

USCBC Weeekly Training Plan Review of Week 1, 2, 3

Warm-up:

Dribbling follow-up

Dribbling stance (stationary)

Dribbling down the court – eyes up

Focus Week 1

Positioning Throw-ins How to seal the defence: for a throw in or on court

Get position to receive a pass

How to seal the defence: for a throw in or on court Wing and receive the pass around the key

Points of emphasis

Always be square to the basket ready to drive, shoot or pass (ball in pocket)

No turning backwards, no players behind the ball carrier, sharp passes.

No standing still to receive a pass

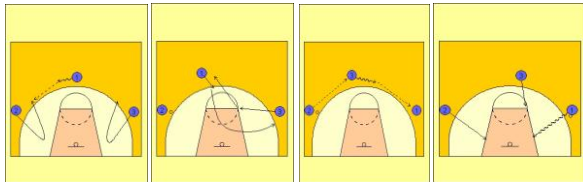
Focus Week 2

Introduction to Pass, cut and replace action

Head Coach to demonstrate concept of spacing, ball movement and player movement in 3 v 0 setting

Emphasis on high & wide spacing, firm passes and all cuts finishing at the 3-point line

Introduction to 3 v 0 pass, cut & replace, ball reversal and penetration of the ball into the key



Focus Week 3

2. Balanced set shot demonstration (see over page)

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

2 on 1

3 on 2

5 on 3

Tie it all together

Scrimmage – should see