



USCBC Weekly Training Plan 3

Warm – up: run and jump stop in triple threat position

3 rotating drills – lay ups, v cuts, forward-slide-reverse using poles

Fundamentals

1. Passing drill Review - Star drill

Intro - 4 Corner drill

2. Balanced set shot demonstration

http://www.fibaoceania.com/fileadmin/user_upload/documents/Training_Drills.pdf

Balanced. Shooting foot forward. Shooting hand under ball - Crease in the wrist. Elbow and arm in straight line with the basket over lead foot Eyes on target – not ball. Engage quads. Arm up not out (chicken wings)
Snap wrist. Follow thru with fingers.

3. No hands defense – try to keep an opponent from getting past in a confined area

Feet shoulder width apart. Staggered stance (back toe to front heel)

Knees flexed

Back straight (plane)

Nose behind toes

Focus

2 on 1 drill

Dribbling

Spreading the floor (1 and 2 should be on either side running the widest lanes)

One pass on the lay

Set shot only

Outlet pass

3 on 2 drill

5 on 3 drill

Game to finish – Titanic/ 21 / Golden Kid / Parents vs Players