

**Please see below some tips for summer training to help with getting a better start to the 2010 – 2011 season. If we can come back with a firm grasp of the basics and a good level of fitness then we can use more time at training sessions to work on game plays, advanced skills and actually playing basketball rather than spending half our time getting fit and working on the basics.**

- **Shooting** from 2-3 feet with one hand. If you are right handed then your right foot should be in line with the centre of the basket. Get the top half of arm parallel to ground and the ball sitting on your finger pads – not finger tips or palm of hand. After the shot you should end up on your toes not flat footed. Continuous shooting from same position until consistency achieved.
- **Skipping** to help with foot work and balance. Also helps with speed and stamina.
- **Passing** – If you are by yourself use the wall of a house etc picking a spot as a target and hitting it with chest passes, bounce passes and overhead passes.
- **Ball control** – especially with the left hand. Use obstacles such as wheelie bins etc and work on keeping control while protecting the ball and making forward progress. Add in spin dribbles when competent at basics. Use Cones or plastic bottles to weave in and out using both hands.
- **Rebounding and blocking out.** Use a high wall, side of house if no basket available to practice rebounding and spinning with ball at chest height with elbows out.
- **Foot control** when in possession to stop travelling violations. Practice speed dribble and stop in triple threat position without travelling. The ability to stop quickly and not lose balance is very much related to core strength in the abdomen, calves and front of thighs. Exercises for this include sit-ups and leg squats.
- **General fitness and stamina.** Jogging with intermittent sprints and walking. Jog for 3 minutes, sprint for 10 seconds and then walk for 30 seconds to recover. Repeat for circa 30 minutes at least twice a week.

**If you have any questions:**

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