

MCKINNON BASKETBALL ONLINE TRAINING CHALLENGE

What	Link
Find your level	Online Training Challenge — McKinnon Basketball Association
Fitness – Sport Specific Conditioning	Fitness by Core Advantage — McKinnon Basketball Association

MELBOURNE UNITED: UNITED AT HOME

Episode 1: Ball Handling	Coach Rhys Carter	United At Home - Ep 1: Ball Handling - YouTube
Episode 2: Getting into your Shot	Mitch McCarron	United At Home - Ep 2: Getting into your shot - YouTube
Episode 3: Finishing	Coach Rhys Carter	United At Home - Ep 3: Finishing - YouTube
Episode 4: Offensive Moves	Coach Rhys Carter	United At Home - Ep 4: Offensive Moves - YouTube
Episode 5: Ball Handling	Coach Rhys Carter	United At Home - Ep 5: Ball Handling - YouTube

STH EAST MELBOURNE PHOENIX: TRAIN WITH US SERIES

South East Melbourne Phoenix point guard Kyle Adnam as he teaches you new basketball skills each day that you can practice at home in your own backyard.

What	Link
Warm Up 1	Train With Us - Warm Up 1 - YouTube
Warm Up 2	Train With Us - Warm Up 2 - YouTube
Week 1 Day 1	Train With Us - Week 1 Day 1 - YouTube
Week 1 Day 2	Train With Us - Week 1 Day 2 - YouTube
Week 1 Day 3	Train With Us - Week 1 Day 3 - YouTube
Week 1 Day 4	Train With Us - Week 1 Day 4 - YouTube
Week 1 Day 5	Train With Us - Week 1 Day 5 - YouTube
Week 1 Day 1	Train With Us - Week 2 Day 1 - YouTube
Week 2 Day 2	Train With Us - Week 2 Day 2 - YouTube
Week 2, Day 3	Train With Us - Week 2 Day 3 - YouTube
Week 2, Day 4	Train With Us - Week 2 Day 4 - YouTube
Week 2, Day 5	Train With Us - Week 2 Day 5 - YouTube

DRILLS WITH DELLY

What	Link
Warm Up Dribbling	Drills With Delly Warm Up Dribbling - YouTube
Intermediate Dribbling	Drills With Delly Intermediate Dribbling - YouTube
Crossovers into Square Up Positions	Drills With Delly Crossovers into Square Up Positions - YouTube
Beginner Passing	Drills With Delly Beginner Passing - YouTube
Intermediate Passing	Drills With Delly Intermediate Passing - YouTube
Advance Passing	Drills With Delly Advanced Passing - YouTube
Attacking the Basket Part 1	Drills With Delly Attacking The Basket Part 1 - YouTube
Attacking the Basket Part 2	Drills With Delly Attacking The Basket Part 2 - YouTube
Attacking the Basket Part 3	Drills With Delly Attacking The Basket Part 3 - YouTube
Attacking the Basket Part 4	Drills With Delly Attacking The Basket Part 4 - YouTube

AUSSIE HOOPS: DRILLS WITH DELLY








What	Link
Leg Wraps with Delly	Aussie Hoops Skills & Drills Leg Wraps with Delly! - YouTube
Body Wraps with Delly	Aussie Hoops Skills & Drills Body Wraps with Delly! - YouTube
Fingertip Figure 8 Dribbling with Delly	Aussie Hoops Skills & Drills Fingertip Figure Eight Dribbling with Delly! - YouTube
How to spin the ball on your finger with Delly!	Aussie Hoops Skills & Drills How to spin the ball on your finger with Delly! - YouTube
Dribbling with Delly, Spider Drill	Aussie Hoops Skills & Drills Dribbling with Delly, Spider Drill - YouTube
Dribbling with Delly!	Aussie Hoops Skills & Drills Dribbling with Delly! - YouTube

AUSSIE HOOPS: SKILLS & DRILLS

What	Link
Dribbling Basics	Aussie Hoops Skills & Drills Dribbling Basics - YouTube
Change Hands Lateral Dribbling	Aussie Hoops Skills & Drills Change Hands Lateral Dribbling - YouTube
Agility and Defence	Aussie Hoops Skills & Drills Agility and Defence - YouTube
One Hand Shift Dribbling	Aussie Hoops Skills & Drills One Hand Shift Dribbling - YouTube
Pivot Dribbling	Aussie Hoops Skills & Drills Pivot Dribbling - YouTube
Pound Toes Dribbling	Aussie Hoops Skills & Drills Pound Toes Dribbling - YouTube
Same Hand Lateral Dribbling	Aussie Hoops Skills & Drills Same Hand Lateral Dribbling - YouTube
Shift to Switch Dribbling	Aussie Hoops Skills & Drills Shift to Switch Dribbling - YouTube
Sit and Stand Dribbling	Aussie Hoops Skills & Drills Sit and Stand Dribbling - YouTube

Tennis Ball Toss Dribbling	Aussie Hoops Skills & Drills Tennis Ball Toss Dribbling - YouTube
Tight Crossovers	Aussie Hoops Skills & Drills Tight Crossovers - YouTube
Dribbling Fingertips and Arm Bars	Aussie Hoops Skills & Drills Dribbling Fingertips and Arm bars - YouTube
Ball Handling Fingertips	Aussie Hoops Skills & Drills Ball Handling Fingertips - YouTube
Ball Handling Ball Wraps	Aussie Hoops Skills & Drills Ball Handling Ball Wraps - YouTube
Pass and Step Back	Aussie Hoops Skills & Drills Pass and Step Back - YouTube
Basic Passing	Aussie Hoops Skills & Drills Basic Passing - YouTube
Wall Passing	Aussie Hoops Skills & Drills Wall Passing - YouTube
Ball Handling Basics	Aussie Hoops Skills & Drills Ball Handling Basics - YouTube
Alternating Knee Wraps	Aussie Hoops Skills & Drills Alternating Knee Wraps - YouTube
Skipping Warm Up	Aussie Hoops Skills & Drills Skipping Warm Up - YouTube
1 Knee, 2 Knees Ball Handling	Aussie Hoops Skills & Drills 1 Knee, 2 Knees Ball Handling - YouTube

BASKETBALL HAWTHORN #stayready

What	Link
Episode 1 - Ball Handling	Basketball Hawthorn Online Training Episode 1 - Ball Handling  - YouTube
Episode 2: Hand Speed & Passing	Basketball Hawthorn Online Training Episode 2: Hand Speed & Passing  - YouTube
Episode 3: Form Shooting & Footwork	Basketball Hawthorn Online Training Episode 3: Form Shooting & Footwork  - YouTube
Episode 4: Strength & Conditioning	Basketball Hawthorn Online Training Episode 4: Strength & Conditioning  - YouTube
Episode 5: Finishing	Basketball Hawthorn Online Training Episode 5: Finishing  - YouTube
Episode 6: Shooting	Basketball Hawthorn Online Training Episode 6: Shooting  - YouTube
Episode 7: Skill Development	Basketball Hawthorn Online Training Episode 7: Skill Development  - YouTube
Episode 8: Skill Development	Basketball Hawthorn Online Training Episode 8: Skill Development   - YouTube
Episode 9: Skill Development	Basketball Hawthorn Online Training Episode 9: Skill Development   - YouTube
Episode 10: Skill Development	Basketball Hawthorn Online Training Episode 10: Skill Development    - YouTube
Episode 11: Skill Development	Basketball Hawthorn Online Training Episode 11: Skill Development     - YouTube
Episode 12: Skill Development	Basketball Hawthorn Online Training Episode 12: Skill Development      - YouTube

CRAIGIEBURN BASKETBALL ASSOCIATION – COACHES' FAVOURITES & WORKOUT FROM HOME

During the lockdown stage, Craigieburn Basketball Association created a series of drills that players could complete at home.

What	Link
#1 – 2 Basketball Dribbling	CBA Coaches' Favourites #1 - YouTube
#2 – 2 Ball Dribble and Pass	CBA Coaches' Favourites #2 - YouTube

To assist players in our community in continuing to develop their basketball skills, Craigieburn Basketball developed a series of online session for players to complete from their own homes.

What	Link
#1	CBA Basketball Workout From Home #1 - YouTube
#2	CBA Basketball Workout From Home #2 - YouTube
#3	CBA Basketball Workout From Home #3 - YouTube

All Star Basketball Skill Series (Part 1- 7) – Kirby Schepp

“This series of videos is designed for both players and coaches to improve their knowledge and understanding on the great sport of basketball. This series is hosted by Basketball Manitoba High Performance Coach, Kirby Shepp who will lead you through a number of different scenarios pertaining to the development of basketball at all levels of the game.”

What	Link
Part 1- Individual Offence	https://www.youtube.com/watch?v=AdcNFsCY46s
Part 2- Dribbling and Ball Handling:	https://www.youtube.com/watch?v=Sw0qtjEUAc4
Part 3- Passing and catching:	https://www.youtube.com/watch?v=6aMfhc0YISg
Part 4- Lay-ups:	https://www.youtube.com/watch?v=eGa_vg6WAT0
Part 5- Rebounding:	https://www.youtube.com/watch?v=TAI4qw7DSgY
Part 6- Shooting:	https://www.youtube.com/watch?v=wM0Gvz2OWrA
Part 7- Individual Defence	https://www.youtube.com/watch?v=AdcNFsCY46s