

Southern Peninsula Basketball Association



Return to Training – Coaches Guide

As of 16/06/2020

THE PURPOSE

The purpose of these guidelines is to ensure that all SPBA athletes are provided with the greatest possible opportunity to return to playing the game they love, without any additional risk of injury to what they'd normally be exposed to whilst training or playing Basketball.

Our focus continues to remain the long term.

These guidelines have been created utilising information from industry leaders in strength & conditioning, Basketball Victoria and Basketball Australia.

A special thank you to Core Advantage Athletic development who provided most of the content within this document via their *Art of the Reload* workshop which can be accessed at www.coreadvantage.training/product/the-art-of-the-reload/

THE FOCUS

LONG TERM

Our focus is 100% focused on long term. Do not get caught up in wins and losses or “being ready” straight away. The more we rush to get back quickly, the more likely we are to cause harm that will result in athletes missing games.

FUNDAMENTAL APPROACH

Drills should be fundamental focused to assist players regain confidence before moving to concepts and tactics. This period should be used to impact shooting form, technique and improvement as a priority

PATIENCE IS THE KEY

This is a 4-8 week process at best, we must remain patient and help our athletes through the process. This is not the time to ‘make the most’ of sessions.

Week 3 is the danger week in terms of when fatigue and soreness may start to appear, along with potential injuries starting to show up.

PREPARATION

Coaches must have a detailed practice plan that is followed. This will ensure sessions and athletes are managed well. Adequate warm up and cool down is vital, no less than 10 minutes is to be spent on each. Refer to the Basketball Australia ‘Return to Training – Functional Movement for Younger Players’ as well as Core Advantage’s Warm Up 2.0.

MENTAL HEALTH

Some of these athletes live and breathe the game, had it taken away, and will come back frustrated or unhappy with their performance. Encourage the athlete, accept and be mindful of this. Coach the movement, action or detail rather than the result

REQUIREMENTS OF THE COACH

PLAN & PREPARE

Ensure that training sessions are planned and prepared to provide variation in drills, slow progression towards a return to play and focus on building the athletes confidence back up. This is best achieved through thorough planning and preparation.

SELL THE LONG TERM

Athletes will be eager to get back to full speed. They will want to compete and scrimmage straight away. They'll want to play. It is up to us as coaches to sell the long term and ensure that they take care of themselves so that they can return to play safely.

SPBA RETURN TO BASKETBALL

The SPBA has produced the 'Return to Basketball – Action Plan'. It is each coach's responsibility to ensure that they, along with their team, follow this at every possible opportunity. This will protect you, your team and our community.

BACKGROUND OF THE WHY

There are several reasons and factors that play into why we need to take the approach that we are when returning to Basketball.

German Pro Soccer saw a 226% increase in the rate of injuries in their first week back. They're full time professionals and still had this issue.



LOSS OF INCIDENTAL ACTIVITY

Everyone has lost incidental activity, that we'd normally endure, during COVID-19. These are things as simple as walking around between school classes, messing around at recess/lunch and playing with friends outside of school.



LOSS OF VITAMIN D

Due to COVID-19, we have all spent significantly more time inside, and therefore, been exposed to significantly less sun. This is important as it means we have a loss of Vitamin D. Vitamin D is critical in bone strength and body functions for all ages.



LOSS OF SPORT

We have all lost sport during COVID-19, not just Basketball but other sports as well. Many of our VJBL athletes would have been on court 4-5 times per week as a minimum. Whilst we have done a great job with Zoom training sessions, they simply do not mirror on court sessions with teammates and coaches.



LACK OF SLEEP

It has been well documented that due to a range of factors, the quality/quantity of sleep many people have experienced during COVID-19 has reduced. Quality sleep is widely regarded as one of the most significant factors in our emotional and mental well-being as well as being incredibly important for growth and repair of our bodies.



WORLD CLASS SNACKING

Whilst being at home, only a few short steps from the fridge and the pantry, for many of us, snacking has reached an all time high. Due to this, our nutrition is likely to have taken a hit, meaning our bodies simply aren't functioning and operating like they perhaps could/should.

PART A: NOT BREAKING THE ATHLETES

We do not want to “break” the athletes. By the time they hit the floor again, they would have endured 14 weeks off. Here are steps to take to ensure the long-term health of the athletes;

OVERLOADING MAY TAKE A MONTH TO SHOW UP



Injuries due to overloading could take 4-5 weeks to show up. Common injuries due to overloading are tendon injuries or stress fractures. So whilst the athletes may report feeling great and we feel like they’re ready to step training up a level, it is important that we slowly work them back into their training in order to reduce the risk of overloading injuries.

TAKE A STRUCTURES FIRST APPROACH



Our focus upon return is the structures of the body and how they help us perform. We do not expect coaches to behave like personal trainers, however, think about the basic movement patterns that Basketballers need, use or require, and focus on implementing those within your sessions as much as possible.

SLOW IS SMOOTH, SMOOTH IS FAST



It’s simply, a slow, smooth approach to being back on court is going to do the best job of preparing our athletes for their return to competition and games.

MISTRUTHS OF HARD WORK WILL BE TOLD



No matter how hard we claim to of worked during COVID-19, the fact is that mistruths, intentional or not will be told. Nothing the athletes would have done in recent times would be of the same level as an on court session with team mates and coaches.

MOST WILL UNDER REPORT SORENESS TO THE COACH



Athletes generally under report how sore they feel to coaches. They don’t want to miss out on training or games, particularly if they’ve had 3 months off. It is important to remain disciplined on our return to training to ensure the welfare of the athletes.

PART B: HACKING FITNESS

With limited time on court, we can not get caught up trying to “make up for lost time”, however, we do need to do a great job of gradually building the athletes strength, conditioning and overall fitness. We can do this by following the below rules for the remainder of the current VJBL season;

SPECIFICITY

- Focus on Basketball specific movements
- Focus on the structures
- No need for push ups or burpees

WARM UP 2.0

- Utilise warm up 2.0 for warm ups and cool downs
- Use Basketball Australia ‘Return to Training – Functional Movement for younger players’
- Minimum of 10 minutes warm up and 10 minutes cool down per session
- Compulsory to utilise above resources

4 MIN RULE

- Compulsory to find all athletes 4 minutes of continuous rest per quarter
- 4 minutes of real time, not game time
- Use $\frac{1}{4}$ and $\frac{3}{4}$ time to assist
- Utilise timeouts

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team.

Week 1: Starting 22/6

OF TEAM SESSIONS

Max of 2 per week

DURATION OF TEAM SESSIONS

Max of 60 minutes per session

OF INDIVIDUAL SESSIONS

Recommended no more than 1 per week

DURATION OF INDIVIDUAL SESSIONS

Recommended 45 minutes per session

INTENSITY LEVEL

Low – 4/10

Session Focus: Restore game like movement

Purely skill development – Place a large focus on shooting form & technique

Return to making shapes of the sport at low intensity

- Reacclimatizing the body to sport specific movements
- Change of direction and braking

No competition to take place

No competitive running

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team.

Week 2: Starting 29/6	Session Focus: Build on week 1
# OF TEAM SESSIONS	The intensity can be raised slightly from last week. Ensure extended rest is provided after each drill where the intensity is raised.
Max of 2 per week	Purely skill development – Place a large focus on shooting form & technique
DURATION OF TEAM SESSIONS	Return to making shapes of the sport at low intensity
Max of 60 minutes per session	<ul style="list-style-type: none">• Reacclimatizing the body to sport specific movements• Change of direction and braking
# OF INDIVIDUAL SESSIONS	Competition can take place; the focus to be the movement, the action or the detail, not the outcome. No penalties for losing. No scores to be kept.
Recommended no more than 2 per week	Competitive drills may be contested shooting/finishing etc
DURATION OF INDIVIDUAL SESSIONS	1 v 1 to be introduced, without scoring. Focus to be on movement, action and detail.
Recommended 45 minutes per session	No competitive running
INTENSITY LEVEL	
Low/Moderate – 4-6/10	

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team.

Week 3: Starting 6/7

OF TEAM SESSIONS

Max of 2 per week

DURATION OF TEAM SESSIONS

Session 1 = Max of 60 minutes
Session 2 = Max of 80 minutes

OF INDIVIDUAL SESSIONS

Recommended no more than 2 per week

DURATION OF INDIVIDUAL SESSIONS

Recommended 45 minutes per session

INTENSITY LEVEL

Low/Moderate – 5-7/10

Session Focus: Introduce competition

Slowly introduce more competition, including 2 v 2 and 3 v 3

Focus on the movement, action or detail. No penalties for losing. No scores to be kept.

Ensure extended rest is provided between each competitive drill.

No competitive running.

2nd session of the week to be 80 minutes, with 30 minutes to be teaching/revision focused – style of play, system of play etc.

2nd session of the week to include full court 5 v 5. 5-minute games with at least 4 minutes break at the end of each game/between games and next drill. No scores kept.

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team. Athletes in Basketball Victoria SDP or NPP will miss a team session as their Basketball Victoria commitments are reintroduced.

Week 4: Starting 13/7	Session Focus: Build on week 3
# OF TEAM SESSIONS	Slightly increase intensity from week 3.
Max of 2 per week	Incorporate more “game play”. 5-minute games with at least 4 minutes break at the end of each game/between games and next drill. No scores kept.
DURATION OF TEAM SESSIONS	Focus on the movement, action or detail. No penalties for losing. No scores to be kept.
Session 1 = Max of 60 minutes Session 2 = Max of 60 minutes	No competitive running.
# OF INDIVIDUAL SESSIONS	2 nd session back to 60 minutes to allow for sore bodies/muscles due to first competitive game back.
Recommended no more than 3 per week	
DURATION OF INDIVIDUAL SESSIONS	
Recommended 45 minutes per session	
INTENSITY LEVEL	
Moderate – 6-8/10	

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team. Athletes in Basketball Victoria SDP or NPP will miss a team session as their Basketball Victoria commitments are reintroduced.

Week 5: Starting 20/7

Session Focus: Introduce game play

OF TEAM SESSIONS

Slightly increase intensity from week 4. Although we're back playing, we're still trying to ease the athlete back in.

Max of 2 per week

Full court scrimmage. 5-minute games as a maximum. Scores to be kept.

DURATION OF TEAM SESSIONS

Session 1 = Max of 60 minutes
Session 2 = Max of 90 minutes

More competitive drills to be used. Scores can be kept. Penalties for losers that are Basketball specific.

Competitive drills to focus on skill development and decision making.

No competitive running.

OF INDIVIDUAL SESSIONS

Recommended no more than 3 per week

2nd session of the week can be reduced to 60 minutes if athlete feedback is bodies are sore/fatigued. This decision needs to be made before the session starts, allowing parents enough time to arrange pick up times.

DURATION OF INDIVIDUAL SESSIONS

Recommended 60 minutes per session

INTENSITY LEVEL

Moderate/High – 7-9/10

TIMELINE OF TRAINING

This timeline of training is based off the hope that we will have 6 weeks to prepare for round 1 of VJBL re-commencing.

Juniors in Senior Teams will only train with their Junior team. Athletes in Basketball Victoria SDP or NPP will miss a team session as their Basketball Victoria commitments are reintroduced.

Week 6: Starting 27/7

OF TEAM SESSIONS

Max of 2 per week

DURATION OF TEAM SESSIONS

Session 1 = Max of 60 minutes
Session 2 = Max of 90 minutes

OF INDIVIDUAL SESSIONS

Recommended no more than 3 per week

DURATION OF INDIVIDUAL SESSIONS

Recommended 60 minutes per session

INTENSITY LEVEL

High - 7-10/10

Session Focus: Almost back to normal

Slightly increase intensity from week 5

Full court scrimmage. 5-minute games as a maximum. Scores to be kept.

More competitive drills to be used. Scores can be kept. Penalties for losers that are Basketball specific.

Competitive drills to focus on skill development and decision making.

Competitive running allowed.

RESOURCES

**BASKETBALL AUSTRALIA RETURN TO TRAINING
FUNCTIONAL MOVEMENT FOR YOUNG PLAYERS
CLICK HERE**

**CORE ADVANTAGE: WARM UP 2.0
VIDEO – CLICK HERE
PDF – CLICK HERE**