

WEEK 3 PASSING

30min - twice a week

COACHES: Drew Solewicz & Mila Redlich



MICHELLE TIMMS

One of Australia's greatest ever Point Guards, 4 olympic games and inducted into the FIBA hall of fame

short breaks in between fitness component
no breaks during passing session

FITNESS

Plank - Core strength and upper body arm strength
Arms/Chest/Core Strength

Planks: Holding in a push up position either on your hands or forearms. There should be a straight line between your heels and shoulders with no arch. If your hips/waist are sinking it is no good - better to have slightly raised.

Planking Challenge: Holding the plank with 20seconds rest in between each set.

1st plank - 1minute hold, 2nd plank - 50 seconds hold, 3rd plank - 40 seconds hold, 4th plank - 30 seconds hold, 5th plank - 20 seconds hold, 6th plank - 10 seconds hold

PASSING

Begin with warming up your hands and eyes a variety of wraps for 3mins. Clapping Catch Drill - Try and throw the ball up as high as possible and clapping as many times as possible.

Try and get 8-12 claps in each attempt.

Using a cement or brick wall maybe side of house - ask parents for permission first.

Start by throwing 2 handed chest passes into the wall so that the ball returns back to you without bouncing.

Ensure you are using your whole body by stepping into the pass as you throw the ball and follow through by pushing and extending all your fingers so your thumbs are pointing down.

Challenge: After each pass is caught off the wall or partner, take a small step back. Keep going back as far as you can go.

If the ball bounces before it gets to you or you drop the ball, you must step back closer to the wall or partner.

Try the same challenge using a bounce pass, one handed push pass (use both hands) and a 2 handed overhead pass

If you have a partner try and make as many consecutive passes in a row in 30 seconds - aim to get the ball out of hands quickly with same amount of power.