



THE BASIN WILDCATS

BASKETBALL EXCELLENCE PASSPORT

“Your challenge is to have an extra skills practise session and a fitness practise session per week. (If you’re really busy at least one extra session per week, either skills or fitness, would be better than none).”

- These 2 sessions should take only about 20 minutes each.
- For every session you do, get your parents to tick it off on your passport.
- The player who hands their passport in at the end of the season with the most extra sessions completed will win a special prize pack. It will include jewellery, lollies, toys and lots more!
- So keep your passport in a safe place, like on your fridge or on your bed side table.

“After all, practise makes perfect and your game will improve out of this world the more you practise.”

IDEAS FOR PRACTISE SESSIONS

Skills Practise Session Suggestions:

- Set up a dribbling obstacle course and do it with about 5 different types of dribbling (like at training).
- Take 5 shots each from: standing from left, left angle, straight in front, right angle, right side, left and right side layup. (35 shots total).
- Find a suitable wall and standing close to it, throw the ball against the wall and catch it on the full at head height 10 times. Then step back and throw it to the wall and catch it after it’s bounce back 10 times.
- With a friend or brother / sister: pick a training activity and have a go. Perhaps pick a different each week.

Fitness Practise Session Suggestions:

- Do 10 star jumps, skips, scissor jumps, pushups, burpees, lunges, 30 second plank, 10 metre relay runs.
- Go for a 15 minute run (/walk but mostly run)!
- Go for a 15 minute bike ride without stopping
- Run 1 oval lap – rest, run half an oval lap – rest, quarter lap – rest, 10 metre sprint.



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Fitness Sessions

- *Get Mum or Dad to tick or write the date in one box at a time after each session.*

<i>19th May</i>			

Skills Sessions

- *Get Mum or Dad to tick or write the date in one box at a time after each session.*

<i>19th May</i>			