



Bally Basketball Term 3 WK 1 Lock Down Info

Hi Bally Basketballers,

I hope you are all doing well and settling into online learning.

We are staying in contact with MWBA and what it may look like as basketball competitions resume for semester 2. With the lockdown looking to be at least another 2-3 weeks the local comps will probably be a reduced season like last year.

<https://manlybasketball.com.au>

We have information available on our Bally Basketball website for instructions on technique and training drills you can do by yourself or with a partner. We have workouts and videos available.

We have just added a high post and low post workout for you to do. It's important to be able to score and make plays from the mid range area (12- 15ft)

Please visit our website and like/subscribe to our Bally Basketball Youtube Channel

<http://www.ballybasketball.com/training.html>

There are a lot of good quality basketball games to watch at the moment.

International Friendlies and Tokyo Olympic warm up games

The Australian Boomers play the USA again on Saturday after having a great win by 8 points yesterday. There are games on daily that can be watched on ESPN via Kayo/Foxtel. The Boomers play Nigeria today.

NBA Finals

The Milwaukee Bucks play the Phoenix Suns in game 4 of the finals tomorrow from 11am. The Suns lead the best of 7 series 2-1. Games are on ESPN.

If you do not have a way to watch the games, Youtube has highlights and full game replays available not long after the games have finished.

Drill

High & Low Post Scoring

Start with the ball back to the basket in the key

Stay low and spin the ball out to yourself around elbow or free throw line

Catch in triple threat

Pivot to square up and 10 toes to the ring (4 ways to pivot = L & R Forward/Reverse)

Make your move and shoot the ball - Jumpshot, Jab step to shot, Shot fake into shot

Rebound your own shot and spin ball out at same spot

Make 7 - Record how many shots it takes you to make 7

Repeat on other elbow and around the low post area

If you have a partner to train or a parent to help, then use them to pass the ball

Video High Post

<https://youtu.be/3xMn3B1o8Sq>

Video Low Post

<https://youtu.be/tQiWqMfliHU>

Regards

Ben Knight

Head Coach Bally Basketball