



## BALLY BASKETBALL PROGRAM SESSION ONE: BENCHMARK SESSION

Check out Ben's Bally Basketball Training videos and Subscribe to the Channel by clicking here:  
<https://www.youtube.com/channel/UCaoh1IsyS3IAqwJ2YPJZpg>

### FITNESS:

- **Beep Test:** Go to app store, free download – beep test lite (or similar). You will need to mark out the 2 sidelines, 20 metres apart. Perform test, record score on Work Sheet.
- **Push ups:** Find out how many push ups you can do, ensure your chest touches floor and back is straight Record on Work Sheet.
- **Planks:** Plank on elbows, back straight, record how long you can hold.
- **Squat jumps:** Bend down into a deep squat and explode upwards in a jump – you can touch a wall, backboard or rim. Stop when your height drops by more than 10cm. Record number on Work Sheet.
- **Skipping rope:** How many skips can you do in a row without stopping. Record score on Work Sheet.

### FUNDAMENTALS:

- **Dribble development:** Time how long it takes to do key dribble moves:
    - 20 times Crossover Dribbles.
    - 20 times between alternate leg dribbles.
    - 20 times behind the back dribbles.
- Include time to collect ball and start again if lose ball.
- **Mikan Drill:** Time how long it takes to make 20 lay-ups (any method) alternating hands under the basket, getting your rebound each time (if no basket available, just perform on wall with imaginary basket).

### ADVANCED SKILLS :

**Pivoting Series** (8- 10 min time limit ) \*\*48 Makes (Layups) count and write down attempts. Make 3 shots with each pivot at each spot (both Blocks, both Elbows). Have a spare pair of shoes with you, place the shoes either side of the block behind you. Start at the block with your back to the basket, be in a low deep stance. Spin the ball out and catch at waist height in triple threat stance #You will use the shoes to replicate your defenders feet (Beat The Feet Game).

The 4 ways (The Four Ways To Pivot):

- **Drill 1:** Left Foot Forward Pivot -- stay low and attack the rim on the square up. push off le\* foot like a sprinter out of blocks.
- **Drill 2:** Right Foot Forward Pivot -- quick hands to put ball on left hip for protection as you pivot / right foot push off.
- **Drill 3:** Left Foot Reverse Pivot -- you can sweep through hard and low on the square up to basket for a strong right hand finish at the rim.
- **Drill 4:** Right Foot Reverse Pivot - make sure you are dribbling with the left hand here to beat the Defender After Making 12 shots go to the Elbow, then other Elbow and finish with other Block.

### FUN:

How to 'Nutmeg': They key is to be able to do a crossover dribble both ways and a push forward dribble. Crossover each way followed by a push forward dribble between the 'shoes' of your opponent.

### GAME IQ :

Downs Double play explained.

## SESSION ONE: BENCHMARK SESSION WORKSHEET

Date:.....

FITNESS	
Beep Test – Record score	
Push Ups – Record number	
Planks – Record time	
Squat Jumps – Record number	
Skipping Rope – Record number	
FUNDAMENTALS	
<i>Dribble Development</i>	
20 x Crossover Dribbles – Record Time	
20 x Alternate Leg Dribbles – Record Time	
20 x Behind Back Dribbles – Record Time	
<i>Mikan Drill</i> – Record Time	
ADVANCED SKILLS	
<i>Pivoting Series</i>	
Drill 1 – Record Down Attempts	
Drill 2 – Record Down Attempts	
Drill 3 – Record Down Attempts	
Drill 4 – Record Down Attempts	
FUN	
Nutmeg – Put a tick when complete	