jumpshot - start from 1/2 way sideline	2 dribble elbow jumpshot - 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
FREE THROWS/ DRINK	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
DEFENSIVE DRILL (2x each side)	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, swing step, slide, slide (repeat opposite)	Zig zag agility drill - Sprint forward, slide diagonally, sprint, slide diagonally, sprint	Wing denial - deny pass twice, snap head on backdoor (go both sides)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
COMPETITION	Knockout freethrows	X - out layups in 1 minute	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	Knockout freethrows
STRETCHING	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch

POST HOME TRAINING WORKOUT

ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4
SKIPPING/ FOOTWORK	<ul style="list-style-type: none"> • 3 minutes skipping (choice) • 1 minute each Line jumping (side to side, then forward & back) – count jumps 2 x each 	<ul style="list-style-type: none"> • Running x6 lengths • ½ court then jog up & back - High knees, but kicks • 3 minutes skipping (choice) 	<ul style="list-style-type: none"> • Zig-zag pivots(jump/stride) x2 each • Stick the landing with ball – hold for 30 seconds (left foot, right foot) • 3 minutes skipping (choice) 	<ul style="list-style-type: none"> • Accelerated running x6 lengths • ½ court then jog up & back - High knees skips, grapevine • 3 minutes skipping (choice)
STRETCHING	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin	Dynamic Stretching with or without ball -lunges, knee to chest, squats, groin
BALLHANDLING/PASSING/ DRIBBLING	Maravich stationary ball handling drills (choose 6 @ 30 secs) Wall Passing – 15 of each (chest, bounce, push, overhead, baseball)	1 x ball moves, x-over, hesitation, spin, inside/ out Wall Passing – 15 of each (chest, bounce, push, overhead, baseball)	Maravich stationary ball handling drills (choose 6 @ 30secs) 1 x ball moves, combinations, double x-over, legs/spin, legs/back	2 ball moves, alternate, together, legs/x-over, x-over/behind Wall Passing – 15 of each (chest, bounce, push, overhead, baseball)
WARMUP SHOOTING (5 mins)	Technique shooting (close to basket), rhythm shooting	Figure 8 bankshots from block	One hand technique shooting (close to basket), Mikan drill x10 left/right	Figure 8 hookshots (alternate left & right hand)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
BLOCK SHOOTING (2 mins)	Rhythm shooting – catch & shoot x15 each side	Toss and catch, back to basket, reverse pivot, j/shot x 15 each side	Toss and catch back to basket, forward pivot, j/shot x 15 each side	rhythm shooting - spin ball out, forward pivot and shoot x15 each side
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
LOW POST MOVES (Shoot for 2 minutes)	Toss and catch, fake middle, drop step low, power layup	Toss and catch, fake low, drop step middle, baby hook shot	Toss and catch, reverse pivot, shot fake, 1 dribble, power layup	Toss and catch, drop steps high and low, counters high and low
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
HIGH POST (Shoot for 2 minutes)	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
CREATIVE WING SHOOTING (Shoot for 2 minutes)	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)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
EFFORT DRILLS (1 minute)	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side	Box drill high - 1 or 2 basketballs on elbow block, pickup, 1 dribble, layup, go side to side	Backboard taps - tap ball against backboard using left hand, right hand or both hands	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side
FREE THROWS/ DRINK	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	Superman drill - toss ball over ring, catch keeping ball up , repeat 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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
DEFENSIVE DRILL (2 times)	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Post defense footwork (¾), front, ¾)	Post cutter defense footwork (see both, bump, head snap, deny)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
COMPETITION	Consecutive free throws	X - out layups in 1 minute	7 Spot shooting drill-10 shots at each spot	Consecutive free throws
STRETCHING	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch

PERIMETER HOME TRAINING WORKOUT

ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4
SKIPPING/ FOOTWORK	<ul style="list-style-type: none"> • 3 minutes skipping (choice) • 1 minute each Line jumping (side to side, then forward & back) – count jumps 	<ul style="list-style-type: none"> • Running x6 lengths • ½ court then jog up & back - High knees, but kicks • 3 minutes skipping (choice) 	<ul style="list-style-type: none"> • Zig-zag pivots(jump/stride) x2 each • Stick the landing with ball – hold for 30 seconds (left foot, right foot x8) • 3 minutes skipping (choice) 	<ul style="list-style-type: none"> • Accelerated running x6 lengths • ½ court then jog up & back - High knees skips, grapevine • 3 minutes skipping (choice)
STRETCHING	Dynamic Stretching	Dynamic Stretching	Dynamic Stretching	Dynamic Stretching
BALL HANDLING (2 minutes)	Maravich stationary ball handling drills (choose 6 @ 30 secs)	Maravich stationary ball handling drills (choose 6 @ 30 secs)	1 & 2-ball stationary dribbling drills on the spot	1 & 2-ball dribbling on the move
DRIBBLING – Fullcourt down & back 2x 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	Dribble the lines
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
WARMUP SHOOTING (5 mins)	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	Toss outs	Rhythm shooting
WING (Shoot for 2 minutes)	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
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
HIGH POST (2 mins)	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
MOVES OFF THE DRIBBLE (2 mins)	Toss and catch, shot fake, 1 dribble move and j/shot	Cone Crossover into pull-up jumpshot Turn the corner drill & finish with a) lay-up or b) mid-range shot	4 Spot shooting , make crossover move into a 2 dribble pull up jumpshot	Toss and catch, shot fake, 1 dribble, change of direction , 1 dribble and jumpshot
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
CREATIVE SHOOTING (2 mins)	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 for 2 minutes)	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)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
TRANSITION SHOOTING(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)
DEFENSIVE DRILL(2x each side)	Slide, run, slide baseline to 1/2 way, twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Zig zag agility drill - Sprint forward, slide diagonally, sprint, slide diagonally, sprint	Wing denial - deny pass twice, snap head on backdoor (go both sides)
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10
COMPETITION	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	X - out layups in 1 minute	Spot shooting drill
STRETCHING	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch	Warm down & Stretch

ALL PLAYER HOME PROGRAMME - RECORDING

DATE	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Athlete or Coach Initials															
ACTIVITY - <u>Enter Module Number then Tick each Box when completed.</u>															
Module Number															
SKIPPING/ FOOTWORK															
STRETCHING															
BALL HANDLING (2 mins)															
DRIBBLING – Fullcourt down & back															
FREE THROWS/ DRINK															
WARMUP SHOOTING (5 mins)															
WING (2 mins)															
FREE THROWS/ DRINK															
HIGH POST (2 mins)															
LOW POST (2 mins)															
FREE THROWS/ DRINK															
CREATIVE SHOOTING (2 mins)															
3 PT SHOOTING (2 mins)															
TRANSITION SHOOTING – 5 each side															
FREE THROWS/ DRINK															
REBOUNDING															
DEFENSIVE DRILL (twice each side)															
FREE THROWS/ DRINK															
COMPETITION															
STRETCHING															

POST HOME TRAINING WORKOUT - CHECKLIST

DATE	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Athlete or Coach Initials															
ACTIVITY - <u>Enter Module Number then Tick each Box when completed.</u>															
Module Number															
SKIPPING/ FOOTWORK															
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BALLHANDLING/PASSING/DRIBBLING															
WARMUP SHOOTING (5 mins)															
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LOW POST MOVES (2 mins)															
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CREATIVE WING SHOOTING (2 mins)															
FREE THROWS/ DRINK															
EFFORT DRILLS (1 minute)															
FREE THROWS/ DRINK															
REBOUNDING															
FREE THROWS/ DRINK															
DEFENSIVE DRILL (2 times)															
FREE THROWS/ DRINK															
COMPETITION															
STRETCHING															

PERIMETER HOME TRAINING WORKOUT - CHECKLIST

DATE	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>	<u> / / </u>
Athlete or Coach Initials															
ACTIVITY - <u>Enter Module Number then Tick each Box when completed.</u>															
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SKIPPING/ FOOTWORK															
STRETCHING															
BALL HANDLING (2 mins)															
DRIBBLING – Fullcourt down & back 2x on each move															
FREE THROWS/ DRINK															
WARMUP SHOOTING (5 minutes)															
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TRANSITION SHOOTING – 5 each side															
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