

Dear Coaches,

for your information and use if wanted, you find here the basic athletic contents and fundamental basketball skills according to the phases of the Long-term Athlete Development, on which the CFBB practices are built upon. It is not a practice plan, but some fundamental contents that each coach can choose from and adapt to his team and practice goals.

Due to the restrictions, the gym hours per team will probably be limited. Therefore, and due to the small number of players, we suggest shorter, but more intense practice times. Our practices consist of three main parts: Warm up, Athletics and Basketball skills. Each coach should adapt the duration of each part to practice time, team and practice goal.

LTAD – Long-Term Athlete Development

LEARN TO TRAIN (8-11y. girls, 9-12y. boys)

1. Warm Up – Kids Games

2. Athletic Development

- overall sport skills development
 - major skill learning stage: basic sport skills
 - medicine ball, swiss ball, own body strength exercises
 - further equipment: agility ladder, jump rope, pull-up bar
- develop strength, endurance and flexibility through games and fun activities
(recommendations for body weight exercises in the table below)

SQUAT	LIFT	PUSH/PRESS	ROW/PULL	Core
Heartbeat Squat	Hip Hinge Single Leg Deadlift	(Kneeling) Push Up	Hang	Shrimp Side Plank Bear Crawl

3. Basketball:

- A. Shooting technique (Static, in front of the wall)
 - Position of the legs
 - Position of the ball in the hand
 - Timing of release

- B. Lay ups
 - Out of triple threat

- C. Ball Handling (static)
 - Simple dribble, high, low (right & left hand)

- D. Triple threat position
 - Position of the legs
 - Position of the stronger hand on the ball
 - Jump stop
 - 2 contacts stop

- E. Passing technique (Static)
 - Chest pass
 - One hand push pass (right & left hand)
 - Overhead pass






- F. Defense
 - Ball pressure/ aggressivity
 - Defensive stands
 - Slides

- G. 2-0
 - Give and Go

- H. 1-1

TRAIN TO TRAIN (11-15y. girls, 12-16y. boys)

1. Movement Preparation (Warm-Up)

	EXERCISE		VOLUME
GENERAL MOVEMENT	<ul style="list-style-type: none"> - RUNNING - ROPE SKIPPING 		5-8 MINUTES
HIP ACTIVATION	<ul style="list-style-type: none"> - CLAMSHELLS (lateral position) - LOOP WALKS (linear, lateral) 		1 SET/ 10 REPS EACH
DYNAMIC STRETCHING	HIP/ANKLE <ul style="list-style-type: none"> - BACKWARD LUNGE - KNEE HUG - QUAD STRETCH - LATERAL SQUAT - LEG CRADLE SHOULDER <ul style="list-style-type: none"> - STANDING T's 		1 SET/ 4 REPS EACH
MOVEMENT INTEGRATION	LINEAR/LATERAL <ul style="list-style-type: none"> - MARCH - SKIP 		1 SET/ 10 YARDS
NEURAL ACTIVATION	LINEAR/LATERAL <ul style="list-style-type: none"> - QUICK STEPS 		1-2 SETS/ 5 SECONDS

2. Athletic Development

- sport specific skill development
- major fitness development stage: endurance and strength
- medicine ball, swiss ball, own body strength exercises, (introduce free weights)
- further equipment: agility ladder, jump rope, pull-up bar, knee/waist-high ploys boxes, hurdles

- recommendations for body weight exercises in the table below
- program design depending on time available, equipment, athletes' skills

SQUAT	LIFT	PUSH/PRESS	ROW/PULL	Core
Heartbeat Squat	Hip Hinge/ Deadlift	(Kneeling) Push Up	45° Row (TRX)	Plank
Split Squat	Single Leg Deadlift	Overhead Carry	Hang/Pull Up	Side Plank
Hamstring				Bear Crawl

3. Basketball (increase the complexity from U14 to U16 or according to the level of the practice group)

A. Shooting

- Shoot out of triple threat
- Catch and shoot
 - Jump stop & 2 contacts
- Triple threat + one dribble
 - Jump stop & 2 contacts

*Divide girls and boys because of different height positions of the shooting hand

B. Lay ups/ Finishing around the rim, variations from easy to more complex

- Lay up (from up and under)
- Power lay up
- Reverse lay up

C. Ball Handling (static & movement)

- One ball
 - Cross over
 - Behind back
 - Between legs
 - Etc.
- Two balls
 - Dribble at same time
 - Dribble alternating
 - Increase complexity according to your group

D. Passing out of movement (2-0)

- Different passes (e.g.: chest pass, one hand push pass, bounce pass)

E. Defense

- Defensive stands
- Slides
- Close Out
- Rebounding/ Boxing Out

F. 2-0

- Beginning of basic spacing

G. 1-1

- out of catching the ball
- with/ without dribble limitations

U16 add-ons:

A. Off ball cuts/movements

- V cut
- I cut
- L cut
- Front Cut
- Backdoor cut

B. Defense

- On Ball:
 - Hand distance
 - Elbow distance
 - Feet position/Hands position
- Off Ball:
 - First pass away (f.ex.: deny, open)
 - Second pass away
 - Weak side

C. 2-0






- On ball screens
- Hand Off

D. 1-1/ 2-2

- out of different cuts (with and without dribble limitations)
- Defense versus the cuts

TRAIN TO COMPETE (15-18y. girls, 16-18y. boys)

1. Movement Preparation (Warm-Up)

	EXERCISE		VOLUME
GENERAL MOVEMENT	<ul style="list-style-type: none"> - RUNNING - ROPE SKIPPING 		5-8 MINUTES
HIP ACTIVATION	<ul style="list-style-type: none"> - CLAMSHELLS (lateral position) - LOOP WALKS (linear, lateral) 		1 SET/ 10-15 REPS EACH
DYNAMIC STRETCHING	HIP/ANKLE <ul style="list-style-type: none"> - BACKWARD LUNGE - KNEE HUG - QUAD STRETCH - LATERAL SQUAT - LEG CRADLE SHOULDER <ul style="list-style-type: none"> - STANDING T's 		1 SET/ 4-6 REPS EACH
MOVEMENT INTEGRATION	LINEAR/LATERAL <ul style="list-style-type: none"> - MARCH - SKIP 		1 SET/ 10-15 YARDS
NEURAL ACTIVATION	LINEAR/LATERAL <ul style="list-style-type: none"> - QUICK STEPS 		1-2 SETS/ 5-15 SECONDS

2. Basketball Skills

- A. Shooting (more complex), from dribble and from off the ball movements
- Pull up jumper
 - Pull up + step back
 - Screen + straight line/curl/flare
- B. Lay ups/ Finishing around the rim – more complex
- Floater
 - Euro step
 - Spin move
 - Inside hand
- C. Ball Handling
- More complex variations (e.g. tennis ball, balloon, etc.)
 - Two Balls
- D. Cuts out of (off-ball) screen situations – Reading the Defense
- Back Door Cut
 - Curl Cut
 - Flare Cut
- E. Defense
- Off Ball Screen Situations
 - On Ball Screen Situations
- F. 2-0
- Movements and Spacing regarding the positions (inside/ outside players)
- G. 1-1/ 2-2
- out of off ball/ on ball screen situations
 - Decision Making

3. Athletic Development

- sport, event & position-specific physical conditioning
 - major fitness development stage: endurance and strength
 - medicine ball, swiss ball, own body strength exercises, free weights
 - further equipment: agility ladder, jump rope, pull-up bar, knee/waist-high ploys boxes, hurdles
- recommendations for body weight exercises in the table below
 - program design depending on time available, equipment, athletes' skills
 - if you do not have any equipment, choose own body weight exercises (see “Train to Train Stage” above) and adjust training load

Legs	Back	Chest	Shoulders	Core
Squat	Bent Over Row	Bench Press	Military Press	Pillars (core body exercises)
Single Leg Deadlift	Shoulder Shrugs	Flys	Lateral Raise	Stability Ball
Lunges	High Pull Down		Upright Row	Circuit Training
Hamstring	Reverse Flys		Bar or Bench Dips	Rotator Cuff Exercises