

LESSON 2

ADVANCED

Theme: Basketball teaches teamwork, work ethic, communication and discipline.

Homework: Show respect for your teachers and classmates by thanking them for one thing.

Don't forget to submit your daily training session data SMS 'NBA #SESSIONS #STUDENTS' to +919248006202 (e.g. NBA 3 243)

FIT

Core Exercises

Have all players spread out across the basketball court so there is plenty of room for them to perform exercises. On the Coach's whistle, have the players complete the following drills.

• CRUNCH

Lie on back with knees bent and arms crossed over your chest. Tighten your abs and raise your shoulders 30-40 degrees off of the floor. Repeat to exhaustion.



• FOOT TOUCH

Lie on back with arms and legs straight. Tighten your abs and reach up and touch toes. Repeat to exhaustion.



• LEG RAISE

Lie on back with legs straight and hands under legs. Keep your head and shoulders off floor with abs tight and raise legs (30 cm) to (45 cm) and return to (30 cm). Repeat to exhaustion.



• BICYCLE

Lie on back with knees bent at a 90 degree angle and hands behind head. Tighten your abs and move legs in cycling motion. Move your right elbow to touch left knee then touch left elbow to right knee. Repeat to exhaustion.

• PLANK

On ground with elbows on floor and on toes, tighten your abs and squeeze glutes. Hold this position for 30-60 seconds.



• PLANK TOUCHES

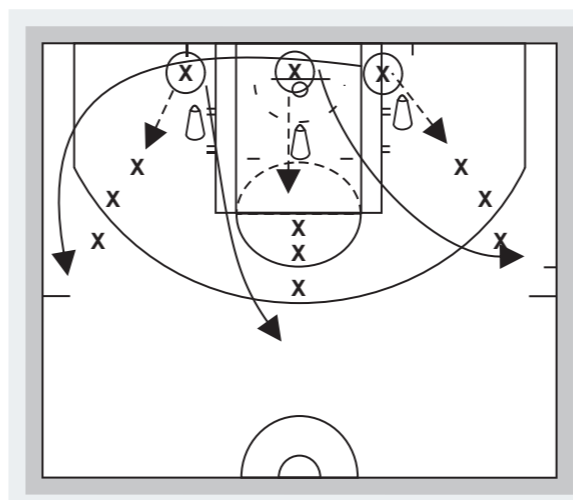
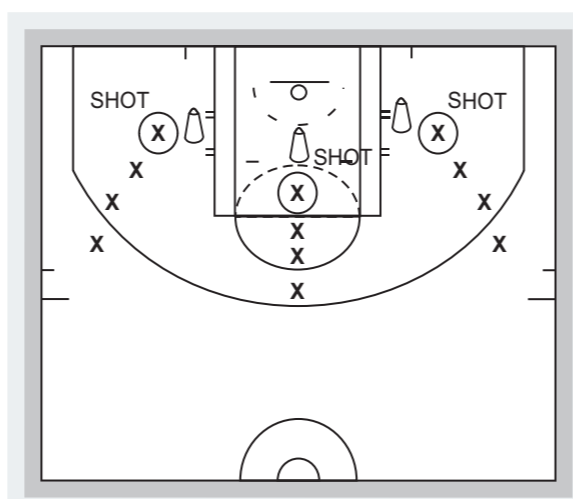
On ground with elbows on floor and up toes, tighten your abs and squeeze glutes. Reach forward with one elbow and touch ground then return to starting position. Switch hands. Repeat to exhaustion.



LEARN

Line Shooting

- Players form three lines facing hoop. Two lines on the wings (two feet closer to the basket from foul line elbow) and the other line by the dotted line near the foul line
- Each player in front of line has a basketball in triple threat.
- All three players shoot the ball and then get their own rebound
- Once the rebound has been secured, the player chest pass back to the next person in their line.
- After making the pass, the player then goes to the line next to and to the right of their original line.
- Next player in line shoots and repeats the process.



- Once players are comfortable with fundamentals then make a competition using this drill.

PLAY

HOTSHOT

Every student in your school should attempt minimum 1 time.

Description

Hot shot is a fun 30 second shooting game to test a players shooting ability. Player attempts to make as many baskets as possible from designated spots on the court with a point value ranging from 1 to 5 (1 being closest to basket 5 furthest). The referee keeps track of the points from the floor to tally up for final score. This drill simulates a real game situation shooting game shots at game speed.

Divisions

1. Girls & Boys ages 8-10
2. Girls & Boys ages 11-13
3. Girls & Boys ages 14-16

Rules

1. Player always starts at lay-up position.
2. The clock starts when the referee blows the whistle (use electronic scoreboard when available)
3. Player will have 30 seconds to make as many points as possible
4. Each player will rebound their own shots
5. Player must dribble after rebound to next shooting spot
6. If there is a tie for 1st place, players will compete in one more

Scoring

- 5 Points - Foul line (15 feet)
- 4 Points - Wing (12 feet)
- 3 Points - Baseline (10 Feet)
- 2 Points - Lane (6 Feet)
- 1 Point - Lay-up (2 Feet)
- *Can only make a total of 4 points in lay-ups
- 5 Point Bonus (attempt a shot from all 5 spots)

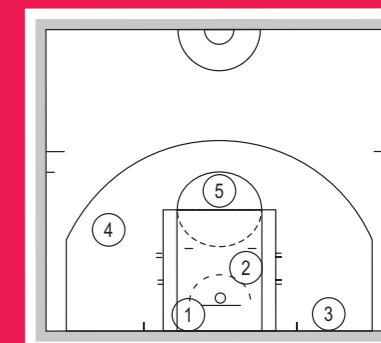
Requirements

Basketball

- U10 girls/boys (size #5)
- U13 girls/boys (size #5)
- U16 girls (size #6)
- U16 boys (size #7)

Basketball Goal Height

- U10 girls/boys (8 ½ Feet) if available
- U 13 girls/boys and U16 girls/boys (10 Feet)



Reminder

Fill out the official Hot Shot scoresheet

Exercising 1 hour per day makes your heart stronger and helps prevent disease.

For more information visit www.rf.jrnba.com