



Bally Basketball Term 3 WK 6

Hi Bally Basketballers,

We are all missing being able to play sport and basketball with the extended lockdown at the moment, but it is a good time to work on your game. There are a lot of areas you can look to improve on and have some fun with to keep you active.

Some of the areas you might want to focus on are

- Skill Development - Dexterity. Ball handling, passing, shooting, close range scoring
- Fitness - long distance, short distance and speed
- Strength - getting your body stronger and more agile
- Jumping - work on your vertical leap. One foot and two foot jumps

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.

Attached is a Strength and Conditioning workout you can have a go at, it is what an off season or preseason training week may look like without touching a basketball.

There are also some fun drills with a tennis ball you can do at home.

<https://screencast-o-matic.com/watch/crI2c5Vilzi>

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

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

<http://www.ballybasketball.com/wos-skills--plays.html>

<https://www.youtube.com/c/BallyBasketballTraining>

Video High Post & Low Post

<https://youtube.com/playlist?list=PLgGGZ-CRmqA8gCxutoU5PrwllfvxAbSur>

I am sure you may have watched the Tokyo Olympics as I did. It was really good to see the Australian Boomers finally get an Olympic Bronze medal after 65 years and 4 times getting 4th place. I was a part of the Boomers basketball team from 2001 to 2004 and the competition internationally is very competitive.

I took a lot out of the Olympic tournament, and you get to see the best players in the world represent their countries and play FIBA rules which we play with in our local competitions here. The rules are very different then the NBA rules.



NBA Summer League 2021

Basketball does not stop and globally there is always something to watch and learn from. Right now, the NBA Summer league is on and you will be able to see the future stars of the game. Josh Giddey is our latest Australian young star to be drafted into the NBA. Josh was drafted number 6 by the Oklahoma City Thunder, he played here in the NBL last season for the Adelaide 36ers. The games are shown daily on NBA League Pass, Kayo sports and the ESPN channel.

Regards
Ben Knight
Head Coach Bally Basketball