



January 2012
AUSTRALIAN DEVELOPMENT
CAMP

SKILLS AND
CONDITIONING
PROGRAM

GUIDELINES FOR COMPLETING THE

AUSTRALIAN DEVELOPMENT CAMP SKILLS AND CONDITIONING PROGRAM

1. Complete warm-up and stretching, prior to the commencement and completion of **EVERY** session.
2. Complete the Intensity Running session **BEFORE** the Basketball Skills session.
3. If you are unsure of the requirements of the court or intensity sessions, then you should **contact prior to 1st December:**

Mike McHugh; mike.mchugh@basketball.net.au 0427265079

4. You must complete the **Intensity Running session 3 times per week** and Basketball skills session when you have access to a court (*preferably twice per week*)
5. Please forward your completed conditioning programs forms to:
 - Bob McGugan (Basketball Australia - Development Camps Co-ordinator at the following email: rmcgugan@hotmail.com

Electronic copies of the forms will be forwarded to you by email soon.
The forms must be sent as follows:

- **First form** by Monday 19th December
- **Second form** by Monday 2nd January
- **Third form** bring to camp on Monday 16th January.

6. If you are an AIS scholarship holder, you do not need to complete this program, as you will have been provided with a program by the AIS.
7. If you are involved in an NBL or WNBL program then complete their practice requirements. Your program with your NBL or WNBL club will be sufficient for you to come into the Australian Development Camp in top condition. Please indicate your weekly conditioning program with these clubs on the accompanying reporting forms.
8. This program is designed to
 - Ensure that you come to the ADC in "good shape"
 - Maintain your skills
 - Prevent injury during the camp
 - Ensure you maximise the benefits of being selected for the camp
9. If you have any injury / illness between 1st December, 2011 and 8th January, 2012 inclusive, that prevents you from completing any aspect of this, or any other skills conditioning program and/or may affect your participation in the Australian Development Camp, you **MUST IMMEDIATELY** contact Mike McHugh 0427265079

You must also contact your NITP Head Coach advising them of the injury.

FORM 1:

SKILLS AND CONDITIONING SCHEDULE LEADING UP TO THE January 2012 ADC
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MON 5 th DEC	TUES 6 th DEC	WED 7 th DEC	THU 8 th DEC
FRI 9 th DEC	SAT 10 th DEC	SUN 11 th DEC	

MON 12 th DEC	TUES 13 th DEC	WED 14 th DEC	THU 15 th DEC
FRI 16 th DEC	SAT 17 th DEC	SUN 18 th DEC	

- You must complete the ***Intensity Running session 3 times per week*** and Basketball skills session when you have access to a court (*preferably twice per week*)
- After you have completed each two week period you are required to:
 - Indicate the day(s) you completed the intensity running session and basketball skills on the calendar above. If you are unable to complete these sessions please outline the reason in your email when returning the form.
 - Complete the details at the bottom of this form
 - E-mail the completed form to:
 - Bob McGugan (Basketball Australia - Development Camps Co-ordinator) at the following e-mail address
rmcgugan@hotmail.com

NAME: _____

DATE: ____ / ____ / ____

FORM 2:

SKILLS AND CONDITIONING SCHEDULE LEADING UP TO THE January 2012 ADC
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MON 19 th DEC	TUES 20 th DEC	WED 21 st DEC	THU 22 nd DEC
FRI 23 rd DEC	SAT 24 th DEC	SUN 25 th DEC	
		CHRISTMAS DAY	

MON 26 th DEC	TUES 27 th DEC	WED 28 th DEC	THU 29 th DEC
BOXING DAY			
FRI 30 th DEC	SAT 31 st DEC	SUN 1 st JAN	
		NEW YEARS DAY	

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 - Indicate the day(s) you completed the intensity running session and basketball skills on the calendar above. If you are unable to complete these sessions please outline the reason in your email when returning the form.
 - Complete the details at the bottom of this form
 - E-mail the completed form to:
 - Bob McGugan (Basketball Australia - Development Camps Co-ordinator) at the following e-mail address
rmcgugan@hotmail.com

NAME: _____

DATE: ____ / ____ / ____

FORM 3:

SKILLS AND CONDITIONING SCHEDULE LEADING UP TO THE January 2012 ADC			
MON 2 nd JAN	TUES 3 rd JAN	WED 4 th JAN	THU 5 th JAN
FRI 6 th JAN	SAT 7 th JAN	SUN 8 th JAN	

MON 9 th JAN	TUES 10 th JAN	WED 11 th JAN	THU 12 th JAN
FRI 13 th JAN	SAT 14 th JAN	SUN 15 th JAN	

- You must complete the **Intensity Running session 3 times per week** and Basketball skills session when you have access to a court (*preferably twice per week*)
- After you have completed each two week period you are required to:
 - Indicate the day(s) you completed the intensity running session and basketball skills on the calendar above. If you are unable to complete these sessions please outline the reason in your email when returning the form.
 - Complete the details at the bottom of this form
 - E-mail the completed form to:
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NAME: _____

DATE: ____ / ____ / ____

1. Intensity Running

Note: Intensity Running Program developed by Tony Ward (AIS Physiotherapy Dept)

This program is based on straight line run throughs over an altered functional distance for Basketball. It has elements of acceleration, varied steady pace and deceleration. It also will cover an endurance element within these accelerated running speeds.

To complete this program appropriately you must follow through the set stages of the running program (1-21) which incorporates all 3 speed sets.

➤ *Rules for completion of this running program include:*

- Follow through each consecutive stage 1 to 21.
- Perform running program on grass, on even playing field [avoid uneven ground/ areas with holes to limit ankle injury].
- Wear good footwear – running shoes recommended.
- Set times in the steady pace must also be met with consistency throughout the running program.
- Rest between reps and sets as required for consistency, this will reduce as fitness levels improves.
- If you experience muscle tightness, pain or discomfort at any time through your posterior thigh you must stop, stretch and recommence as able.
- Avoid hamstring injuries by warming up well, stretching and controlling your pace.

➤ *To help you complete your running program you must:*

- Use the acceleration and deceleration distances appropriately.
(i.e. from a standing start to 70% max speed, as an even build up over 10m)
- Steady state times have been extrapolated from team averages, there may be slight variations to these times. However consistency in each of the 3 sets is required. Therefore a stopwatch is required to detect variations in these times.

If you cannot compete the above sessions (injury etc) it is important that you replace them with some other physical activity eg bike, pool session and follow the same format.

Intensity Running

Complete this session 3 times per week

Warm up

- 1) 2 laps light jog around the field [approximate size of soccer/ rugby].
- 2) 2 laps fartlek (varied pace 50 – 70%) around the field.

Stretch

- 3) 10 minutes

Run throughs

Set 1 @ 60% max speed

<u>acceleration</u>	<u>steady pace</u>	<u>deceleration</u>	
4) 10m	20m	10m	x 3
5) 9m	20m	9m	x 3
6) 8m	20m	8m	x 3
7) 7m	20m	7m	x 3
8) 6m	20m	6m	x 3
9) 5m	20m	5m	x 3

Set 2 @ 75% max speed

<u>acceleration</u>	<u>steady pace</u>	<u>deceleration</u>	
10) 10m	20m	10m	x 3
11) 9m	20m	9m	x 3
12) 8m	20m	8m	x 3
13) 7m	20m	7m	x 3
14) 6m	20m	6m	x 3
15) 5m	20m	5m	x 3

Set 3 @ 90% max speed

<u>acceleration</u>	<u>steady pace</u>	<u>deceleration</u>	
16) 10m	20m	10m	x 3
17) 9m	20m	9m	x 3
18) 8m	20m	8m	x 3
19) 7m	20m	7m	x 3
20) 6m	20m	6m	x 3
21) 5m	20m	5m	x 3

Program breakdown equivalent to

- 810m acceleration and deceleration
- 1080m of steady state running
 - 360m at 90%
 - 360m at 75%
 - 360m at 60%

2. BASKETBALL SKILLS

Note: Basketball Skills Program developed by AIS Basketball

- BASKETBALL SKILLS No. 1 -

Warm up prior to activity

1. Ball handling drills (stationary) 5 - 7 mins duration total
 - wrap arounds
 - figure 8's
 - crossover, onside, between the legs,
2. Full court dribbling drills (2 up & back of each drill)
 - cross overs
 - spin dribbles
 - punch & retreat
 - on-side/onside crossover
 - hesitation
 - combination
3. Catch & shoot /inside key - make 20 jump shots
Set-Load-Shoot (concept)
4. Foul shots - make 10
5. 1 on 0 from 3 point line/drives to basket/
put back misses; include different finishes - make 20
6. Foul shots - make 10
7. Defensive slides
 - 3 slides from top of key (push points – sideline) 3 x 3 left and right
 - 3 slides from the wing (push points – baseline short corner 3 sets of 3
 - 3 slides from the wing (push point – over the elbow; no middle) 3 sets of 3
 - Slides from half court, 3 slides, short drop step and 3 slides. 5 sets
8. Foul shots - make 10
9. Perimeter moves (Guards)
 - 1 bounce jump shot
 - Punch, retreat, catch and shoot;
 Post moves (Bigs)
 - Right and left hand jump hooks + counter move - 5 mins
10. Foul shots - make 10
11. Full court 1 on 0/various dribble moves into lay ups or pull up jump shots. 5 lengths of court then shoot 5 free throws for 1 set. Complete 5 sets initially, building up to 10 sets.
12. Consecutive foul shots (shoot till you miss- beat PB)
- Stretch for cool down - minimum 10 mins

- BASKETBALL SKILLS No. 2 -

Warm up prior to activity.

1. Form Shooting 5 shots at each position - 45 shots
(The 3 positions are left low post, middle inside key, right low post)
 - Shooting with one hand (5 each spot)
 - Shooting two hands (normal) (5 each spot)
 - Pivot into shot (5 each spot)
2. Ball handling drills (stationary and on the move) 5 - 10 mins duration total
 - wrap arounds
 - figure 8's
 - crossover, onside, between the legs,
3. Foul shots - make 10
4. Mikan Shooting Drill (hook shots inside key, under basket, shoot right hand off left foot & vice versa)
 - Forward (facing the basket) 10 shots x 3 reps (5 right, 5 left in each rep)
 - Reverse (back to the basket) 10 shots x 3 reps (5 right, 5 left in each rep)
5. Close out Drill and 3 slides (short & long close outs)
3 Reps of each with 10 secs break between.
 - Short close out (elbow to wing, 3 slides baseline)
 - Long close out (split line to wing & 3 containment slides to baseline)
6. Foul shots - make 10
7. 1 on 0 Jump Shots from elbow.
Start at opposite elbow toss ball out in front catch in low stance using inside foot pivot & shoot (no dribble) rebound.
 - Make 10 jump shots both sides
 - Catch and go – 1dribble jump shot (Make 10 both sides)
 - Add shot fake 1 bounce (both onside & x/over) (Make 10 both sides)

NB: if the jump shot misses you must make a lay-up before taking next jump shot
8. 1 on 0 various post moves high & low post positions using forward & reverse pivot's on both sides of the key. Shoot 10 from each position
 - Pivot turn & shoot.
 - Fwd & Rev pivot & shoot
 - Pivot shot fake & drive (lay up)
 - Jump hook right and left hand
9. Consecutive foul shots (shoot till you miss- beat PB)

Stretch down