

## Program Philosophy:

Our program is led by our core values for athletes in order to provide them with the best preparation for future success. The values planted in this program include: inclusivity, sustainability, personal growth, and support. As a program, we understand the importance of creating a well-balanced and immersive pathway in order for our athletes to take their talents to the next level. We acknowledge that most of our athletes are seeking opportunities to play at varsity, semi-professional, and professional levels and we tailor our outlooks to these needs. However, we also promote a long-term view of development, as we encourage the athletes to adopt the enjoyment of their journey of growth, and ensure they are prepared to maintain a lifelong connection to the sport of basketball. At this age, athletes are to embark in another chapter in their life as an athlete, and a human being in general. This program promotes the importance of mastering life skills our athletes will be able to use both on and off the court. Some examples of these are: teamwork, determination, perseverance, communication skills, leadership and many others. As a team, it is our job to prioritise the well-being of every athlete. We do this by fostering a supportive and inclusive environment ensuring physical, mental, and emotional health are monitored on a regular basis. It is our goal to ensure these athletes are to enjoy basketball for many years ahead. By creating a balanced approach to our programs that tackles both athletes' development and personal well-being, they are destined to maintain a love for the game. A strong emphasis is placed on maintaining this love through the connections athletes have, supportive coaching, enjoyable experiences, and the sense of family that has been fostered by our program. Our techniques prevent burnout by promoting a healthy balance between athletes athletic, academic and personal lives.



strategies), injury prevention (demonstrating stretching & strengthening exercises, Q&A session with Athletic Trainer), mental toughness workshop (all about the internal factors: dealing with pressure, overcoming adversity, goal setting, confidence visualization techniques etc). As the tryout phase closes and the final squad is selected, numerous team building exercises will be implemented to improve morale and prepare the athletes in playing together for the upcoming season. The first set of practices will feature communication and trust-building exercises such as the blind-folded passing drill (in pairs, one wears a blindfold and the other must guide their partner to pass the basketball to the target). Another exercise will be based on teamwork and problem-solving exercises as a hypothetical basketball scenario will be placed on the athletes and they need to think quickly on what their response will be. All of these exercises are completed with the intention of building trust, communication and enhancing teamwork/collaboration. As the team transitions into mid-season form, athlete motivation can fluctuate. On weeks with an Important Level of “3”, there will be efforts implemented to address motivation, leadership and interpersonal skills to keep the athletes on track. This will include captain practices, player-led meetings/film-sessions, team bonding retreats and more social events such as team bonding dinners. At the end of the season, there will be public recognition awards and added time focused on community service projects to give back to all the donors for helping the athletes during their season. When the season is over in early April, time will be spent on school before entering training camps again in the off-season section. The month of July should be left free for summer break as the athletes need a full break from the sport.

## Training Plan

### Weekly focus and objectives

#### Week 1-2: Foundation Phase

- **Objective:** Build general strength and endurance, refine basketball basics
- **Sport-Specific Focus:** Dribbling, shooting mechanics, defensive positioning
- **Non-Specific Focus:** Mobility, core strength, aerobic conditioning

#### Week 3-4: Strength and Skill Integration

- **Objective:** Increase intensity, integrate strength into basketball movements.
- **Sport-Specific Focus:** Game-speed skills (transition drills, shooting under pressure).
- **Non-Specific Focus:** Power development (explosiveness, agility)

#### Week 5-6: Game Readiness

- **Objective:** Peak performance, simulate game scenarios, refine recovery routines.
- **Sport-Specific Focus:** Full-court scrimmages, advanced strategy, and play execution.
- **Non-Specific Focus:** Recovery, joint stability, and maintaining performance levels.

**Intensity Progression:** Gradually increase weights, reps, and drill intensity over the 6 weeks.

	<b>6 WEEKS PRE-SEASON BASKETBALL TRAINING PLAN</b>	

Day	Focus	Details
<p><b>Day 1:</b></p> <p><b>Strength and Conditioning</b></p>	<p>Non-Specific:</p> <p>General Strength and Conditioning</p>	<p><b>- Warm-Up:</b></p> <p>Dynamic stretches (10 mins),</p> <p>Activation drills (5 mins)</p> <p><b>- Main Workout:</b></p> <p>Squats (4x8),</p> <p>Bench Press (3x10),</p> <p>Pull-ups (3x8–10),</p> <p>Bulgarian Split Squats (3x10),</p> <p>Core work (planks, Pallof presses)</p> <p><b>- Conditioning:</b></p> <p>400m sprints (6 sets),</p> <p>Ladder drills (2 rounds).</p>
<p><b>Day 2:</b></p> <p><b>Basketball Skills and Agility</b></p>	<p>Sport-Specific:</p> <p>Basketball Skills and Agility</p>	<p><b>- Warm-Up:</b></p> <p>Ball-handling (3 mins), Jogging (2 mins)</p> <p><b>- Main Workout:</b></p> <p>Spot shooting (10 reps x 5 spots),</p> <p>Defensive slides (5x20m),</p> <p>Cone drills (5 sets),</p> <p>Pick-and-roll decision-making (10 mins)</p> <p><b>- Cool-Down:</b></p> <p>Static stretching (10 mins).</p>
<p><b>Day 3:</b></p> <p><b>Rest/Active Recovery</b></p>	<p>Active Recovery:</p> <p>Flexibility and Mobility</p>	<p><b>- Activities:</b></p> <p>Yoga session (30 mins),</p> <p>Foam rolling and mobility exercises (15 mins).</p>

<p><b>Day 4:</b></p> <p><b>Power and Plyometrics</b></p>	<p>Non-Specific: Explosiveness and Power Development</p>	<p>- <b>Warm-Up:</b> Jump rope (3 mins), Dynamic lunges</p> <p>- <b>Main Workout:</b> Box jumps (4x10), Lateral bounds (3x12), Depth jumps (3x8), Deadlifts (3x8), Medicine ball slams (3x12)</p> <p>- <b>Core Circuit:</b> Hanging leg raises, Side planks.</p>
<p><b>Day 5:</b></p> <p><b>Advanced Basketball Drills</b></p>	<p>Sport-Specific: Advanced Basketball Scenarios</p>	<p>- <b>Warm-Up:</b> Full-court dribbling (3 mins), Shooting (5 mins)</p> <p>- <b>Main Workout:</b> 3-man weave (5 rounds), Full-court fast-break (3x5 reps), 5v5 half-court scenarios, End-of-game strategies (10 mins)</p> <p>- <b>Shooting:</b> Off-the-dribble 3-pointers (3x15)</p> <p>- <b>Cool-Down:</b> Foam rolling (10 mins).</p>

<p style="text-align: center;"><b>Day 6:</b> <b>Scrimmage &amp; Recovery</b></p>	<p style="text-align: center;">Game Simulation and Recovery</p>	<p style="text-align: center;"><b>- Simulated Game:</b> Full-court, 4 quarters (8 mins each)</p> <p style="text-align: center;"><b>- Cool-Down:</b> Active recovery session (stretching, light jogging).</p>
<p style="text-align: center;"><b>Day 7: Full Rest</b></p>	<p style="text-align: center;">Full Rest</p>	<p style="text-align: center;"><b>- Activities:</b> Complete rest day for recovery.</p>

Session Detail Form: single training session: mid-season

Session goal/focus: improve ball-handling skills + scoring abilities

**Logistics**

- 9:30AM, Head Coach arrival + setup (basketballs, cones etc.)
- Arrival 10AM: players arrive at facility
- Equipment check: shoes, jerseys, shorts, mouthguards etc.
- Injury check: assess any lingering injuries if necessary

**Warmup:**

- Welcome plan: 10:15-10:30AM fun warm-up game “King of the Court”

Athletes are divided into two groups, players take turns dribbling and taking a shot. If a player makes the shot, they stay on the court. If they miss it, they sit out. The last player standing is the king of the court. The intention of this drill is to implement some fun

competition to start the practice and engage all the athletes interested in the session. This increases the athlete's body temperature and makes sport fun.

- After this, there will be 5 minutes of dynamic stretching focusing on arm circles, leg swings, high-knees etc. We do this to assess the mobility of the athletes and work their range of motion. Followed by this will be a skilled warm-up for another 5 minutes targeting ball-handling in simple dribbling and a running full-court passing drill. This activates the athletes, waking them up, implementing some speed and getting them to react

### **Main session 10:30-11:30AM:**

#### **Ball-handling drill 15 minutes:**

**Goal:** To improve ball-handling skills and create separation from defenders.

1. Crossover drills (5 sets of 10 reps, 30 seconds rest between sets)
  2. Between-the-legs dribbles (5 sets of 10 reps, 30 seconds rest between sets)
  3. Behind-the-back dribbles (5 sets of 10 reps, 30 seconds rest between sets)
- The strategy for this is to emphasize proper hand placement and body position. The coach can then provide specific feedback on speed, control and change of direction. Motivational cues such as “explode off the dribble” and “protect the ball” can be used to aid the athletes.

#### **Scoring drill 15 minutes**

**Goal:** to improve finishing skills at the rim and mid-range

1. Layup drills 1on1 (5 sets of 5 reps, 30 seconds rest between sets)
2. Floater drills with defender (5 sets of 5 reps, 30 seconds rest between sets)
3. Mid-range jump shots (5 sets of 5 reps, 30 seconds rest between sets)

- This is implemented to emphasize proper shooting form, footwork and body positioning. The coach will provide specific feedback on shot timing, selection and release point. Motivational cues such as “finish strong”, “shoot with confidence” and “attack the rim” are commonly mentioned.

### **Offensive Scrimmage 20 minutes:**

**Goal:** to apply ball-handling and scoring skills in a game-like situation

This will be the most intense drill. The coach can provide specific feedback on decision-making, passing, and scoring opportunities. Video analysis will be used to review specific plays that occur in practice and the athletes can look at it in their film sessions.

### **Cool-down/stretching 10 minutes:**

The final 10 minutes will include static stretching and breathing exercises. The stretches will target the following: hamstring, quadriceps, calf, hip flexor, triceps, biceps, shoulder, neck, back and chest. For the breathing exercises, the purpose of this is to promote relaxation and reduce muscle tension. The technique is to ensure the athletes hold a deep, slow breath.

Athletes can listen to their body post-session to see if anything is bothering them and then continue with the rest of their planned day.

### **Coaching strategies:**

During this session, as a coach, one thing to make sure to do is give motivation and feedback. For example during the scrimmage drill, it is important to treat it like an in-game scenario. If there is something that does not look like it is important to provide immediate feedback. This may look something like: “Good job on the last play, but what I think would help us is rolling

to the net after you set that screen.” Positive reinforcement is also huge to create a sense of success amongst the players. Something as simple as saying “ Good job boys, that is exactly what I like to see.” Or even something as simple as clapping your hands. It may also be a good idea to listen to what the athletes have to say. You could ask a player: “what do you think went well on that last play, and what can we do better.” This demonstrates that you value their voices and care about what they have to say. Creating trust and building connections throughout the session will help in the long-term. Coaching cues will also be given throughout the session. Both internal and external. An external cue would look like, instead of saying “stay low and keep your feet moving” for defence, you could say “imagine your mimicking your opponent’s shadow, don’t let it get past you.” For internal cues, you could say during a shooting drill, “keep your elbow under the ball, extend your arm all the way and follow through.”

References:

*Yearly training plan (YTP)*. BC Athletics - Track and Field, Road Running, Cross Country, Race Walking, Marathons, Ultras in British Columbia, Canada. (2013).

<https://www.bcathletics.org/Content/yearly-training-plan-ytp/153>