***Targeted Sports Program***

***Basketball - Term 3 2022***

* Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Term 3. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **20/7/22** | **The Collective Gym with Troy:** Breathing techniques, team work, Strength - Erina | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2**  **27/7/22** | Sports Specific **Coaching** – Breakers Indoor Sports Centre | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |
| **Week 3**  **3/8/22** | **Game Play:**  Round Robin Basketball/Netball games – Breakers Indoor Sports Centre | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 4**  **10/8/22** | Sports Specific **Coaching** – Breakers Indoor Sports Centre | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |
| **Week 5**  **17/8/22** | **Gymnastics :** Body Movement, Flexibility, Strength – Breakers Indoor Sports Stadium | Drink bottle, Towel, Full PE Uniform, Runners, Face Mask |
| **Week 6 24/8/22** | Sports Specific **Coaching** – Breakers Indoor Sports Centre | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |
| **Week 7 31/8/22** | **Jiu Jitsu with Gracie:** Discipline, Core work, Balance, Power - Erina | Drink bottle, Towel, Full PE Uniform, Runners, Face Mask |
| **Week 8 7/9/22** | Sports Specific Coaching – Breakers Indoor Sports Centre  **With Sports specific Coaches** | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |
| **Week 9 14/9/22** | **Showcase Game:** Vs Narara High School – Duffys Oval | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |
| **Week 10 21/9/22** | Sports Specific Coaching – Breakers Indoor Sports Centre  **With Sports specific Coaches** | Basketball shoes, Drink bottle, Towel, Full PE uniform, Face Mask |