

8-Week Training Plan- Basketball

Preseason

- Improve your knowledge of basketball and of coaching athletes with intellectual disabilities by attending a Special Olympics training school.
- Locate a facility that will accommodate your athlete's needs (school, YMCA, church, playground, etc.).
- Secure the proper equipment.
- Recruit and orient volunteer assistant coaches.
- Recruit assistance providing athlete's transportation to and from practice.
- Schedule two or more practices per week for at least eight weeks before a major tournament or National/State Games.
- Schedule scrimmages and games against local teams before National/State Games.
- Ensure that all athletes have been medically approved before the first practice.
- Obtain medical and parental releases.
- Establish goals and develop a plan for the season.
 - What must your athletes be able to do by their first game?
 - When do you introduce those skills?
 - How will you build upon them?

Essential Components of Planning a Basketball Training Session

Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season, and the amount of time available for a particular session. The following elements need to be included in an athlete's daily training program. Please refer to the noted sections in each area for more in-depth information and guidance on these topics.

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|---------------------------------|---------------|
| Warm-Up | 25-30 minutes |
| Skill Development Workout | 15-20 minutes |
| Conditioning or Fitness Workout | 15-20 minutes |
| Cool-Down | 15-20 minutes |

The final step in planning a training session is designing what the athlete is actually going to do. Remember when creating a training session to allow for a gradual buildup of physical activity.

- Easy to difficult
- Fast to slow
- Known to unknown
- General to specific
- Start to finish



The following eight-week training plans have been used successfully with athletes of varying abilities with all training sessions. These are offered as samples and not as required training programs. In a best-case scenario, you will have many more than eight weeks to train, and many more opportunities for competition, than are listed here.

Week One-Practice 1

1. Warm up with footwork activities and a ball, then stretch.
2. Conduct Basketball Skills Assessment Tests (BSATs) Dribble, Rebound, Perimeter Shooting.
3. Cool down and team talk.

Week One-Practice 2

1. Warm up with footwork activities and a ball, then stretch.
2. Conduct Basketball Home Training Program emphasis on dribbling theme.
3. Play Dribble Tag; also introduce the concept of offense and defense.
4. Cool down and team talk.

Week Two-Practice 1

1. Warm up with footwork activities and a ball, then stretch.
2. Divide into four equal groups and conduct four skill stations (10 minutes each) dribbling, passing/catching, shooting and going after the ball.
3. Conduct a controlled scrimmage.
4. Cool down and team talk.

Week Two-Practice 2

1. Warm up with footwork activities and a ball, then stretch.
2. Divide into four equal groups and conduct four skill stations (10 minutes each) dribbling, passing/catching (introduce throw-in), shooting and going after the ball.
3. Teach a simple offense on the half court; scrimmage.
4. Cool down and team talk.

Week Three-Practice 1

1. Warm up with footwork activities and a ball, then stretch.
2. Divide into four equal groups and conduct four skill stations (10 minutes each) dribbling, passing/catching, shooting with Rebound Ball and one-on-one defense.
3. Review a simple offense on the half court; teach a simple defense; scrimmage.
4. Cool down and team talk.



Week Three-Practice 2

1. Warm up with footwork activities and a ball, then stretch.
2. Teach simple pre-game warm-up routine.
3. Divide into four equal groups and conduct four skill stations (5-7 minutes each) dribbling, passing/catching, shooting with Rebound Ball, and one-on-one and then two- on-one defender.
4. Review a simple offense and defense on the half court and scrimmage (introduce 3-second lane).
5. Cool down and team talk.

Week Four-Practice 1

1. Warm up with footwork activities and a ball, then stretch.
2. Use pre-game warm-up.
3. Divide into four equal groups and conduct four skill stations (5-6 minutes each) dribbling, passing/catching, shooting with Rebound Ball and two-on-one defender.
4. Review a simple offense and defense on the half court and scrimmage (introduce changing baskets at halftime).
5. Cool down and team talk.

Week Four-Practice 2

1. Warm up with footwork activities and a ball, then stretch.
2. Use pre-game warm-up.
3. Divide into four equal groups and conduct four skill stations (5 minutes each) dribbling, passing/catching, shooting with Rebound Ball, and two-on-one and then two- on-two defense.
4. Review a simple offense and defense on the half court, and scrimmage (teach jump ball and practice changing baskets at halftime).
5. Cool down and team talk.

Week Five-Practice 1

1. Use pre-game warm-up and then stretch.
2. Divide into four equal groups and conduct four skill stations (4-5 minutes each) dribbling, passing/catching, free throw with rebounding and two-on-two.
3. Review the offense and defense on the half court; play a shortened game (set up a situation with ball out of bounds under the basket).
4. Cool down and team talk.

Week Five Practice 2 (Play a game against a local team.)

Week Six Practice 1

1. Use footwork activities, run through the pre-game warm-up, and then stretch.
2. Divide into four equal groups and conduct four skill stations (4 minutes each) dribbling, passing/catching, free throw with rebound ball, and two-on-two and then three-on-two.
3. Review the offense and defense on the half court; play a shortened game (emphasize playing positions and changing ends at halftime; review situation with ball out of bounds under basket; set up situation with ball out of bounds at the sideline).
4. Cool down and team talk.

Week Six-Practice 2

1. Use footwork activities, run through pre-game warm-up, and then stretch.
2. Divide into four equal groups and conduct four skill stations (4 minutes each) dribbling, passing/catching, free throw with rebound ball, and three-on-two and then three-on-three.
3. Review the offense and defense on the half court; play a shortened game (emphasize playing positions and changing ends at halftime; review situation with ball out of bounds under basket and at sideline).
4. Cool down and team talk.

Week Seven- Practice 1

1. Use footwork activities, run through pre-game warm-up, and then stretch.
2. Divide into four equal groups and conduct four skill stations (3-4 minutes each) dribbling, passing/catching, free throw with rebound ball, and three-on-two and then three-on-three.
3. Review the offense and defense on the half court; play shortened game (emphasize playing positions and changing ends at halftime; review situation with ball out of bounds under basket and at sideline).
4. Cool down and team talk.

Week Seven-Practice 2 (Play a game against a local team.)

Week Eight-Practice 1

1. Use footwork activities, pre-game warm-up, and then stretch.
2. Divide into four equal groups and conduct four skill stations (3-4 minutes each) dribbling, passing/catching, free throw with rebound ball, and three-on-two and then three-on-three.
3. Prepare for Area Tournament; set up any situations and scrimmage.
4. Cool down and team talk.



Week Eight-Practice 2 (Compete in the Area Tournament.)

1. Travel; arrive; register team and Individual Skills athletes; review schedule.
2. Eat snack or meal an hour and a half before competing (or after competing when necessary).
3. Warm up and stretch 20 minutes before competing.
4. Compete.
5. Receive awards.
6. Cool down.
7. Return home.

After the Eight-Week Season

1. Continue training athletes going beyond Local or Area competition.
2. Invite athletes, parents, group home staff, facility host, sponsors, etc.
3. Have an end-of-the-season party to celebrate and recognize athletes achievements and assistant coaches help.
4. Thank the facility host.
5. Thank assistant coaches.
6. Thank other volunteers.
7. Send a follow-up news story and photos to media.
8. Evaluate the season.
9. Develop the season plan for next year.



Sample Practice Schedules

Basketball Week 1- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- In waves of four, starting at one end of court: Jogging (forward, backward; defensive sliding)
- Dribbling, passing and moving the ball (in pairs and moving sideline to sideline). *First person dribbles to opposite sideline, turns toward ball-hand side, pulls ball in new direction, stops halfway, bounce passes to partner who moves to catch ball before continuing dribble and repeating what partner did.*
- Stretching: Calves, hamstrings, quads, groin and arms

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the ball (from rolling ball straight and then to each side, bouncing ball straight and then to each side, tossing ball straight and then to each side). *Set up station with coach and line and athletes; athletes go to the ball, catch ball, bounce pass back to coach and go to end of line.*
- **Shooting:** Pick up ball in proper shooting position (shooting hand on top; guide hand at side); then shoot short shots. *Set up station with coach in front of basketball and to side of line of players along lane line; athletes use backboard for shot.* IF time permits, player takes ball out of coach's hands and in proper shooting position.
- **Two-on-the-coach:** (Two offenders work on passing, moving rebounding and scoring against one coach-defender). *This is the beginning of the offense.*
- **Three-on-three:** Work on formation of defense in triangle (step to ball; belly to ball).

Focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball.

35 Minutes- Team Concept for Five-on-five Teams

- Offense and two or three defense with no opponent
- Then scrimmage (play); coaches may need to shadow and assist low-ability athletes to positions on court.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills, i.e., Beat the Clock: see how many shots from positions 1 and 2 back be made in 30 seconds.

10 Minutes- Conditioning Activities: Jump-the-Lines; Sit-ups; Push-ups

- Bring team together for cool-down stretching and reward efforts: "Winners Circle" with each athlete receiving accolades; coach notes one positive per athlete.



Basketball Week 2- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- In waves of four, starting at one end of court: Jogging (forward, backward; defensive sliding)
- Dribbling, passing and moving the ball (in pairs and moving sideline to sideline).
- Stretching: Calves, hamstrings, quads, groin and arms

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the ball (from rolling ball, bouncing, tossing; add shooting with athlete still in line, but coach shooting from side). *Set up station with coach and line of athletes; athletes go to ball, catch ball, bounce pass back to coach and go to end of line.*
- **Shooting:** Pick up ball in proper shooting position (shooting hand on top; guide hand at side); progress to receive pass, shoot and follow for rebound; then short shots. *Set up station with coach under basketball and in line with athletes along lane line.*
- **Two-on-the-coach:** (Two offenders work on passing, moving rebounding and scoring against one coach-defender). *Coach adds increased defensive pressure.*
- **Three-on-three:** Continue work on defense (step to ball; bellow to ball / add "Close the Door" on drive. *Focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense closing the door coming together and not allowing offender to go through the gap.*

Focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball.

35 Minutes- Team Concept for Five-on-five Teams

- Offense and two or three defense with no opponent. Run to set-up positions from half court; proceed into offense.
- Then scrimmage in 5-to-7 minute blocks of time.
- Add jump ball practice to start game, add sideline play at offensive end: *team goes to set up position with best passer or point guard taking ball out of bounds.*

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (Two-player Keep Away from Coach).

10 Minutes- Conditioning Activities: Jump-the-Lines; Sit-ups; Push-ups

Bring team together for cool-down stretching and reward efforts: "Winners Circle" with each athlete receiving accolades; coach notes one positive per athlete.

Basketball Week 3- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- In waves of four, starting at one end of court: Jogging (forward, backward; defensive sliding)
- Dribbling, passing and moving the ball (in pairs and moving sideline to sideline).
- Add playing *Dribble Tag* for 5 minutes; *Divide athletes by ability, putting groups with each coach; depending on level of athlete, put two athletes in jump ball circle; each has a ball; each must start dribbling ball and prevent opponent from stealing ball while dribbling his/her own ball.*
- Stretching: Calves, hamstrings, quads, groin and arms

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the ball from rolling ball, bouncing, tossing and shooting. Coach shoots from corner as last week; add pressure with coach trying to steal ball and providing physical contact with athlete.
- **Shooting:** Pick up ball in proper shooting position (shooting hand on top; guide hand at side); progress to receive pass, shoot and follow for rebound; then short sots. *Set up station with coach under basketball and in line of athletes along lane line.*
- **Two-on-the-coach:** Two offenders work on passing, moving, rebounding and scoring against one coach-defender who offers increasing levels of pressure. Add that athletes must make at least two passes before shooting.
- **Three-on-three:** Continue work on defense (step to ball; belly to ball / add Close the Door on drive). *Focus is on defense, reacting and moving to stop ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense closing the door with closest defenders coming together and not allowing offender to go through the gap; ad when defense gets ball, pass back to coach with teams switching from offense to defense.*

35 Minutes- Team Concept for Five-on-five Teams

- Review offense and two-three defense with no opponent; run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add lining up and shooting free throw.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (Two-on-two coach/athlete teams).

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts: "Winners Circle" with each athlete receiving accolades; coach notes one positive per athlete.



Basketball Week 4- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- Jogging (forward then backward; side-to-side; defensive sliding; Dribbling, passing and moving the ball (in pairs and moving sideline to sideline)
- Dribbling, passing and moving the ball (in pairs and moving sideline to sideline).
- Playing Dribble Tag for 6 minutes: *Divide athletes into four groups. Two groups lower ability, two groups higher ability; lower teams play in one half court; higher teams play in other half court; play in 3-minute time blocks; winning teams have more players left on the court at end of time.*
- Stretching: Calves, hamstrings, quads, groin and arms

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the ball from rolling ball, bouncing, tossing and shooting. Coach shoots from corner as last week; add pressure with coach trying to steal ball and providing physical contact with athlete.
- **Shooting:** Pick up ball in proper shooting position (shooting hand on top; guide hand at side); progress to receive pass, shoot and follow for rebound; then short shots. *Set up station with coach no at foul line, with pass coming at different angle.*
- **Three-on-the-coach:** Three offenders work on passing, moving, rebounding and scoring against on coach-defender who offers increasing levels of pressure; add that athletes must make at least two passes before shooting.
- **Three-on-three:** Continue focus on defense (step to ball ; belly to ball; close the door on drive); *Focus is on defense, reacting and moving to stop the ball.*

35 Minutes- Team Concept for Five-on-five Teams

- Continue review offense and two-three defense with no opponent; run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add end-line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (Two-on-two coach/athlete teams).

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities).

Basketball Week 5- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- Jogging (forward then backward; side-to-side; defensive sliding; Dribbling, passing and moving the ball (in pairs and moving sideline to sideline)
- Dribbling, passing and moving the ball (in pairs and moving sideline to sideline).
- Playing Dribble Tag for 6 minutes: *Divide athletes into four groups. Two groups lower ability, two groups higher ability; lower teams play in one half court; higher teams play in other half court; play in 3-minute time blocks; winning teams have more players left on the court at end of time.*
- Stretching: Calves, hamstrings, quads, groin and arms

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Go to the ball from rolling ball, bouncing, tossing and shooting. Then play *Rebound Ball: Two players at a time with coach shooting and players trying to grab ball first.*
- **Shooting:** Pick up ball in proper shooting position; shoot without and then with pressure. *Set up station with coach under basketball who passes to athlete and comes out to offer hand-up or in-face pressure.*
- **Three-on-the-coach plus 1:** Three offenders work on passing, moving, rebounding and scoring against on coach-defender and athlete teammate, who offer increasing levels of pressure.
- **Three-on-three:** Continue focus on defense (step to ball ; belly to ball; close the door on drive); *Focus is on defense, reacting and moving to stop the ball; start by passing the ball with defense stepping to ball and belly facing ball, then dribble to gap with defense closing the door with closest defenders coming together and not allowing offender to go through the gap; continue when defense gets ball, pass back to coach with teas switching from offense to defense.*

35 Minutes- Team Concept for Five-on-five Teams

- Continue review offense and two-three defense with no opponent; run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add end-line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (Two-on-two athlete teams).

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities).



Basketball Week 6- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- Formalize pre-game warm-up (jogging, then partner dribbling and passing)
- Stretching: Calves, hamstrings, quads, groin and arms
- Lay-up and shooting (two lines: one shooting, the other rebounding)
- Add Fast Break Drill: *Coach throws long; athlete runs, grabs ball first (does not dribble a bouncing ball), then dribbles in for lay-up, gets rebound and passes to coach; repeat coming back down court with new coach throwing ball.*

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Rebound ball. *Two players at a time, with coach shooting and players trying to grab ball first.*
- **Shooting:** Rapid Fire Shooting in group of three with two balls. *Set up station with rebounder, passer and shooter, with coach near athlete to provide assistance.*
- **Three-on-three:** Offense-Defense. Defense steps to ball, belly to ball, and “closes the door”; offense works with teammates, moves to get open, rebound and is aware of 3-second violation; when defense get ball, pass back to coach with teams switching from offense to defense.

35 Minutes- Team Concept for Five-on-five Teams

- Continue review offense and two-three defense with no opponent; run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add end-line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- Conduct ISC and score; record efforts.
- Then play low-organized fun games using skills (Three-on-three teams of one coach and two athletes).

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities).



Basketball Week 7- Practices

Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- Formalize pre-game warm-up (jogging, then partner dribbling and passing)
- Stretching: Calves, hamstrings, quads, groin and arms
- Lay-up and shooting (two lines: one shooting, the other rebounding)
- Continue Fast Break Drill: *Coach throws long; athlete runs, grabs ball first (does not dribble a bouncing ball), then dribbles in for lay-up, gets rebound and passes to coach; repeat coming back down court with new coach throwing ball.*

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Rebound ball. *Two players at a time, with coach shooting and players trying to grab ball first.*
- **Shooting:** Rapid Fire Shooting from opposite side in groups of three with two balls. *Set up station with rebounder, passer and shooter and coach nearest athletes to provide assistance; rotate clockwise every 30 seconds.*
- **Three-on-three:** Offense-Defense. Defense steps to ball, belly to ball, and “closes the door”; offense works with teammates, moves to get open, rebound and is aware of 3-second violation; when defense get ball, pass back to coach with teams switching from offense to defense.

35 Minutes- Team Concept for Five-on-five Teams

- Continue review offense and two-three defense with no opponent; run to set-up positions from half court and then from defense; proceed into offense.
- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add end-line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts
- Then play low-organized fun games using skills (three-on-three team of coach and two athletes)

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities).

Basketball Week 8- Practices



Suggest Two Practices Minimum (repeating and reinforcing concepts for both)

20 minutes- Warm-up

- Formalize pre-game warm-up (jogging, then partner dribbling and passing)
- Stretching: Calves, hamstrings, quads, groin and arms
- Lay-up and shooting (two lines: one shooting, the other rebounding)
- Continue Fast Break Drill: *Coach throws long; athlete runs, grabs ball first (does not dribble a bouncing ball), then dribbles in for lay-up, gets rebound and passes to coach; repeat coming back down court with new coach throwing ball.*

25 Minutes- Skill Work (one or two coaches per basketball; station 5 minutes each; jogging to next station; athletes are ability-grouped to match strength and size for safety)

- **Rebounding:** Rebound ball. *Three players at a time, with coach shooting and players trying to grab ball first.*
- **Shooting:** Rapid Fire Shooting from opposite side in groups of four with two balls and two shooters. *Set up station with rebounder, passer and shooter and coach nearest athletes to provide assistance; rotate clockwise every 30 seconds.*
- **Three-on-three:** Offense-Defense. Defense steps to ball, belly to ball, and “closes the door”; offense works with teammates, moves to get open, rebound and is aware of 3-second violation; when defense get ball, pass back to coach with teams switching from offense to defense.

35 Minutes- Team Concept for Five-on-five Teams

- Scrimmage in 5-to-7 minute blocks of time.
- Continue jump ball and sideline out-of-bounds play on other side of basket; add end-line out-of-bounds play to score under own basket.

Individual Skills Work with ISC Athletes: 10m Dribble; Target Pass; Spot Shot

- 10m Dribble; Target Pass; Spot Shot
- Conduct ISC and score; record efforts
- Then play low-organized fun games using skills (three-on-three team of three athletes)

10 Minutes- Conditioning Activities: Bring team together for cool-down stretching and reward efforts; go over plans for competition this week (uniforms; travel logistics; parent and coach responsibilities).