

Week	Basketball	Fitness Training
1	Shooting. Know to shoot with correct technique and to use the finger tips to impart backspin on the ball. Where possible, know to use the backboard when shooting to gain an advantage. Know to improve and develop shooting skills from a variety of positions and in pressured play, where speed as well as accuracy is vital.	Continuous Training. Know that aerobic endurance training improves the efficiency of the heart and lungs and is vital for long distance/time athletes. Know how to work at your own pace and how to alter the intensity of the session through adjusting time, speed and distance.
2	Passing. Know how to use fast chest and bounce passes in pressured situations while maintaining technique and accuracy. Know how to evaluate your opponent's strengths and weaknesses and to use this information to gain a competitive tactical advantage.	Circuit Training. Know that circuit training is exercising at various stations for set periods of time and that it is used to develop muscle endurance, allowing the muscles to work for longer. Know how intensity can be altered through varying times, targets, circuits or rest periods. Know how the exercises can be varied to focus on a particular component of fitness or sport and know how it can be linked with skill acquisition.
3	Dribbling. Know how to dribble using correct technique and how to dribble without breaking the rules. Know to develop control and technique with either hand and how to utilise various Dribbling skills to gain a tactical advantage. Know how and when to use dribbling as a tactical advantage for you and your teammates.	Weight Training. Know how to use the equipment safely. Know how to use the exercise machines effectively to develop muscular endurance. Know how to use the exercise machines effectively to develop muscular strength. Know how to design a short exercise programme that various muscle groups used and how to use weight, reps and sets to vary intensity. Know how to use the cardio-vascular machines to improve aerobic endurance and how to vary intensity through time, loads or rest periods.
4	Pivot Foot. Know the rules of using the pivot foot and understand how important it is to move the ball quickly to gain a tactical advantage. Know how to assess opposing players and teams and to identify their weaknesses and how to use this information to benefit you and your teammates.	Interval training. Know that interval training is repetitive short sprints at maximum speed followed by rest periods and that it is used to develop speed. Know that improving acceleration and pure speed can improve performance in a wide variety of sports and know how to use varying distances, reps, sets and rest periods to alter intensity.
	Handball	Football
5	Passing & receiving. Know to pass the ball using a variety of passes and how to receive the ball. Know how to use disguise and dummy passes in competitive situations to gain an advantage.	Running with the ball. Know how and when to run with the ball at speed to benefit your team, particularly during a break away. Dribbling. Know how and when to dribble and shield the ball. Know how and when to dummies, disguise and skill to beat individual defenders. Know when to release the ball to benefit your team and disadvantage the opposition.
6	Movement to create space and angles. Know how to use movement and support to benefit the attacking team and to disadvantage the defending team. Know how to quickly change the shape of your team during the transition phase, from a tight defensive unit into a goal-scoring threat.	Recovery runs during transition. When losing possession, know how important it is to players to make defensive recovery runs and to create a solid defensive unit. Know when and how to press the ball, forcing errors from the attacker.
7	Running in possession. Know how to legally run with the ball and when to use this skill to tactically benefit your team. Defending. Know how important it is to make quick recovery runs, when attacks break down, denying space for the attacking team. Know how and when to try and intercept passes, without disadvantaging your team and creating space for the attackers.	Corners. Know how to play "in" and "out" swinging corners and how varying the delivery can create different types of goal scoring opportunities. Know how to attack a crossed ball, using a variety of runs to create space and also confuse defenders. Know how to head the ball with accuracy, control and power in goal-scoring situations.
8	Speed of passing. Know how important moving the ball quickly is for successful attacking play and how a variety of passes can be used to gain an advantage in attacking situations. Shooting. Know how important it is to shoot quickly with power, accuracy and sometimes using disguise, when trying to score goals.	1 & 2-touch play. Know how to use quick 1 and 2 touch play to benefit the team when attacking. Know how to be balanced when receiving the ball and how to lay-off the ball for the first time, using various parts of the feet and body.

Year 10 Kemnal Keys – Term 1 & 2 Options

