



STRUCTURED TRAINING PLAN

BBAXN Basketball Clinic - Under 12 (Beginner) and U10's

Week / Duration	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	
20 mins	Warm Up - Ball Handling / Footwork / Dribbling								
20 mins	Individual Offense - Triple Threat Position			Individual Offense - Shooting	Individual Offense - Lay Ups	Team Offense - Introduction and Concept of Offense		Synthesis of Week 1 to Week 7 (Evaluation)	
20 mins	Individual Defense - Defense Ready Position	Individual Defense - Defense Footwork	Individual Defense - Defending Player with and without the Ball		Individual Defense - One on One Plays	Team Defense - Introduction and Concept of Team Defence		Synthesis of Week 1 to Week 7 (Evaluation)	
20 mins	Rebounding - Box Out / Jump		Mental and Physical Training + Basic Rules and Regulations			Further education on Team Offense and Defense			
15 mins	TEAM SCRIMAGE / FRIENDLY								

BBAXN Basketball Clinic - Under 12 (Intermediate)

Week / Duration	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
20 mins	Warm Up - Ball Handling / Footwork / Dribbling				Warm Up - Advanced Ball Handling / Footwork / Dribbling		Warm Up and Synthesis of Basic Basketball Skills	
20 mins	Individual Offense - Passing / Receiving / Faking	Individual Offense - Shooting	Individual Offense - Lay Ups	Team Offense - Introduction to Set Offense and Transition Offense				Synthesis of Week 1 to Week 7
20 mins	Individual Defense - Defense Footwork	Individual Defense - Defending Player with the Ball	Individual Defense - One on One Plays	Team Defense - Introduction to Man to Man Defense and Zone Defense				Synthesis of Week 1 to Week 7
20 mins	Rebounding - Box Out / Jump		Mental and Physical Training + Basic Rules and Regulations			Further education on Team Offense and Defense		
15 mins	TEAM SCRIMAGE / FRIENDLY							

BBAXN Basketball Clinic - Under 14 and 16 (Beginner)

Week / Duration	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
20 mins	Warm Up - Advanced Ball Handling / Footwork / Dribbling							
20 mins	Individual Offense - Passing / Receiving	Individual Offense - Faking + Passing	Individual Offense - Shooting + Lay Ups	Team Offense - Improving Set Offense and Transition Offense				Synthesis of Week 1 to Week 7
20 mins	Individual Defense - Defense Ready Position + Defense Footwork	Individual Defense - Defending Player with and without the ball	Individual Defense - One on One Plays	Team Defense - Improving Man to Man Defense and Zone Defense				Synthesis of Week 1 to Week 7
20 mins	Rebounding - Box Out / Jump		Mental and Physical Training + Basic Rules and Regulations			Advanced Team Offense and Defense		
15 mins	TEAM SCRIMAGE / FRIENDLY							

BBAXN Basketball Clinic - Under 14 and 16 (Intermediate)

Week / Duration	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
20 mins	Warm Up - Footwork	Warm Up - Starting / Running / Stopping	Warm Up - Ball Handling / Dribbling	Warm Up - Stopping and Pivoting / Dribbling	Warm Up - Running and Dribbling	Warm Up - Getting Open	Warm Up - Offense Ready Position	Warm Up - Triple Threat Position
20 mins	Individual Offense - Passing / Receiving / Faking + Passing	Individual Offense - Faking + Passing + Shooting	Individual Offense - Shooting + Lay Up	Individual Offense - One on One Plays	Team Offense - Concept of Team Offense	Team Offense - Positioning / Alignment / Correction	Team Offense - Set Offense	Team Offense - Fast Breaks
20 mins	Individual Defense - Defense Ready Position	Individual Defense - Defense Footwork	Individual Defense - Defending Player with the Ball	Individual Defense - One on One Plays	Team Defense - Concept of Team Defense	Team Defense - Positioning / Alignment / Correction	Team Defense - Man to Man	Team Defense - Zoning
20 mins	Rebounding - Box Out / Jump		Mental and Physical Training + Basic Rules and Regulations			Advanced Team Offense and Defense		
15 mins	TEAM SCRIMAGE / FRIENDLY							

BBAXN Basketball Clinic - Open Ball

Week / Duration	WEEK 1	WEEK 2	WEEK 3	WEEK 4
20 mins	Warm Up - Footwork	Warm Up - Starting / Running / Stopping	Warm Up - Ball Handling / Dribbling	Warm Up - Stopping and Pivoting / Dribbling
20 mins	Introduction to Individual and Team Defense	Individual Offense - Offense Ready Position, Triple Threat Position, Shooting and Lay Ups, One on One Play		
20 mins	Introduction to Individual and Team Offense	Individual Defense - Defense Ready Position, Footwork, Defending Player with and without the ball, Man to Man Defense		
20 mins	Rebounding - Box Out	Rebounding - Positioning	Rebounding - Jumping	Rules and Regulations
15 mins	TEAM SCRIMAGE / FRIENDLY			

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