

BALLY BASKETBALL PROGRAM SESSION THREE

This weeks training videos can be found here: [BALLY BASKETBALL PROGRAM SESSION THREE](#)

FITNESS: Let's improve your jumping and core

- Calf Raises: Stand on a step and let your feet go down below horizontal (i.e. below height of step) and then push up to full extension. Keep doing them until it burns. Advanced – do them on one leg.
- Single leg split squats: Stand on one leg with your other leg resting behind you on a chair and go down as low as you can on your front leg. Do as many as you can and switch legs.
- Burpees: Get into your push-up position, lower to the ground, push up then jump up to your feet.
- Bear Crawls: Let your inner bear out and see how long you can crawl for.
- Planks: Front and side. Hold your front plank, then when it is hurting, switch to first one side then the other.

FUNDAMENTALS:

Dribble development: Dribble moves at your maximum speed (without losing ball)

#See Videos for Demonstration

Coming to a stop with the ball: Jumpstop & Stride stop

Dribble at a good pace and come to a Jumpstop and then pivot.

Dribble at a good pace and come to a stride stop.

#Keys: be careful to not slide or move your pivot foot

Find an appropriate stretch of driveway, footpath or quiet road. Then dribble down and back practicing changing your angle of attack avoiding an imaginary player or obstacles (like wheelie bins) you can place to look like players. Try a number of moves like:

- Crossover Dribbles.
Between the leg dribbles.
- Behind the back dribbles.
- Spin moves (ball in right hand, spin clockwise, then continue dribbling with left hand and vice versa). #TP (Teaching point on the video)

Layup Development: X Out layup drill. You create an imaginary X from doing alternate hand and alternate side layups from the free throw line 'elbows'. So you run in at a 30 degree angle (i.e. not quite straight in front) to the basket from the right and do the layup with your right hand, you then rebound the ball and dribble while running out 3m to the same relative position from the left side, pivot and run back in and do a left hand layup from the left side. See how many you can make in 1 minute and see if you can keep breaking your record!

Shooting development: X Out Shooting drill. Same as above except you perform a jump shot from alternate 'elbows', rebounding and then dribbling out, coming to a jump stop, pivoting to face the basket then shooting.

ADVANCED SKILLS:

EuroStep Finish: Use good footwork with your 2 steps after gathering the ball to evade or get past the defender. This move is a good option if the defender steps up early to block your path to the hoop or to take a charge.

Make 10 shots with left - right footwork and 10 with right-left footwork.

Advanced Scoring move: Dribble Jab into a Jumpshot

You have the basketball in your hands in a triple threat position and the defence is crowding your space and have their hands in close to you. Use the dribble drive jab fake to get the defenders hand down and then rise and shoot.

Key is to bring the lead foot that jabs back to a wide stance to help with the legs lifting on the shot. Dont bring the lead foot back to close and be thin.

Make 10 shots or push yourself for 1 min and make as many as you can. Rest and repeat

The 3 minute drill. This is a great combination of shooting skill, footwork, rebounding and fitness development. It can be done from 3 metres, 5 metres or the 3 point line distance from the basket. You start your time and then shoot as many shots as you can in 3 minutes from your designated distance, grabbing your own rebounds.

Can you make 25-30 from your range?

FUN: Kobe Bryant dribbling series with eyes closed.

At first have your eyes open, be nice and low and stay down. Complete 3 moves smoothly and in rhythm. Crossover/ between the legs Crossover/ Behind the back dribble.

The ball will start in one hand and after the 3 moves it will finish in the other hand.

once you can do the 3 moves x 4 close your eyes and see if you can do it and imagine where the ball is being dribbled.

Check out all of Ben's Bally Basketball Training videos and Subscribe to the Channel by clicking here: <https://www.youtube.com/channel/UCaoh1IsyS3IAqwJj2YPJZpg>