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A two-month training program for U9-U12 basketball players focused on skills and abilities development

Bachelor Thesis

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Abstract

Title: A two-month training program for U9-U12 basketball players focused on skills and abilities development.

Objectives: This study aims to provide a grounded scientifically and methodologically basketball training program for U9-U12 children during the in-season competition period to enhance their skill and ability development.

Methods: A theoretical and empirical approach was used to develop a comprehensive basketball program routine based on a literature review of academic resources and scientific studies.

Results: The study presents a scientifically and methodologically grounded training program that enhances the skill and ability development of U9-U12 children through a structured and systematic approach. The program is adaptable to different skill levels and considers the principles of long-term athlete development and periodization, crucial for overall athlete development. The training plan includes two training sessions per week for eight weeks. It covers fundamental skills and techniques and is adaptable to different skill levels.

Keywords: basketball, youth training program, skill development, long-term athlete development, periodization, athlete development.

1. Introduction

Basketball is a sport that can be enjoyed by people of all ages, and it serves as an expression of the biological, spiritual, and mental needs of individuals. It is not a luxury, but rather a social good that should be available to all children. The game of basketball provides children with an exciting and dynamic physical activity that can help them develop important life skills such as communication, self-awareness, and the discovery of their own strengths.

While not all young athletes who participate in basketball will become high-level players, they can still gain positive experiences from the sport that will serve them well in other areas of their lives, such as becoming coaches, referees, agents, journalists, sports scientists, or dedicated fans.

The benefits of basketball include maintaining and improving health, physical and social development, and the formation of positive relationships and a spirit of cooperation with others. Coaches and teachers must understand the parameters of age and physique when setting long-term goals and working with players.

This research paper aims to analyse the philosophy and technical instructions of a proper basketball coaching development plan for youth ages of U9-U12 years old. Through a theoretical and practical lens, the paper will explain the preparatory stages of a workout plan and provide an analytical two-month training plan for basketball players focused on skill and ability development. The goal of this research is to provide new coaches with the knowledge and tools necessary to work effectively with young players in the U9-U12 age range and to impart the philosophy of the sport.

2.1 Basketball

Basketball was founded in December 1891 by James Naismith in Massachusetts. At the beginning he designs the game as an indoor game to stop the boredom of his students during cold days of the year. Basketball it is a non-contact team sport plays by two teams with five players on each side. The purpose of the game is scoring the ball in the hoop which is placed 10feet (3 meters) from the ground in both ends of the court. The court surface is rectangular and divided into two sections via mid court line. The teams are separated in the two halves of the court and the main aim is to prevent their hoops from scoring points. A complete match incudes four quarters with ten minutes long, the game start with referee throwing the ball in the air and one player from each team trying to grab it. The scores in the game can vary from one to three points. If the game finish with tie another five minutes overtime is given for scoring points. Overtime can be played continuously until one team wins. In my opinion usually, the tallest of five players in the team placed in the centre. The next tallest players are considered as forwards, the two shortest and the best dribblers are placed at the end to play the coach strategy of the game. They are known as guards.

Basketball players can dribble, pass, or bounce the ball while moving around the court and they must try to score to the opponent basket. The team who has the ball in named as offensive team while the other is defensive team. The team that is defensive tries to steal the ball while dribbling or passing to another player. If the offensive team pass the ball behind the middle court line, then the other team takes the ball and starts new offence. The players can score with variety of shots from the lay up to jump shoot or defence. Each basket worth two points however if the player scores from behind the large, arced line (also called three-point line), the score is counting by three points. If there is illegal contact of both players is called foul. If the player fouls the other team while shooting to the basket, the player who got fouled gate a free throw from the foul line it is worth one point and no one is allowed to block a free throw. If the foul is made while the opponent is not shooting, the same team continuous with the ball with out of bounds pass. The player is asked to go to the bench if he or she commits five fouls. One type of foul is to hold the ball with both hands then resume dribbling, slapping, kicking, punching, use of abusive language or obtaining an intentional or unintentional personal contact. To win, a strategy is design by coaches beforehand. While training the coaches should draw diagrams and plays and train them to execute it correctly and efficiently. (Vrushti, Shah, 2014)

2.1.2 History of Basketball

It was a cold and rainy winter afternoon in 1891 when Canadian Jim Naismith, the young gymnast at Springfield College in Massachusetts, sat brooding at his desk. He was thinking about how he could create a game for his students to play indoors that would be interesting and spectacular at the same time. Time passed and he started to get frustrated. "I don't have a headache," he said and angrily threw a crumpled piece of paper into the wastebasket, which he was struggling with in his hands the whole time he was thinking. The paper ball went into the basket and then Naismith, as if electrocuted. He jumped up. He clapped his hands and shouted like a young Archimedes: "Eureka".

The instinctive move he made gave him the idea on which to base the game. Naismith had studied religion, but was won over by sports because, as he said... "I can more easily influence young people to become Christians through sports than through preaching". The head of the athletic department in Springfield had prepared Naismith. He pointed out to him that his pupils were "rebellious", that the old gymnastic exercises left them completely indifferent, and that a new game had to be found to divert their interest.

The visionary Naismith thought: "it will be a ball game, but not football which is dangerous". Players will not be able to run with the ball, so there will be no tackles, so there will be no injuries. The next problem was the most basic. How the game would become competitive. That is, how would the player's score. He thought of putting a box on the floor where the players would throw the ball, but this was impractical as the defenders would stand in front and the game would become rough. So, he decided to have the boxes hang over the players' heads. His next concern was finding the right ball. That of American football was easy to carry by the players and so he decided that the soccer ball was the most suitable. In the morning Naismith found Mr. Stebbins keeper of the college and asked him for two boxes. The foreman answered in the negative but told Naismith that he had two baskets of peaches to give him.

Naismith took the baskets and hung them on the balcony of the gymnasium, it was 3 meters and 5 centimeters tall. This is the height of basketball hoops to this day. At 11.30 Naismith was waiting for his students to present the new game to them. Earlier he had shown them other toys, but his students rejected them, laughing ironically. The young professor's anxiety was great. "Hey, another new game" shouted a student as soon as he entered the gym. "Try this too, and if you don't like it, I'll never introduce you to another," said Jim. He then divided his 18 students into two groups of 9 and had the two captains stand in the middle of the court. Throw the ball up between them. It was the first jump ball. The two young people jumped to claim the ball and, it was a fact: the first basketball game had begun.

The evolution of the basket. The players, since they could not run with the ball in their hands, began to exchange passes and try to they put it in the basket. They did what millions of people around the world are doing today. They were playing the most exciting of all sports, the one that fascinates the whole world nowadays. The laughter and shouts of Naismith students echoed through the old gymnasium. The players, wearing long pants and tops, were enjoying the new game and Naismith was looking at them with pride. After half an hour of play and while only one basket had been scored, the students were exhausted, but happy. The "germ" of basketball had conquered them for good. They asked their trainer when they could play this wonderful game again. They played often afterwards. In January 1892, when the students returned from the Christmas holidays, they began to play matches with the neighboring schools who had also started playing the new game. The first matches of the season usually ended with 3-2 or 2-1. Each basket counted for one point. In March of the same year, the first basketball tournament was organized in Springfield. Several women watching the games from the balcony offered to play as well.

Once the men's matches were over, the women entered the field and played. It was an unprecedented sight, as wearing long dresses they tried to run and put the ball in the basket. They didn't make it, but let's not forget that what counts in sports is the effort. In the spring, the game was moved outside. There they set up two iron stakes and hung the baskets on them. Basketball had opened its doors and set out to conquer the world. The first basketball team with Naismith at center it was one day a student named Frank Mahan visited Naismith in his office. "Dr. Naismith, what do you plan to name the new game?", she asked him. Naismith replied that he had not yet decided on the name of the game. "Let's call it Naismith-bowl," suggested Mahan. "That name would kill any game," replied the professor, laughing. "Then why not call it basketball-bowl? After all, it is played with two baskets and a ball", countered the young man. Naismith sprang up, gave his hand to his pupil, and said to him "Well done, these are the name he deserves." One of the most beautiful games in the world had found its name. Jim Naismith was his father and Frank Mahan his godfather. (Sotiris, Theologies, 2014)

2.2 Characteristics of basketball training

The coaching is the continuation of all the effort made during of training sessions. The coach is invited to manage the material he has on requirements of each match. Subject knowledge, experience, ability to control emotions accordingly with the unique psychology of the game, they are elements that work positively or negatively in learning the game. The behaviour of the coach during the guidance of young athletes it must be educational in nature and not treat them as professional's athletes. The management of situations in general, the control of the psychological state of sports of abilities that undoubtedly have to do with the individual accordingly with the personality profile of the coach. The technical part in coaching can be acquired by working through various competitive situations.

Planning a basketball practice requires a deeply knowledge of the age and skills but also the ability to set goals and often relies on developing meaningful relationships with players. When it comes to developing a practice plan there are two primary areas to consider: Individual work and teamwork.

Individual work – each player will have his or her strength and weaknesses which must be improved, is very important to focus on the fundamentals. Consider all aspects of player developing including dribbling, shooting, footwork, ball movement, defence, rebounding and more. The difficulty of these drills is heavily depending on the athletes age and ability. The deeply knowledge and understanding of the players is the basic thing that every coach who work with youth ages should consider first to create a plan that develop a practice plan.

Teamwork – basketball is a team sport, the cooperation between the players is key to their development both at the individual and team level, team games must be used that involve all the players but also to divide the team into pairs and trios as it is an effective method to create automations that will is essential in the game.

The training plan at young ages should be as simple as possible. The basic methodical hints that the coach must pay attention to:

- The fight is collective and requires coordination and timing, not only physical and mental, but also mental spiritual perception and understanding, as well as willingness to cooperate.
- In dealing with athletes must be approached, as much as possible is done, the self-concentration and the high degree of effort.
- Athletes should not be reduced and hurt when they cannot achieve the correct execution of a technical element.
- The number of exercises should not be more than 5-6 exercises in a training unit and if these are of short duration, the number should be increased of repetitions.

- Self-concentration does not characterize young ages, that's why the exercises that structure the training program, they should not be long and to be distinguished by their simplicity.
- It is reminded that the many information, without the corresponding practical practice, do not lead to the desired results.
- Each workout should have its own goal and the exercises should be like that structured so that they have continuity.
- Young ages should be given the opportunity to learn and practice everything of the necessary technical elements so that they are not specialized from the beginning in one game position.

Each player must have the opportunity to practice with his own ball.

The correct teaching method is:

- a) demonstration of the technique
- b) running at a slow pace
- c) practice without defence
- d) practice with passive defence
- e) practice with active defence

As a coach establish what you value, values can include topics like good teamwork, respecting teammates, and opponents, especially youth basketball players, benefit greatly from reminders on what matters most. Find goals and work with the players, these goals don't have to be wins, or even any measurable statistics. What matters most is that the team is on board with whatever these goals may be. Understand you team dynamic and adapt a philosophy which will be keeping practices and games fun while developing players. Work with your basketball squad to establish a successful coaching philosophy for them. (Hellenic Basketball Federation, 2008)

2.2.1 Individual training of basketball player development

Many youth basketball coaches don't know where to start or what to teach. It is recommended understanding your needs and weaknesses of your players first and then try to develop the team individually. The individual training is hard and long approach, is not easy for every coach to combine individually training and team development in one session so you need to plan very carefully and research your specific case to find the way to combine these two different approaches during the training season. This article provides some advice on what to teach youth basketball players. Break it down between 3 levels of development through the age fundamentals. As you perfect each level, you can advance to the next level to teach more skills and concepts.

All beginner players should start with level 1 no matter the age. There are ages next to each level as a general guideline. Depending on the age and skill level, will progress through the levels at different rates. May notice that will spend 4 years working on Level 1 with 7 to 10 years old. At the same time, you may be able to progress to Level 2 after two weeks working with group of 13 years old who are playing basketball for first time.

There are a lot of recommendations from Hellenic Basketball Federations (HBF) in National Basketball Development Program for youth athletes who they participate in the youth basketball national team U18 years old that they advise to go back and start at Level 1 every year. They just progress through the levels more quickly than a youth team, it's a great way to ingrain the fundamentals into your players year in and year out.

Level 1 (7 to 10 years old)

Here's what to teach, ordered by priority.

1. **Lay-ups** – It is important to practice a lot of lay-ups in the individually training with both hands, the goal is to make lay ups with the left and right hands equally well.
2. **Footwork** – Teach them threat positioning, pivoting on the left and right foot without travelling, jump shots and to cross to the basket as soon as they catch the ball.
3. **Shooting form** – For this age group it's highly recommended using smaller balls and lower baskets, to learn more on shooting.

4. **Ball Handling** – Teach the players to dribble with left and right hand equally. Basic dribble moves and drills across cones is very effective.
5. **Athletic & movement skills** – Teach how to run, jump, and land, skip, stop, move laterally, squat, lunge and any other basic movements.
6. **Basic Passes** – Teach and practice the basic chest, bounce, and overhead passes.
7. **Play Situation** – Play plenty of 2on2 or 3on3 and transition games to teach different concepts. It gets the players more experience and allows them enough space to operate and use the new skills they have learned.

Level 2 (10 -12 years old)

The main fact is to expand onto more advanced skills for everything mentioned above. But remember, if your 10 to 12 years old are inexperienced, you should start in Level 1. Also, at the beginning of each season, you should start at level 1 until those skills are perfected.

1. **Lay-ups** – jumping off one foot and jump-stop lay-ups.
2. Continue to focus on the **shooting form** and introduce some movement for shooting drills.
3. **Ball Handling & Dribbling** – teach more dribble moves such as the inside-out dribble, behind the back and between the legs.
4. **Passing** – continue to teach basic pass and introduce some advance passes, use drills and passing under pressure.
5. **Footwork** – jab steps and ball fakes, also pass fakes and shoot fakes.
6. **Rebounding** – Introduce rebounding technique.
7. **Spacing** – Introduce more spacing concepts.

8. Level 3 (12-14 years old)

Expand onto more advanced skills for everything mentioned above.

- **Lay-ups** – practice contested lay ups against time, also start to teach players, same-leg same hand lay-ups.
- Continue to emphasize more on **shooting form** (move to bigger balls and baskets) Practice shooting on the move off the pass and dribble.
- **Ball Handling & Dribbling** – Teach more dribble moves such as spin move, crossover followed with behind the back.
- **Passing** – introduce some more advance passes and work on the game situation (dribble pass, behind the back pass, pick n roll pass).
- **Rebounding** – put more emphasis on rebounding technique and spend more time to rebounding drills.
- **Footwork** – continue to work on footwork add some ladders and cones and make more advanced drills, focus more on play situation.
- **Post moves** – Introduce some basic post moves and work in couples both defence and offence. (Hellenic Basketball Federation, 2008)

2.2.2 Long Term Athlete Development Model

The stages that are follows is made four all the four levels of development in our Basic Basketball Training. Each stage is integrated in the appropriate level, and that level is identified in the parenthesis.

STAGE 1: ACTIVE START

Introductory Level Approximate Age: 0-6 years old, starting to motivate the children to be physically active each day within a safe, fun environment. Physical activity through play is an essential part of a child's development. Activity should incorporate fundamental movement skills throughout the four environments that lead to maximizing a child's physical potential.

STAGE 2: FUNDAMENTALS

Foundational Levels Approximate Age: 6-9 years old, learn all fundamental movement skills (build overall motor skills). Participation once or twice per week in basketball, but daily participation in other sport activity is essential for further excellence. Special game competitions recommended throughout the phase. Introduction to 5on5 principles/concepts only in late phase, avoiding actual 5to5 competition until fundamentals are further developed.

STAGE 3: LEARNING TO TRAIN

Foundational Level Approximate Age: 8-12 years old, learn all fundamental and basic basketball-specific skills (build overall sports skills). A 70:30 training to competition ratio is recommended. Divide actual competition between special games and 5to5 play, trying not to focus on 5on5 competition until later in the phase.

STAGE 4: TRAINING TO TRAIN

Advanced Level Approximate Age: 12-15 years old, Build the aerobic base, build strength towards the end of the stage, and further develop basketball skills (build the “engine” and consolidate basketball skills). Recommend 60:40 training to competition ratio. The 40% competition ratio includes 5on5 competition, special game competition, as well as team-oriented practices.

STAGE 5: TRAINING TO COMPETE

Advanced & Performance Levels Approximate Age: 14-17 years old, optimize fitness preparation as well as basketball, individual and position-specific skills (continue to maximize the “engine” of skills and performance). The training to competition ratio now changes to 50:50. 50% of available time is devoted to the development of player technical/tactical skills and fitness improvements, with the other 50% devoted to 5on5 competition and team-oriented practices.

STAGE 6: TRAINING TO WIN

Performance Level Approximate Age: 17+ years old, maximize fitness preparation as well as basketball, individual and position-specific skills (goal is to optimize the “engine” of skills and performance). Training to competition ratio in this phase shifts to 25:75, understanding that the competition percentage includes team-oriented practices.

STAGE 7: BASKETBALL FOR LIFE

The Retirement/Retention Stage (Found in All Levels) Motivate athletes for recreational play, coaching, administration, officiating, and other basketball related activities. (USA Basketball Federation. 2011)

2.3 Stages of Basic Basketball Training for U9-U12

Youth coaches need to follow a very basic and specific plan which helps our youth players to adopt the early stages of player development and evaluate the training procedure. The basic basketball training consists of four levels of development introductory, foundational, advanced and performance. Each level takes the player through progressive development techniques based on the mastery of basketball. Movement games in depends on the age and physical characteristics and the abilities level. The mastery of skills allows the players physical literacy, learn basketball vocabulary, and acquire the movement confidence needed to optimize their basketball potential.

As explained in the sections that follow, the basic basketball training according to USA Basketball youth development training plan for generally youth ages but also for U9-U12 incorporates seven stages of long-term athlete development – Active Start, Fundamentals, Learning to Train, Training to Train, Training to Compete, Training to Win and Basketball for Life. Although the curriculum removes age from the skill learning process, the long-term model provides age recommendations to demonstrate scientifically proven learning capabilities. Basic training incorporated these age recommendations in creating the curriculum levels to show how the levels translate to real learning environments.

Through the long-term athlete development model, the basic training that we need to follow as coaches addresses the topic of proper practice/ training-to-competition ratios, we defined competition as the act of competing against another team, or imparting team strategies to prepare to compete against another team. Practice or training is defined as all activity related to a player’s individual skill development. Based on these definitions, the following is a summary of stance on practice/training-to-competition throughout the four levels:

Introductory Levels:

Learn fundamental movement skills and build overall motor skills. Participation once or twice per week in basketball but daily participation in other sport activity is essential for further excellence. Group skill competitions recommended throughout the level. Introduction to team principles/concepts only, avoid actual 5on5 competition until fundamentals are further developed.

Foundational Levels:

Learn all fundamental and basic basketball-specific skills, establish building blocks for overall basketball skills. 70% of time is spent on individual fundamental training and only 30% of the time is spent on actual game competition. Teach position concepts, but do not assign player positions at any point in the level. Divide actual competition between special games (1on1, 2on2, 3on3, skill games) and 5on5 play, trying not to focus on actual 5on5 competition until later in the level.

Advanced Level:

Build the aerobic base, build strength towards the end of the level, and further develop overall basketball skills. Build the “engine” and consolidate basketball skills. Early in the level, 60% of the time is spent on individual training and 40% is spent on competition including 5on5 play, special games (1on1, 2on2, 3on3, skill games) as well as team-oriented practices. Later in the level, depending on mastery of skills, the switch can be made to a 50:50 training to competition ratio and positions can be assigned.

Performance Level:

Maximize fitness and competition preparation as well as individual and position-specific skills. Optimize the “engine” of skills and performance. Training to competition ratio in this phase shifts to 25:75, understanding that the competition percentage includes team-oriented practices and other competition-specific preparations. (USA Basketball Federation, USA Basketball Youth Development Guidebook, 2008)

2.3.1 Characteristics in age period of U9-U12 years

In this chapter we describe the physical, mental/cognitive, emotional, and bio-motor ability development through the training age of U9-U12. The following tables are adapted from the work of Balyi and Hamilton (2001). They are reproduced as a guide to the coach who tried to develop their athletes that he was in charge. The outline suggests the high level of competency, knowledge and understanding that the coach of the development athletes must aspire too. It is suggested that to developing and delivering strength and conditioning programs to the development athlete the coach should gain a deep understanding of the process as they form the basis for understanding:

1. The reasons of the faults
2. Limitations in athletic, functional, and technical development
3. Key coaching strategies of the appropriate training age
4. Training versus chronological age
5. Exercise sections issues.

**Table 1 – Physical Development through the Training Ages: The Fundamentals
(Stage 8-12 years)** (reproduced with permission, Balyi & Hamilton, 2001)

Basic Characteristics	General Consequences: Performance Capabilities and Limitations	Implications for the Coach
Larger muscle groups are more developed than smaller ones.	The child is more skilful in gross movements involving large muscle groups than in precise coordinated movements.	General basic skills should be developed during this phase.
The size of the heart is increasing in relation to the rest of the body. The cardiovascular system is still developing.	Endurance capacity of young participants is more than enough for most activities. When they are tired, they will stop.	Short duration anaerobic activities must be planned, endurance must be developed through play and sport games.
Ligamentous structures are becoming stronger; both ends of the long bones are still cartilaginous and continue to ossify.	The body is very sensitive to injury through high intensity and heavy pressure.	Slow progression in hopping, jumping, bodyweight and medicine ball exercises. The volume and intensity it should be kept low.
Basic motor patterns become more refined towards the end of this stage. The balance mechanism gradually matures	There is an impressive improvement in speed, agility and flexibility towards the end of the phase.	Coordination should be emphasising with specific activities and games. Dribbling and shooting should also develop with the basic exercise categories.
During this stage girls develop coordination skills faster than boys but generally there is little difference between the two sexes.	The sex differences are not of any great consequence at this stage.	Training and playing together should also emphasised at this stage.

Table 2 – Mental / Cognitive Development through the Training Ages: The Fundamentals Stage (8-12 years) (reproduced with permission, Balyi & Hamilton, 2001)

Basic Characteristics	General Consequences: Performance Capabilities and Limitations	Implications for the Coach
Attention and ability to focus is very short at this age. Memory is still developing.	Young athletes they are not able to sit and listen for long time.	Use short, clear and simple instructions. Children want to move and participate in action. They want to discover and try new skills.
Very little logically thinking at this stage. Later in this stage is growing for reasoning ability.	Children are leader oriented. They love to be led.	Coaches should be the leader approach so that activities are well planned safe and fun.
The repetition of activities is having to be enjoyed. Young athletes improve their abilities through physical exercise.	Children do not learn skills correctly by trial and error alone.	Coaches must be able to provide appropriate instructions of the required skill.
Imagination is in extreme level.	Experimentation and creativity should be encouraged.	While playing and practice we need to encourage them. They are fearless, skill hungry and will try almost anything.

Table 3 – Emotional Development through the Training Ages: The Fundamentals Stage (8-12 years) (reproduced with permission, Balyi & Hamilton, 2001)

Basic Characteristics	General Consequences: Performance Capabilities and Limitations	Implications for the Coach
The child's self is developing through experience and comments from others.	Young players perceive this experience as form self-evaluation. "I'm good person if I do it well", "I'm bad if I do it wrong"	Positive feedback is vital on regular basis, it will create a positive motivation for continuing the activity.
Children like to be the centre of focus and attention.	They lose confidence very easy, if the situation becomes threatening.	Select methods and tactical activities that are made for succeed. Gradually move from simple to complex, slow to fast.
The influence of the teammates is very strong.	They can understand and play simple games with rules.	Participating and Fundamentals rather than winning is the emphasis Focus on the process not the results.

Observation

With the development and maturation of everyone being so complex it is wise to take the time to see the big picture of the process. The young athletes need someone to follow someone to feel that is here to show them the right thing along the sporting pathway. They will try to impress him and make him feel that they can figure their duties in the team. He should be there, to show them the right way, to encourage them and develop them bring out their best player on the field. The youth players they are anxious to take part in the sport and so the aim must be to give them it the tools to do just that. Technical development will require certain physical qualities to carry them out. Give them these qualities, make them efficient. (Giles, 2005)

2.4 Periodization in basketball

Periodization involves the breakdown on the concept on annual training plan specific training periods, give emphasis to maximize training effectiveness and sport specific strength and skill abilities. In practice, the periodization training can include a strength training followed by power training and then power training followed by endurance training. This model of training sessions are more emphasised on planning the structure of the workout to phases, and help the athletes to work more efficient and improve all the training units in a specific time period. Periodization is undoubtedly an effective fact through to build simple programming design to minimize the likelihood of over training and maximize the response to training.

Training of periodization it is great method to motivate the young basketball players to concentrate, give them motivation and let them know what is going to practise and what they need to focus on the specific phase of training. If the coach executes the correctly all the phases of periodization it can be create a positive result on an individual as well as a team level. Although young athletes are often competing in matches and tournaments, the goal should always be long term progression and periodization should be devised to develop quality as well as quantity of physical performance. Periodized training consists of three types of cycles: macrocycle, mesocycle and macrocycle. By structuring your season with these cycles, you can ensure that you program plan will be overload and adapt, by stressing the body over time, allowing it to recover and then stressing it again, athletes can gradually build fitness.

Macro-cycle: The macro-cycle is the longest of the three cycles and includes all the concepts of the training, endurance, intensity, competition, and recovery. In basketball the macro-cycle it can be the in-season training and prepare and create workouts for team needs.

Meso-cycle: The meso-cycle represents a specific block of training that is designed to achieve a particular goal. For example, throw developing endurance you might use mesocycle enhance muscular endurance on the bike. The meso-cycle consist of six workouts over three weeks followed by one week recover. Meso-cycle typically are three or four weeks in length, in basketball we can add a meso-cycles program during the pre-season training to improve cardiovascular endurance and muscle preparation for a season.

Micro-cycle: Is the shortest cycle typically lasting a week or two, with a goal of focused on a specific block training. An example is an endurance block of training when a cyclist takes three or four long rides together within one week to progressively overload training volume. This could be help when we want to improve key physiological abilities. Generally, three or four micro-cycles can exist to a from a meso-cycle.

In conclusion, get most of the training by having a good understanding of each of three cycle of periodization and then using these cycles to create a plan that allows you to peak for your most important events throughout the year. (Brooks, 2011)

2.4.1 Concept of annual training cycle

Basically, an annual training plan is just a set of weekly targets that say how much training you're going to do and what type of training you're going to do each week to achieve some goals you've set for the end of the plan. Annual training plans answer all the important questions that every coach should figure about the training session. Especially for basketball session which you have different players and characters to manage is important to separate the needs of each athlete but also to improve overall everyone together.

The 3 Phases to Basketball Training Program (periodization way)

The competitive basketball season may last for 6-7 months but a basketball training program continues for the full year-round.

Off-season: 2-3 months

Pre-Season: 3-4 months

In-season: 6 months

Even if you only have trainings 2 days week aside from your games, you can still benefit greatly by splitting each year up in this periodization way.

In the rest of this article, we'll take a close look at each phase in a basketball training program and what in involves.

This is the big picture. It's where all the individuals' sessions come together. For more details about of each session – sets, reps, intensity, specific exercises, and drills are covered in practical part.

Off-Season Basketball Training (8-12) weeks

The off-season allows time to dedicate resources to learning to move properly, build muscle, and work on mobility and power training. In basketball the off-season is the time for players to take their game to the next level, and great period to work on their weakness in individual way, especially for

the young athletes their fitness level tends to drop, if we let them to not work out for a while and basketball players are aware of this.

Specific follow forms that can be develop during the off-season training program:

- Aerobic Conditioning

Spend 2-3 days per week doing some kind of low intensity, cardiovascular exercise. Avoid running. And avoid playing basketball, even recreational for the least few weeks. This can be an ideal time to try you're a new sport to keep their fitness level up. Ex swimming, cycling, or racket sports.

- Strength Conditioning

It's highly recommended to take several weeks off strength training completely if you had a particularly demanding season. But it can be sensible to spend the off-season following a functional strength program.

The idea is to work on stabilizing muscle groups that may have been inactive during in-season. A good part of your time should spend on core stability. Low is typically light (50-60% 1 rep max) and repetitions are higher (15 and above). Keep sessions short and avoid drop sets or any other technique that will leave you exhausted. Two to three sessions per week is efficient and you can perform your strength sessions immediately before your aerobic workouts if needs be.

- Flexibility Conditioning

Flexibility ensures that you maintain optimal mobility of all your joints. This Increases the balance between the muscles that will ensure efficient movement and fore production.

Losses in range of movement occur incredibly quickly if you don't actively stretch on a regular basis. Perform stretching exercises daily or at least 3 times a week. Be sure to warm up before every session.

Pre-season Basketball Training (8 weeks)

Completing a pre-season training program will also reduce your chance of injury, stimulate muscle growth and improve your overall fitness. By starting your season strong and healthy, you'll be able to work on the basketball-specific skills and focus on other goals during the season, as well.

The aims and objectives of a proper pre-season training is:

- Increasing base strength and endurance capacity
- Programming the movement characteristics basic of basketball-skills
- Focus on motor skills.
- Introducing tactical and strategic elements

Specific follow forms that can be develop during the Pre-Season training:

- Anaerobic Conditioning

Start to move away from general aerobic conditioning and towards in more basketball-specific sessions. Basketball is a multi-sprint sport. The youth players they will be required to perform several successive sprints close to maximal speed on numerous occasions. The result is that the body quickly begins to accumulate lactic acid, the ability to recover after the build-up of lactic acid can have an enormous impact on the performance of the young athletes. As such the basketball training program must include anaerobic endurance drills.

- Strength & Power Conditioning

It can take up to 3 months to develop maximum strength, so continue maximal strength training into the pre-season. About 4 weeks prior to the start of the in season it is recommended to change some or all the strength sessions for plyometric training, because plyometric or jumping drills is one of the most effective methods for developing explosive power.

- Speed & Agility Conditioning

As the competitive season is close the basketball training program should be placing more and more emphasis on quickness and agility. Again, don't forget to focus on basketball specific movements. Try to include ball and basic passing and shooting skills. This type of training shouldn't leave the fatigued either. Perform all the drills at maximal intensity but keep them short and allow enough recovery time.

In-Season Basketball Training

So, after all that preparation it's time to lead the team to the most important and longer period in the basketball season. The goal of the in-season is to maintain what you've developed during the pre-season. It's important to find a balance of strength training and power training. One weights session and one plyometric session is a good model to follow for youth of U12 years because you will need enough time on the court to add some tactics and work in some drills. Similarly, one anaerobic endurance session is effective, especially as a game count as another one. Perform some speed and agility drills two days a week, if you focus on form keep them undemanding physically, you can add them on the start of the sessions. (Anderson, 2007)

Annual training plan chart: An example of annual training plan for adults.

12-Month Basketball Training Program	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
	Early Pre-Season	Mid Pre-Season	Late Pre-Season	In-Season						Off-Season		
Endurance	Continuous	Anaerobic endurance	Maintain	Maintain anaerobic endurance						Cross training		
Strength	Functional	Maximum	Power	Maintain power & strength						Functional		
Speed Agility			Agility	Maintain								
Flexibility	Maintain			Maintain						Maintain		

Picture 1. Sport fitness advisor, [online] 2007.

2.4.2 Structure of the training unit

A basketball workout typically includes of four stages:

- Warm up – helps players to avoid injuries and get ready mentally for the workout, the warmup should last about 10-20 minutes.
- Main Workout – Focus on training particular aspects. This usually long about 45 minutes
- Practise Game – Should always be included in the training especially in the young ages, usually takes about 30 minutes.
- Cool down – The cool down can be last about 10 minutes, gives players the time to relax after training.

These phases it is recommended to be separated by short breaks. Coach should create a specific workout plan that help the training sessions to roll smoothly. It must be targeting to specific team and individual characteristics of the players; it must be understandable without a lot of information and adapted to the individual and team weaknesses of the team. The length of the workout typically lasts between 90 minutes and 2 hours and frequency usually must be for the age of U9-U12 twice a week. Is important to use a gym for the strength, coordination, and individual training, but some time is also recommended to use outside courts especially on the pre-season if the weather helps. It is very important for the coach to know the scope of the workout. Make sure that the players are not bored by long breaks or long talks, the workout should be specific and fun for the players. Is also really matter to know the focus of training session before explaining it to the young players, such as technique, strategy, athletic training, and some psychological fundamentals are things that every coach should consider. For training to be affective in the long term, it is important to be structured properly. For this, coach should first put together the specific time concept and divide the workout sections to each other.

A briefly structure includes.

- a long-term plan – over the years
- the season plan – adjusting the workout contents to the season.
- the block plan – planning different training modules over of several weeks.
- individual training sessions

For every training session the coach should understand what the to focus, for example shooting technique, speed, strength, and coordination. Creating a training plan for every session can help the team with the tasks and give them motivation to improve. Every plan should always be specific to the team, the goals as well as the skill level and age of the players. (Artfield, 2017)

2.5 Examples and recommendations of exercises for basketball preparation for

U9-U12 years

Basketball should not be considered a miniature form of its basketball. It's basketball itself, tailored for U9-U12 year old. It is a sport game with significant socialization, participation, and communication values, which leads to the harmonious development of the body. Motor skills are taught through the game and the fundamentals of basketball they are taught in the form of games-exercises and didactic exercises. It is important not to require perfect execution of a skill too early (dribbling, passing, shooting) or of a movement in the attack without the ball (marking, cutting, rebounds, pivots) or in defense (defensive situation), before the necessary is completed work to exercise and build motor patterns.

Exercise and development of perceptual, basic motor and physical skills shapes.

Body shape development

Examples of exercises – games:

1. All types of walking (heels, toes)
2. Walking forward or running forward, backward walking, full or half court, holding the ball high, behind the back.
3. Running back kicks holding the ball behind the back.
4. Running with the knees up and the ball in front.
5. Walking or running holding the ball, with background music. Sudden stop of the music and observing the children's reactions. After her start music, again.
6. The same exercise but with free dribbles on the court.
7. Walking with the ball between the ankles.
8. Jumping with the ball between the ankles.
9. Sitting down, lifting the legs, and passing the ball under the knees.
10. Lying on the floor, legs bent, in the air, passing the ball down from the knees.
11. Bending the arms so that they touch the chest with the ball and return to original position.

12. Lying face down dribble with left and right hand.
13. Press the ball with both hands for about 5 seconds.
14. The ball is on the ground: try to pick it up by hitting it with one hand.
15. In pairs: to give passes, he also makes circular movements of the trunk.

In pairs, make, touching each other's backs:

Holds the ball on his ankles, he raises his legs and passes her to B who catches her with his hands.

In pairs: one lying down, with the ball between the ankles, lifts legs and passes it to the other who is standing. Repetition and change positions.

Practice and examples for ability development including technical skills.

A) Endurance

Examples of games-exercises:

1. Dribble match 10 – 15 meters: repeat 5 times.
2. Dribble slalom running race.
3. Relay races and dribble races.
4. Jumping competition with a certain rhythm.
5. Time limit shooting competition: see how many shots they can make within a certain period.
6. The same exercise but checking how many baskets they can put inside one specific period.

B) Strength

Examples of games-exercises:

1. Simultaneous dribble and jump.
2. Competition of dribbling, shooting, passing, in a fixed position or in motion.
3. Exercises in pairs for defence, attack, resistance, and endurance.
4. In pairs:

5. Jumping in and out of a circle.
6. High jump, long jump, backward jump, short jump.
7. Throwing the ball forward, backward, sideways, with knees down, in a sitting position, in a supine or prone position.
8. All types of relays.

C) Speed

Examples of games-exercises:

1. Dribbling down the field and changing gear with a signal (whistle, voice).
2. Dribbling from different positions (standing, sitting, kneeling, lying on your back or face down).
3. In pairs (1 ball each) to dribble and try to touch it the other person's ball, the knee, the back, the shoelaces, etc.
4. Dribble races and relays (different marks).
5. Games – exercises to react to signals (visual, auditory, tactile).

Exercise and development of general technical skills, basic movement patterns, shapes and breathing practice.

Examples of games-exercises:

1. Different exercises with different starts and stops.
2. Exercises – games individually, in pairs, in groups (with hard, soft, wild on the surface, shiny, heavy, light, small, large) with small trainers objects, at an accelerated rate, with different signals (voice, whistle, hands, drum, music).
3. All types of dribbling, shooting, passing and combinations.
4. Games – exercises with a disproportionate number of players.

Exercise and development of special coordination skills:

D) Coordination

Examples of games-exercises:

1. To try to hit a target with the ball (ball in motion, circle, stick, numbers drawn on the wall, the squares of the court, etc.)
2. To run with one hand forward and the other behind.
3. To throw the ball and try to put it inside a circle formed by the hands of a teammate.
4. In pairs (1 ball each): try to touch the back, knees, other's ball (the one who will manage to touch the other more times within a certain time wins).
5. The same exercise three – three, four – four, five – five.
6. Dribbling in a fixed position with two balls.
7. In pairs: A dribbles towards B (he has legs and arms open), passes below him, he turns, returns to the starting position, stops and passes to B, who repeats the same.
8. Standing, holding the ball in front of them with straight arms. To let her fall, and before she comes back to clap her hands and then catch her.
9. Holding the ball and clapping back.
10. In pairs: (1 ball each): A passes the gel ball to B, who catching it with both hands in front of his chest, he throws it back to him.
11. In pairs: A stands with the ball and B sits without the ball. A throw her ball to B and sits down, B throws the ball to A and stands up.
12. In pairs: passes with both hands at chest height, passes with gel, sideways passes, lateral gel passes, bowling passes, baseball passes, two handed passes over the head.
13. In pairs: back-to-back: pass over the head and under the feet.
14. Same from left and right.
15. In pairs: facing each other: A rolls the ball to B and B makes pass at the same time on foot.
16. In pairs: one sitting opposite the other: changing the ball by throwing, rolling, gel.
17. To aim and throw the ball at a target.

18. In pairs: A makes dribbling moves and B imitates. Changing roles.
19. In pairs: the ball between the two backs: walking forward, backward, to the side, aiming to keep the ball from falling.
20. Same with the ball between the foreheads.

Equilibrium

Examples of games-exercises:

1. Dribble by jumping on 1 foot (stationary or on the move).
2. Walking on the toes, on the heels.
3. To stand still, holding the ball and with the legs apart. To make complete flip by jumping and land exactly in the same place. (First at one direction and then the other).
4. Dribble with your eyes closed.
5. Jumping onto a bench with the goal of not losing their balance.
6. Running on the field and stopping immediately when the signal is heard.
7. The same, with a dribble.
8. Running on the field, stop at a signal, jump up, turn around direction and start running again.
9. Walking backwards.
10. Dribbling on the field, when the signal is heard they roll on the floor, get up, they catch the ball and start dribbling again.
11. They dribble down the court and as soon as the signal is heard they stand up, on one leg.
12. Dribbles in, out and around the circle.

Orientation of the body in space and dimensions

Examples of games-exercises:

1. Basketball court discovery exercise (side lines, end line, circles) by running, walking, jumping and dribbling.
2. Throw the ball towards the side-lines and try to catch it before leaving the field, the same towards the finish lines.

3. Walking on the field with one eye closed and the other open, with both eyes closed, with dribbles, with a jump.
4. Dribble following the lines and circles of the court.
5. They stand still and dribble with one hand, running, walking.
6. Dribble high, very high, low, very low.
7. Dribbling and jumping in a straight line.

Space-tempo perception

Examples of games-exercises:

1. Rolling the ball down the court with one hand, with two hands, with feet, with dribbling, trying to avoid objects scattered on the field.
2. Walking, throwing the ball forward and catching it immediately after it is touched floor.
3. Throw the ball very high and catch it after clapping several times front, back, front and back, under the feet.
4. To throw the ball against the wall and catch it.
5. Throw the ball against the wall, clap and catch it before fall Repeat with clapping hands back, touching the floor, inverting.
6. In pairs to hold hands and dribble.
7. Rolling the ball, running, and catching it before it reaches a designated spot.
8. Throwing the ball up and clapping the hands every time it touches the terrain.
9. Throwing the ball as high and as far as possible.
10. Walking holding the ball behind the head, they let it fall too catch before it hits the floor.
11. Walking passing the ball from one hand to the other.
12. With their feet apart, they hold the ball between their legs, with one hand forward and the other back: they quickly pass it from one hand to the other.

Space-tempo and dynamic differentiation

Examples of games-exercises:

1. Walking and running fast, slow, jumping slow or fast.
2. Same with dribble.
3. Dribble slow, fast, hit the ball on the ground high, low, long high very low.

4. Dribbling in a fixed position and upon hearing the running signal, change hands, direction and speed, walking backwards.
5. Dribbling at different rates.
6. In pairs: one imitates the other's dribbling speed.
7. The coach shows a rhythm, and the children try to imitate it with the their hands, with their feet, with the ball.

Prediction and selection

Examples of games-exercises:

1. In pairs, pass with a defender in the middle.
2. The same in groups of 3 or 5, with 1 or 2 defenders.
3. 1on1 games across the court.
4. Games with a disproportionate number of players on each team.
5. From 1on1 to 3on3, with support.
6. Defensive help game. (Hellenic Basketball Federation, 2008)

3.Methodology

The methodology employed in the practical aspect of this research study is a combination of theoretical and empirical approaches. The theoretical aspect is based on a comprehensive literature review of academic literature resources and scientific studies in the field of basketball coaching and athlete development. The primary goal of this approach is to create a basketball program that is well-grounded in theory and supported by empirical evidence.

The practical component of this research presents a comprehensive basketball program routine that is designed to be implemented during the in-season phase for athletes aged U9-U12. The program is specifically tailored to focus on the development of skills and abilities, and it includes two training sessions per week for a total of 8 weeks.

The program is adaptable to different levels of skill and experience, and it covers all the fundamental skills and techniques of basketball. It is based on the principles of long-term athlete development, periodization, and the structure of the annual training cycle. This approach considers the characteristics of the age group and the importance of individualization in the overall development of the athlete.

The program includes a warm-up, main training, strength training and cool-down section to prepare, develop, and recover the players. The main training section includes exercises that are specifically designed to teach and develop coordination, balance, and overall athletic development. Additionally, the main training section includes exercises that focus on team and game perception, which are essential for the players to understand the game.

In summary, the practical component of this research presents a comprehensive basketball program routine that is designed to be implemented during the in-season.

4. Goal of the training

The practical component of this research study aims to provide a scientifically grounded and methodologically-sound training plan for basketball players aged U9-U12 during the in-season competition period. The goal of the plan is to enhance the skill and ability development of these young players through a structured and systematic approach. This training plan is based on a comprehensive literature review and draws upon various theoretical models and empirical studies in the field of basketball coaching and athlete development. The plan is divided into three main sections: warm-up, main training, and cool-down, plus a strength training section for the muscle strength of the youth athletes and is designed to be adaptable to different levels of skill and experience.

The warm-up section is designed to prepare the players for the training by increasing blood flow and flexibility of muscles. The main training section is the longest and most complex part of the training, and it includes exercises that are specifically designed to teach and develop coordination, balance, and overall athletic development. Additionally, the main training section includes exercises that focus on team and game perception, which are essential for the players to understand the game. The plan is also based on the principles of long-term athlete development, periodization, and the structure of the annual training cycle, which are crucial for the overall development of the athlete. This approach considers the characteristics of the age group and the importance of individualization in the overall development of the athlete. The plan also includes a cool-down section, which is designed to recover the players after training.

In summary, the practical component of this research study provides a scientifically grounded and methodologically-sound training plan for basketball players aged U9-U12 during the in-season competition period. The plan is designed to enhance the skill and ability development of these young players by providing a structured and systematic approach that is based on a comprehensive literature review and various theoretical models and empirical studies in the field of basketball coaching and athlete development. Additionally, the plan is adaptable to different levels of skill and experience and considers the principles of long-term athlete development, periodization, and the structure of the annual training cycle, which are crucial for the overall development of the athlete.

4.1 Training Plans

Training Plan:

Workout bracket:

Ages	U9-U12
Phase period	In season-during competition
Duration	8 weeks
Time/per training	1.5-2hours
Number of sessions	16
Goal	Skills and Abilities Development
Structure	Warm up, Main Part, Cool Down

Warm Up routine for basketball players U9-U12:

Exercise	Repetition	Goal	Description
Jogging running	8	Warm up the body, increase the blood flow and prepare for more intensity.	Start jogging around the court, in a low pace 6.5km/per hour for the first 4 minutes and increase the pace up to 9.5km/ per hour in the last 4 minutes.
Hip Opener	5-8 reps/each side	Prepare our hips to reduce risk of injury while we're on the court.	Standing in place, bring the knee up, open out, come down and repeat.
Quad folds and Single-leg dead lift.	5-8 reps/each side	Increase your vertical jump and perform at your optimal level on the court.	Grab one ankle with your hand on the same side, and then reach out with your other hand and dip downwards until you touch the floor with your palm.
Staggered Stance Toe Touch	5-8 reps/each side	Help to avoid pulling your hamstring when increase the intensity on the court.	Keep on leg straight the other knee bent then hinge from the hips, touch the toe, come up and switch sides.
Side-Lunge Adductor Stretch	5-8reps/each side	Prep your inner legs for lateral movement and supporting, the outside of your thighs.	Get your knees wide, bend one knee shifts your weight while keeping one leg

			straight and touch the ground.
Pivot Lunge and Punch Through	5-8reps/each side	Pivot is ton on the basketball game, so warm up the knees is key element.	This move is simple pivot where you lunge your knee to the floor on each side and punch through with one hand for trunk rotation.
Leg Swing	5-8reps/each side	Get your hamstring and posterior chain ready for the extreme range of motion you'll be doing during the game.	Kick your leg up and touch it with the opposite hand. This will enhance your ability to sprint and jump on the court.
Up Drop	5-8reps/each side	This works triple extension and prepares you for high jumps.	Bring your heels up off the floor, reach upwards with both hands, this pose is called triple extension and then kick one foot behind you and drop towards the floor working through the motion quickly on each side.

Note: The warm-up routine presented in the text is an example for coaches to use as inspiration and sample when creating their own programs. The authors recommend that coaches tailor their warm-up routines to the specific needs of their athletes.

Cool down routine for basketball players U9-U12:

Exercise	Duration	Goal	Description
Slow-Paced jogging	8/min	Slow Paced jogging to relax the body and restore the body in normal condition.	Start slow jogging for 8 to 10 circles in the basketball court.
Standing calf stretch	15sec/each leg	Stretch and relief the calf muscles in standing position.	Standing with one leg in front push forward until feel the calf muscles stay for 15sec and continue with the other leg.
Standing quad stretch	15sec/each leg	Stretch and relief the quad muscles in standing position.	Standing with one leg and move the other leg foot back in the lower back, stay for 15 sec and continue to other leg

Single Knee Cross Stretch	15sec/each leg	Stretch and relief the lower back and the hips muscles in lay position.	Lay down and cross the one leg to the other one until feel the lower back stretch stay in this position for 15sec and continue with other leg.
Runners Stretch	15sec/each leg	Stretch and relief the hamstring muscles.	Sitting down with extend leg in front. Push your body and try to touch the foot stay in this position for 15sec.

Note: The cool-down routine presented in the text is an example for coaches to use as inspiration and sample when creating their own programs. The authors recommend that coaches tailor their cool-down routines to the specific needs of their athletes.

Strength Training

Strength Training routine for youth athletes U9-U12. Developing strength, coordination and stability in one session and prepare our youth players to the next level of the physical performance.

We execute this specific program before the main part of every 2nd training of the week.

Exercise	Repetition	Goal	Description
Jumping Jacks	20reps/3sets 30reps/3sets 40reps/3sets 50reps/3sets	Jumping jacks is a very efficient exercise for full body coordination and stability.	We execute normal jumping jacks for 20 reps following by 3 sets.
Body weight squats	10reps/3sets 15reps/3sets 20reps/3sets 25reps/3sets	Strength and coordination exercise for lower limbs.	We work normal squats and focus on the correct technique. If it's easy we can make it more challenging with 5 or 10kg dumbbells.
Body weight lunges	10reps/3sets each leg 15reps/3sets each leg 20reps/3sets each leg 25reps/3sets each leg	Strength and coordination exercise for lower limbs	We work normal lunges focus on the correct technique. We can make it more challenging with 5 or 10kg dumbbells.
Body weight split jumps	10reps/3set 15reps/3sets each leg 20reps/3sets each leg 25reps/3sets each leg	Strength and plyo exercise for improvement of vertical jump. Also good for coordination of lower limbs.	We work split jumps starting with from lunge position and execute vertical jumps. We can make it more challenging with 5 or 10kg dumbbells.

Push ups	6reps/3sets 8reps/3sets 10reps/3set 12reps/3sets	Great exercise for upper body strength, very basic movement for long term athlete development.	We work normal push ups, is very important to focus on the right technique and try to correct our athletes till we see the appropriate results on the movement.
Sit ups	15reps/3sets 25reps/3sets 35reps/3sets 45reps/3sets	Very basic exercise for deep stabilization muscle, and important movement in young ages.	We work normal sit ups, focus on the correct technique and try to correct our athletes till we see the appropriate results on the movement

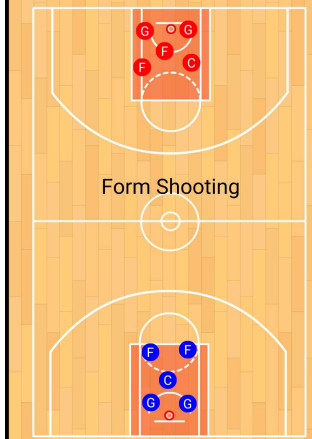
Note: The strength training routine presented in the text is an example for coaches to use as inspiration and sample when creating their own programs. The authors recommend that coaches tailor their strength training routines to the specific needs of their athletes.

Week 1/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Cone touch dribbling	8	Dribbling fast with head up, change direction and move at fast speeds.	Place 12 to 20 cone randomly in the full court. When the coach says <<GO>> players must dribble while they touch the cone. Players have 1 minute to touch as many cones as they can.
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>
Elbow shooting drill	8	Balanced, fluid and consistent shot motion. Focusing on effective footwork	Four players in each basket, 1 shooter, 2,3 passer, rebounder. The shooter does step in the elbow and receives the ball from the passer and shoot. The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the

			initial passer becomes the next shooter.
Pass and switch	8	Simulate high speed to improve passing accuracy	Each player has a partner: 1, 2, 3, 4, 5, 6, 7, 8. Players 1 and 2 will start with a ball. Player 1 and Player 2 will pass the ball to their right. After passing the ball, they sprint to exchange places with their partner.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 1/Training 2

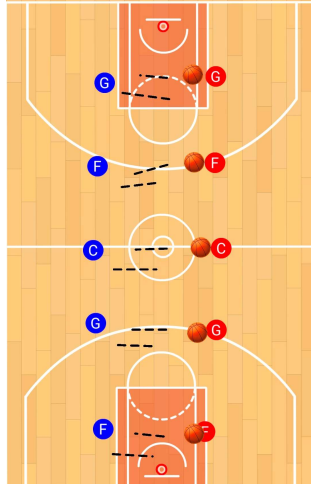
Warm up:

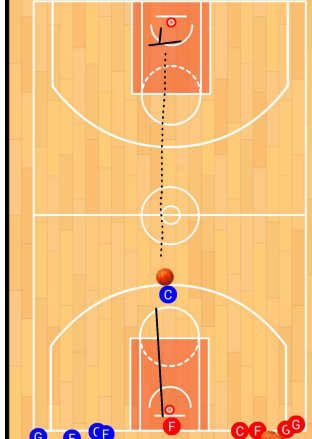
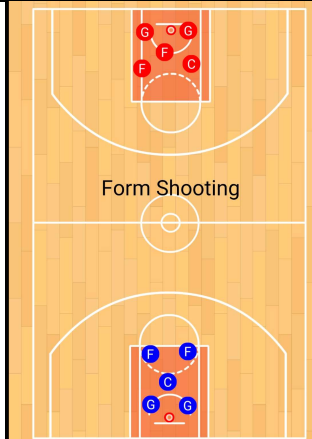
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Chaser Drill	8	That drill is excellent for ball handling, agility and foot work. It also reduces ankle sprains by improving strength and mobility.	Place all the players to a circle, one player is the tagger and stays outside of the circle. The players that they are in the circle needs to close their eyes and the tagger needs to touch one player that he chooses in the back, The player that is touching needs to try to catch the player around the circle before goes to position that is open. We also can give to the players that they are in the circle a ball so they ca dribble and run around the circle.
Pair passing	8	Using different types of passes between two players try to focus on the accuracy of the bass and to catching progress.	 <p data-bbox="1117 1904 1428 2060">Players are paired up and face one another about 5 meters apart. They can pass back and forth making sure that</p>

			<p>they step toward their partner to pass and step to the ball to receive. Coach calls the types of passes that are used. (Such as: chest pass, bounce pass, over the head pass)</p>
<p>1on1 Speed Dribbling</p>	8	<p>Great way to work on conditioning while improving the basketball skills with the ball.</p>	 <p>Ball handler will start a few steps in front of the defender, above the baseline. The defender will start on the baseline on the inside of the offensive player. Both start at the same time and the offensive player try to beat the defender to the opposite basket for a lay-up.</p>
<p>Form shooting drill</p>	8	<p>Focus on the right technique of shooting in close position to the basket.</p>	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand</p>

			focusing on the right technique.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

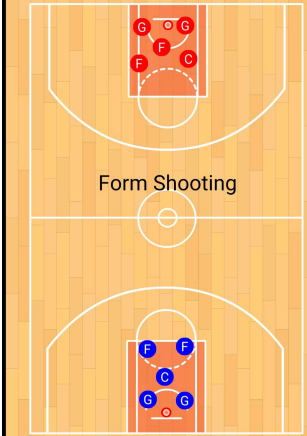
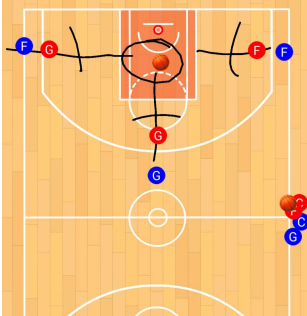
For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 2/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p>Form Shooting</p> <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>
Cone touch dribbling	8	Dribbling fast with head up, change direction and move at fast speeds.	<p>Place 12 to 20 cone randomly in the full court. When the coach says <<GO>> players must dribble while they touch the cone.</p> <p>Players have 1 minute to touch as many cones as they can.</p>
Rebounding Drill/Reaction Rebounding	8	This rebounding drill has an interesting twist that nicely simulates games situations. This drill will help your players find the opponent and get them blocked.	 <p>Place three offensive players as shown in the diagram. Place three defensive players in the lane. Assign numbers to each defensive</p>

			<p>player. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3).</p> <p>The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2 players must identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.</p>
Pass and switch	8	Simulate high speed to improve passing accuracy	Each player has a partner: 1 – 2 3 – 4 5 - 6 7 – 8. Players 1 and 2 will start with a ball. Player 1 and Player 2 will pass the ball to their right. After passing the ball, they sprint to exchange places with their partner.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 2/Training 2

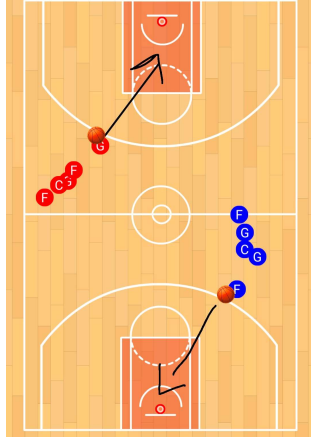
Warm up:

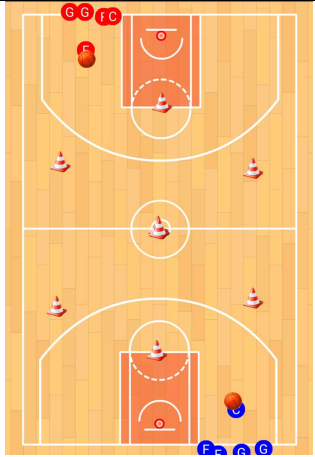
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Basketball Lay-Ups Drill	8	The following progression are perfect for teaching the fundamentals of finishing a layup.	 <p>Start close to the basket with your right foot forward and left foot back. Bend your knees and get low, so you are ready to explode. Take a step with your left foot, jump and shoot the lay-up. Grab the rebound and return where you began and repeat.</p>
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.

Cone full court dribbling	8	Improve dribbling and simulate the chaos players will see in a game.	 <p>Place cone in the full court in zig zag position, the players need to make two rows in the two opposite corners, they start to dribble in every cone using different styles of dribbling.</p>
Wall passing drill	8	These drills are great way to improve hand-eye coordination and athletic strength.	Start with passing the ball to the wall using different progressions such us overhead pass, handling wall pass hand wall pass make 20 reps/each hand.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

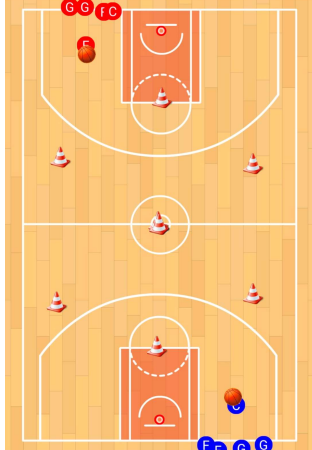
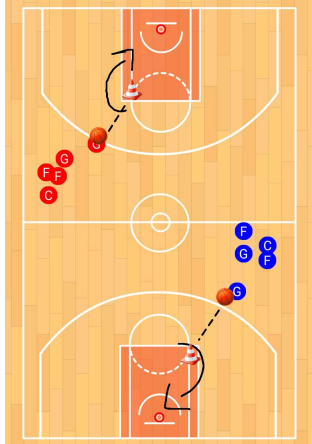
For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

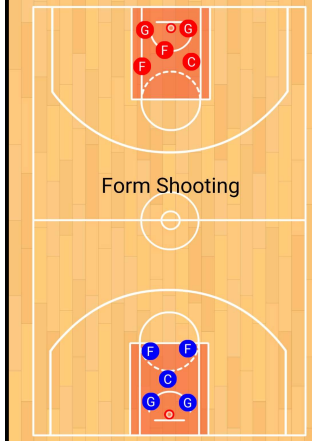
Week 3/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Dribbling lay-up drill	8	Basic dribbling progressions, teaching the basic dribbles and combined it with lay-up finish.	 <p>Dribbling throw cones using any short of dribble combinations. The cone is between your legs as you go throw of them.</p>
No Hands defence drill	8	This drill forces the players to play defence with their feet rather than with their hands. Is helping to give a good habit of moving the feet and maintaining proper position to stop the offence.	Play 1on1 in pairs, using full court. The one player starts to dribble and the other one play defence without hands. When they pass the half court the play defence till, they score.
Basketball Drill: Pivot 21	8	Fun drill to improve footwork, pivoting, ball handling and lay ups. The goal of the game is to make 21 lay ups before the other team.	 <p>You divide your players into two teams,</p>

			each team should place in the elbows they start to execute lay ups with pivot moving in the low post. Count the lay ups loudly and try to be as fastest as possible.
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 3/Training 2

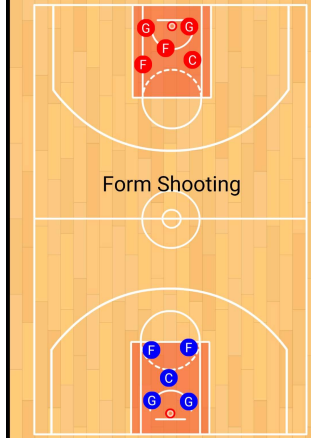
Warm up:

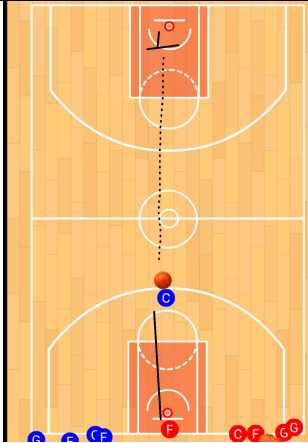
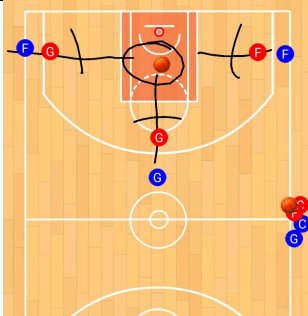
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Cone touch dribbling	8	Dribbling fast with head up, change direction and move at fast speeds.	Place 12 to 20 cone randomly in the full court. When the coach says <<GO>> players must dribble while they touch the cone. Players have 1 minute to touch as many cones as they can.
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p data-bbox="1117 1444 1428 1691">Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>

<p>1on1 Speed Dribbling</p>	<p>8</p>	<p>Great way to work on conditioning while improving the basketball skills with the ball.</p>	 <p>Ball handler will start a few steps in front of the defender, above the baseline. The defender will start on the baseline on the inside of the offensive player. Both start at the same time and the offensive player try to beat the defender to the opposite basket for a lay-up.</p>
<p>Rebounding Drill/Reaction Rebounding</p>	<p>8</p>	<p>This rebounding drill has an interesting twist that nicely simulates games situations. This drill will help your players find the opponent and get them blocked.</p>	 <p>Place three offensive players as shown in the diagram. Place three defensive players in the lane. Assign numbers to each defensive player. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3). The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2</p>

			players must identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 4/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Chase down lay-ups	8	Chase down lay ups is used to teach players to finish layups at full speed and with pressure	The drill begins with two lines of players down each end of the floor. One offensive line and one defensive line. One basketball starts at the front of the offensive line at each end of the court. When they're both set up, the coach calls out 'GO' and both players sprint to the other end of the floor. The offensive player must try and finish at the rim and the defender must pressure the shot without fouling. The pair then passes the basketball to the next player in line at their current end of the floor.
Dribbling Lines Drill	8	This is a simple drill to teach the basics of dribbling to new players. It's a good way to introduce new moves without overwhelming them also help to improve the technique of the movements players already know.	Every player has a basketball and lines up on the baseline, if you have more than 8 players, create two lines on the baseline instead of one. The coach will instruct the players to use the different dribbling movements to dribble up to either the half-court line or full court. Here are a few that I like to use:

			<ul style="list-style-type: none"> • Right hand up, left hand back • Crossovers • Behind-the-back • Through-the-legs • Dribble low • Dribbling backwards
Partner Passing	8	Partner passing teaches the absolute basics of passing and allows your players to practice different types of passes with the correct technique.	Players get into pairs and should have one basketball between them. Once the players are in pairs, they must stand on a line parallel from their partner. The coach will explain which pass they want to perform and then the players will pass back and forth to each other. Every minute or so the coach can change the type of pass the players are performing or increase the distance they are apart if it's too easy.
Explode Pivot Pass drill	8	The drill focuses on basic footwork fundamentals. It's quick and simple drill to run. Your team can get a lot of benefit out even if it's only run for 5 minutes.	Players get into groups of 3 if it's possible. Each group has one basketball and should start in a straight line behind either the side-line or the baseline. Their first action is to take two explosive dribbles out from the line and then perform a controlled jump stop. After the jump stop, the player pivots 180 degrees until they're facing their group and makes a strong chest pass to the next person

			<p>in line. They then jog to the end of the line. The three main things coaches are looking at are:</p> <ol style="list-style-type: none"> 1. No traveling when exploding off the dribble. 2. A controlled jump stops. 3. A controlled pivot. <p>This process continues for a set amount of time.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 4/Training 2

Warm up:

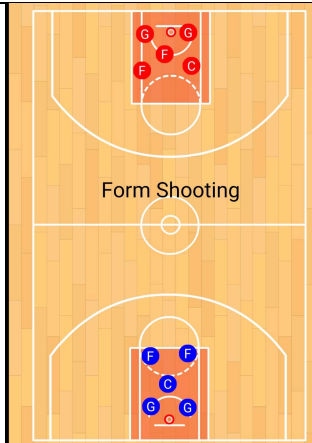
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main part:

Drill	Min	Goal	Description
Perfects Shooting drill	8	This is a great basketball drill for players to practice shooting with perfect form and for coaches to teach and correct shooting form.	Players make three lines a couple of feet out from the basket. Use both ends of the court if possible so that kids get to take more shots. Every player has a basketball Players then take it in turns shooting with the aim to swish each shot through the net. 2. After a player has taken a shot, they can either return to the end of the same line or rotate lines either clockwise or anticlockwise.
Pivot Shooting	8	This is a great drill for incorporating footwork into a shooting drill that players will enjoy.	Players perform a jump stop on receiving the pass from the coach, pivot around the square up to the basket, and then make a variety of scoring moves. Players all start on baseline in two lines, Players will begin the drill by making a chest pass out to the coach in front of them. Immediately after making the chest pass, the player will explode to the free-throw line where the

			<p>coach will pass the ball back to them. After catching the basketball in a jump stop, the player must pivot around using good technique and square up to the basket before shooting or attacking the ring.</p> <p>The coach decides which scoring move they want the players to make.</p>
<p>Form shooting drill</p>	<p>8</p>	<p>Focus on the right technique of shooting in close position to the basket.</p>	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>
<p>Defensive Mirrors</p>	<p>8</p>	<p>Fun drill for working on defensive footwork, great for developing reactions while working on defensive movements.</p>	<p>Everyone starts by finding a partner and standing in pairs behind the baseline. The first pair comes out and sets themselves up directly opposite each other on the two parallel lines of the key.</p> <p>The coach then assigns one of them the offensive player and the drill begins immediately. The goal</p>

			of the defensive player is to stay directly in line with the offensive player.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 5/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Chase Down Layups	8	Chase down lay ups is used to teach players to finish layups at full speed and with pressure.	The drill begins with two lines of players down each end of the floor. One offensive line and one defensive line. One basketball starts at the front of the offensive line at each end of the court. The coach starts the drill by bringing the offensive player out from the baseline and gives them an advantage over the defender who always starts on the baseline. It's up to the coach's discretion how far in front the offensive player is.
Dribble Knockout	8	This drill works on ball handling and protecting the dribble.	All players start to dribble in a small area of the court and the goal is to knock the other players basketball out of the area while keeping your own basketball alive.
Four corners drill	8	This is a great drill for working on jump stops, pivoting and passing.	At first create a large square in the half court by placing four cone an even distance apart. There must been also cone in the middle of the square. Split your team into four groups and send each group to a cone. The cone is the starting position. The

			<p>person who is first has ball The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use. When the coach calls out 'go', each player with a basketball dribble in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.</p> <p>The next player in the that catches the basketball does not start until the coach has called out 'go' again.</p>
No Hands defence drill	8	<p>This drill forces the players to play defence with their feet rather than with their hands.</p> <p>Is helping to give a good habit of moving the feet and maintaining proper position to stop the offence.</p>	<p>Play 1on1 in pairs, using full court. The one player starts to dribble and the other one play defence without hands. When they pass the half court the play defence till, they score.</p>
Free throws	4	<p>Every player scores 2 in both baskets</p>	<p>Make two lines in both baskets and shooting.</p>

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 5/ Training 2

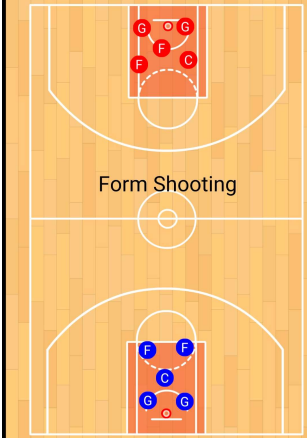
Warm up:

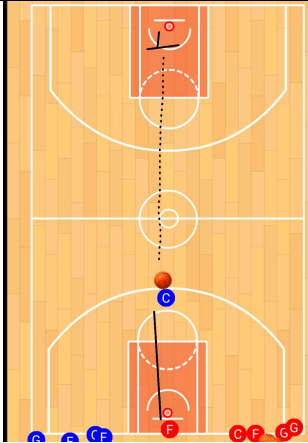
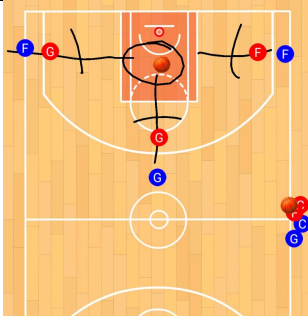
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Cone touch dribbling	8	Dribbling fast with head up, change direction and move at fast speeds.	Place 12 to 20 cone randomly in the full court. When the coach says <<GO>> players must dribble while they touch the cone. Players have 1 minute to touch as many cones as they can.
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p data-bbox="1121 1444 1428 1695">Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>

<p>1on1 Speed Dribbling</p>	<p>8</p>	<p>Great way to work on conditioning while improving the basketball skills with the ball.</p>	 <p>Ball handler will start a few steps in front of the defender, above the baseline. The defender will start on the baseline on the inside of the offensive player. Both start at the same time and the offensive player try to beat the defender to the opposite basket for a lay-up.</p>
<p>Rebounding Drill/Reaction Rebounding</p>	<p>8</p>	<p>This rebounding drill has an interesting twist that nicely simulates games situations. This drill will help your players find the opponent and get them blocked.</p>	 <p>Place three offensive players as shown in the diagram. Place three defensive players in the lane. Assign numbers to each defensive player. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3). The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2</p>

			<p>players must identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 6/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Dribbling Lines Drill	8	This is a simple drill to teach the basics of dribbling to new players. It's a good way to introduce new moves without overwhelming them also help to improve the technique of the movements players already know.	Every player has a basketball and lines up on the baseline, if you have more than 8 players, create two lines on the baseline instead of one. The coach will instruct the players to use the different dribbling movements to dribble up to either the half-court line or full court. Here are a few that I like to use: <ul style="list-style-type: none">• Right hand up, left hand back• Crossovers• Behind-the-back• Through-the-legs• Dribble low• Dribbling backwards
Elbow shooting drill	8	Balanced, fluid, and consistent shot motion. Focusing on effective footwork	Four players in each basket, 1 shooter, 2,3 passer, rebounder. The shooter does step in the elbow and receives the ball from the passer and shoot. The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the

			initial passer becomes the next shooter.
Defensive Mirrors	8	Fun drill for working on defensive footwork, great for developing reactions while working on defensive movements.	Everyone starts by finding a partner and standing in pairs behind the baseline. The first pair comes out and sets themselves up directly opposite each other on the two parallel lines of the key. The coach then assigns one of them the offensive player and the drill begins immediately. The goal of the defensive player is to stay directly in line with the offensive player.
Dribble Knockout	8	This drill works on ball handling and protecting the dribble.	All players start to dribble in a small area of the court and the goal is to knock the other players basketball out of the area while keeping your own basketball alive.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 6/Training 2

Warm up:

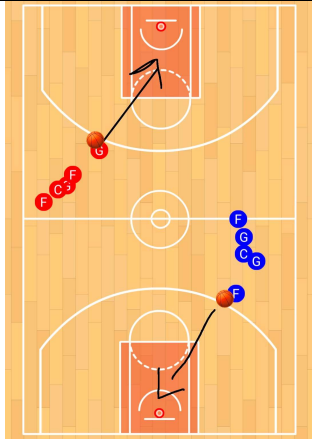
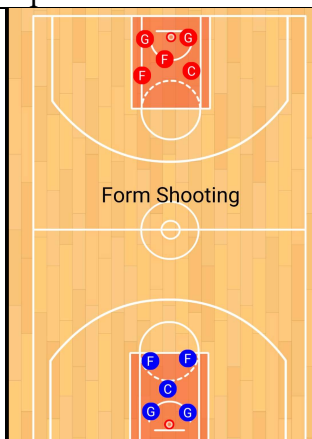
For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

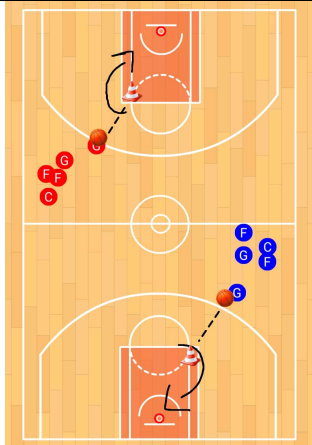
Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main Part:

Drill	Min	Goal	Description
Red Light Green Light	8	Effective drill that improves and allow you to teach jump stops and pivoting.	The drill starts with every player line up along the baseline holding a ball. Everyone starts on the baseline in triple threat position. The coach will then lead the players up the court by calling out 'go' and 'stop'. On go, the players begin dribbling at a comfortable pace towards the opposite end of the court. When the coach says stop, the players must immediately perform a jump stop. This continues until the players reach the other end of the court.

<p>Basketball Lay-Ups Drill</p>	<p>8</p>	<p>The following progression are perfect for teaching the fundamentals of finishing a lay-up.</p>	 <p>Start close to the basket with your right foot forward and left foot back. Bend your knees and get low, so you are ready to explode. Take a step with your left foot, jump and shoot the lay-up. Grab the rebound and return where you began and repeat.</p>
<p>Form shooting drill</p>	<p>8</p>	<p>Focus on the right technique of shooting in close position to the basket.</p>	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>

Basketball Drill: Pivot 21	8	Fun drill to improve footwork, pivoting, ball handling and lay ups. The goal of the game is to make 21 lay ups before the other team.	 <p>You divide your players into two teams, each team should place in the elbows they start to execute lay ups with pivot moving in the low post. Count the lay ups loudly and try to be as fastest as possible.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.
Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.

Cool Down:

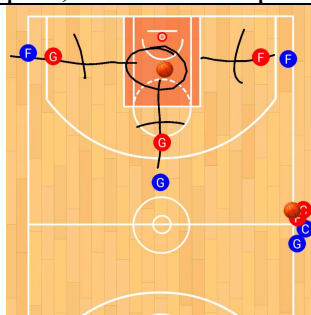
For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 7/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main part:

Drill	Min	Goal	Description
Chaser Drill	8	That drill is excellent for ball handling, agility and foot work. It also reduces ankle sprains by improving strength and mobility.	Place all the players to a circle, one player is the tagger and stays outside of the circle. The players that they are in the circle needs to close their eyes and the tagger needs to touch one player that he chooses in the back, The player that is touching needs to try to catch the player around the circle before goes to position that is open. We also can give to the players that they are in the circle a ball so they ca dribble and run around the circle.
Pair passing	8	Using different types of passes between two players try to focus on the accuracy of the bass and to catching progress.	Players are paired up and face one another about 5 meters apart. They can pass back and forth making sure that they step toward their partner to pass and step to the ball to receive. Coach calls the types of passes that are used. (ex-chest pass, bounce pass, over the head pass)
Rebounding Drill/Reaction Rebounding	8	This rebounding drill has an interesting twist that nicely simulates games situations. This drill will help your players find the opponent and get them blocked.	 <p>Place three offensive players as shown in the diagram. Place three</p>

			<p>defensive players in the lane. Assign numbers to each defensive player. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3).</p> <p>The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2 players must identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.</p>
Elbow shooting drill	8	Balanced, fluid, and consistent shot motion. Focusing on effective footwork	<p>Four players in each basket, 1 shooter, 2,3 passer, rebounder. The shooter does step in the elbow and receives the ball from the passer and shoot. The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the initial passer becomes the next shooter.</p>
No Hands defence drill	8	<p>This drill forces the players to play defence with their feet rather than with their hands.</p> <p>Is helping to give a good habit of moving the feet and maintaining proper</p>	<p>Play 1on1 in pairs, using full court. The one player starts to dribble and the other one play defence without hands. When they pass the half court the play defence till, they score.</p>

		position to stop the offence.	
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 7/Training 2

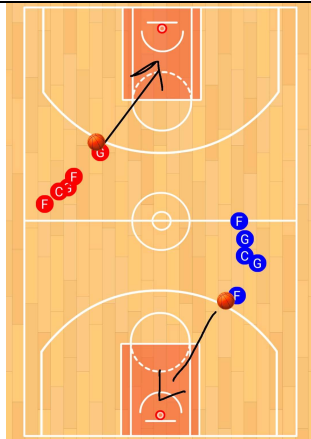
Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main part:

Drill	Min	Goal	Description
Elbow shooting drill	8	Balanced, fluid and consistent shot motion. Focusing on effective footwork	Four players in each basket, 1 shooter, 2,3 passer, rebounder. The shooter does step in the elbow and receives the ball from the passer and shoot. The rebounder throws the ball to the passing line, the initial shooter becomes the new rebounder, the initial rebounder joins the passing line, and the initial passer becomes the next shooter.
Basketball Lay-Ups Drill	8	The following progression are perfect for teaching the fundamentals of finishing a lay-up.	 <p data-bbox="1117 1691 1428 2049">Start close to the basket with your right foot forward and left foot back. Bend you knees and get low, so you are ready to explode. Take a step with your left foot, jump and shoot the lay-up. Grab the rebound and return</p>

			where you began and repeat.
Partner Passing	8	Partner passing teaches the absolute basics of passing and allows your players to practice different types of passes with the correct technique.	Players get into pairs and should have one basketball between them. Once the players are in pairs, they must stand on a line parallel from their partner. The coach will explain which pass they want to perform and then the players will pass back and forth to each other. Every minute or so the coach can change the type of pass the players are performing or increase the distance they are apart if it's too easy.
No Hands defence drill	8	This drill forces the players to play defence with their feet rather than with their hands. Is helping to give a good habit of moving the feet and maintaining proper position to stop the offence.	Play 1on1 in pairs, using full court. The one player starts to dribble and the other one play defence without hands. When they pass the half court the play defence till, they score.
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

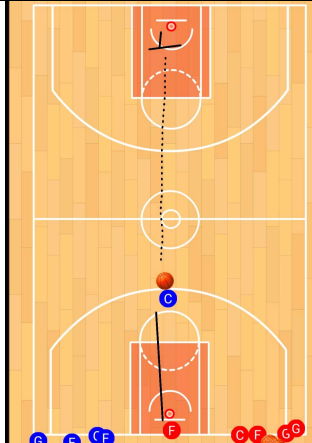
For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

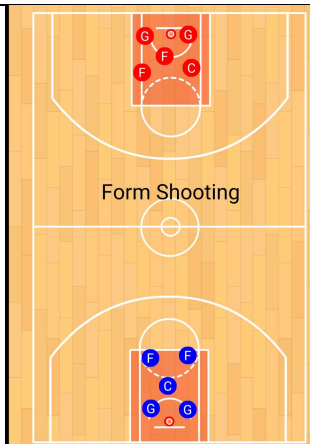
Week 8/Training 1

Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Main part:

Drill	Min	Goal	Description
Cone touch dribbling	8	Dribbling fast with head up, change direction and move at fast speeds.	Place 12 to 20 cone randomly in the full court. When the coach says <<GO>> players must dribble while they touch the cone. Players have 1 minute to touch as many cones as they can.
1on1 Speed Dribbling	8	Great way to work on conditioning while improving the basketball skills with the ball.	 <p>Ball handler will start a few steps in front of the defender, above the baseline. The defender will start on the baseline on the inside of the offensive player. Both start at the same time and the offensive player try to beat the defender to the opposite basket for a layup.</p>
Pass and switch	8	Simulate high speed to improve passing accuracy	Each player has a partner: 1 – 2 3 – 4 5 - 6 7 – 8. Players 1 and 2 will start with a ball. Player 1 and Player 2 will pass the ball to their right. After

			passing the ball, they sprint to exchange places with their partner.
Form shooting drill	8	Focus on the right technique of shooting in close position to the basket.	 <p>Divide player to couples and every couple has a ball, start shooting close to the basket with one hand focusing on the right technique.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

Week 8/Training 2

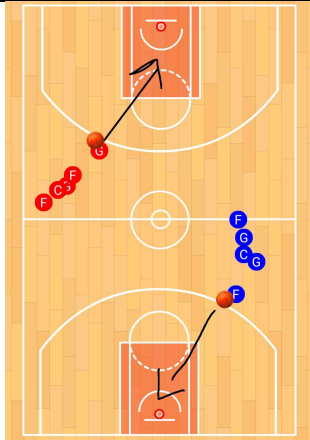
Warm up:

For the warmup part we follow the main warm up routine (p 38) for basketball players U9-U12.

Strength training:

For the strength training part, we follow the basic strength training routine (p 40) for basketball players U9-U12.

Main part:

Drill	Min	Goal	Description
Basketball Lay-Ups Drill	8	The following progression are perfect for teaching the fundamentals of finishing a layup.	 <p>Start close to the basket with your right foot forward and left foot back. Bend your knees and get low, so you are ready to explode. Take a step with your left foot, jump and shoot the layup. Grab the rebound and return where you began and repeat.</p>
Dribble Knockout	8	This drill works on ball handling and protecting the dribble.	All players start to dribble in a small area of the court and the goal is to knock the other players' basketball out of the area while keeping your own basketball alive.
Explode Pivot Pass drill	8	The drill focuses on basic footwork fundamentals. It's quick and simple drill to run. Your team can get a lot of benefit out	Players get into groups of 3 if it's possible. Each group has one basketball and should start in a straight line behind either the side-

		even if it's only run for 5 minutes.	<p>line or the baseline. Their first action is to take two explosive dribbles out from the line and then perform a controlled jump stop. After the jump stop, the player pivots 180 degrees until they're facing their group and makes a strong chest pass to the next person in line. They then jog to the end of the line.</p> <p>The three main things coaches are looking at are:</p> <ol style="list-style-type: none"> 1. No travelling when exploding off the dribble. 2. A controlled jump stops. 3. A controlled pivot. <p>This process continues for a set amount of time.</p>
Defensive Mirrors	8	Fun drill for working on defensive footwork, great for developing reactions while working on defensive movements.	<p>Everyone starts by finding a partner and standing in pairs behind the baseline. The first pair comes out and sets themselves up directly opposite each other on the two parallel lines of the key.</p> <p>The coach then assigns one of them the offensive player and the drill begins immediately. The goal of the defensive player is to stay directly in line with the offensive player.</p>
Free throws	4	Every player scores 2 in both baskets	Make two lines in both baskets and shooting.

Practice Game	15	Normal practice game 5on5 situation. Try to work on the specific skills and organise the plays in practice way.	Give the players the possibility to understand the game and occur the skills in the main part to their play in the court. Try to build some cooperation and bring them closer to the game.
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Cool Down:

For the cool down part, we follow the main cool down routine (p 39) for basketball players U9-U12.

5. Discussion

The main objective of the study was to assess a complete workout plan to drive youth basketball players of ages U9-U12 in development of skills and abilities. Through the analysis and explanation of plenty of theories and methodologies such as long-term athlete development, structure of training, periodization, and concept of annual training cycle also deep research in the characteristics of the age period. This research paper gives an overall point of view of the coaching methods, structure, and explanation with examples and recommendation to drive us to the results.

In the theoretical part we evaluate some important data on many and different models and perceptions we analyse different forms of basketball education and process towards the improvement of the athlete. We go through the characteristics of basketball training and the behaviour that the coach should be evaluated to handle and develop the training process. Then we mentioned how important is the individually point of view in the overall development of the athlete and how we can work better when we know the different levels of the players that we need to work. Continuously we present the long-term athlete development model according to the USA basketball academy that focuses steps that we learn how to train till learn how to be competitive and win. Afterwards we proceed a deep analysing through the age characteristics and a coach should be understand before start working with young ages, examples such as low focusing ability, strength levels and simple and clear tasks are very fundamental approach to build a great relationship and make an efficient work with the athletes. As the research is in process, we start to keep in mind the important of the planning of the training unit. The explanation of the periodization cycles and the structure of the basic training unit divided in the season phases according with the task and complicity of the competitive periods is a very important target group that we need to stay focus.

In the practical part we evaluate the main theory with the fundamentals to create a specific workout plan which recommend for the skills and abilities development training process in the ages of U9-U12. In the chapter four the results are a workout plan with a specific structure and methodology that let us to understand with the appropriate examples. The workout plan is recommended for the competitive in season training and is divided in parts. The warmup is the first which is same in all weeks in the training, very important part because allowed the athlete to prepare for the training increase the blood flow and get the flexibility of muscles that is going to be used in more complex exercises. The main part is the longer and more complex part of the training. Crated to include all the basic skills of basketball training and is going to teach and develop the ability to execute a plenty of techniques for the coordination and overall, the athletic development of the player. Main part is creating in such way to include also individual and team performance with a lot of drills with the ball or not, include shooting and passing and derivatives of plays in a whole or half court working in a

simple and clear way to give the athletes the motivation to explore the strong and weak aspects of their play. Another important part of the program is the practice game which placed after the main part in every training in all weeks of our workout plan, a truly pivotal point as it allows the athletes to play freely and use the stimuli that they got from the training. Also, at this point the coach can give some further instructions and explanations on the plays. The most important rule in that part is to control the pace of the game and do not let the game without organization. Continuing in the structure we have the cool down phase which is also the same in the whole during of the program. The goal of the cool down is to help the body to relax to decompress and to acquire the flexibility on the main muscle's groups. In our training we choose to include also a very specific and structurally blocked training for the strengthening of young players, which consists of six different exercises of emphasizing basic strengthening movements. The strength plan is recommended to executed in every second training of the week after the warmup but always before the main part. It is important to work on a basic movement in young ages because in that way we built a habit in the body and mind of the athletes in terms of strengthening process but also prevent issues at older ages.

The practical part follows a specific structure and formulates on a practical way all the theory of the above chapters. It uses proven methods but also innovates with new techniques, provides a complete guide to improving and upgrading training methods at young ages. The coach can follow it as described but also use pieces of it. He can also keep his structure such as the duration of exercises, the number of repetitions as well as the repeated models and create his own version based on the needs of the players always following the theory and the recommendations of the theoretical part of the research.

6. Conclusion

The present research paper tries to analyse and explore all the important theories and recommendations from certified sources that already exist, on the topic of training and proper guidance of the workout methods. There is an extensive analysis of all training tactics but also characteristics that should be obtained by every coach who chooses to be engaged with young ages.

In conclusion, this research paper aimed to assess a complete workout plan to drive youth basketball players of ages U9-U12 in the development of skills and abilities. Through the analysis and explanation of various theories and methodologies such as long-term athlete development, structure of training, periodization and the concept of the annual training cycle, and deep research into the characteristics of the age period, the study provided an overall point of view of the coaching methods, structure and explanation with examples and recommendations.

The theoretical part of the study evaluated important data on various models and perceptions and analysed different forms of basketball education and the process towards the improvement of the athlete. It also highlighted the importance of the individual point of view in the overall development of the athlete and the need for coaches to understand the different levels of players they will be working with. The study also presented the long-term athlete development model according to the USA basketball academy, which focuses on the steps to learn how to train and compete effectively.

The practical part of the study evaluated the main theories with the fundamentals to create a specific workout plan for the skills and abilities development training process in the ages of U9-U12. The results included a workout plan with a specific structure and methodology, including a detailed warm-up, appropriate strength training, main training section and cool-down, which was recommended for the competitive in-season training. The plan was designed to include all the basic skills of basketball training and to teach and develop the ability to execute various techniques for coordination and overall athletic development of the player.

In conclusion, this study has effectively addressed the research questions and provided valuable insights. Moving forward, a potential avenue for further research could involve developing a similar workout plan tailored to basketball players across all age groups, ensuring a comprehensive approach to player development while also imparting the philosophy of the sport.

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