



Fana IL Basketball

Off-Season Elite Training 2024

Welcome to Fana IL! We are thrilled to have you join us and are truly excited about the opportunity to help you in enhancing your skills on the basketball court. The off-season training period (summer) is a critical time to focus on improving your abilities and physical attributes. Our primary goal is to address any weak areas, increase your strength, and refine your techniques to elevate your game to new heights.

Below are some important tips to keep in mind during your off-season training:

1. **Set Clear Goals:** Before you kick off your off-season training, define specific goals for yourself. Identify areas where you need improvement and set targets to achieve. Write them down.
2. **Target Weaknesses:** Use this time to address your weaknesses. Whether it's shooting accuracy or ball handling, create a plan to improve those aspects of your game.
3. **Build Strength and Endurance:** Basketball demands physical prowess. Incorporate weight training, cardio exercises, and plyometrics to enhance your strength and endurance.
4. **Learn New Skills:** Challenge yourself by developing fresh techniques. Experiment with new shots, moves, or defensive strategies to keep your game dynamic.
5. **Purposeful Practice:** When you practice, focus on specific skills. Be intentional about improving those areas you've identified.
6. **Prioritize Rest and Recovery:** Remember that rest is just as crucial as training. Get enough sleep and allow your body time to recover between workouts to prevent injuries and stay sharp for the upcoming season.

Feel free to ask if you need more guidance or have any other questions!

OUR TRAINING SCHEDULE: WE WILL MEET ON THE BASKETBALL COURT

Fana Arena Slåtthaugvegen 144, 5222 Nesttun, Norway	BLOCK	DATE	U13-15	U16+	1st Hour skills development court training. The 2nd Hour physical activity performed in the weight room, track, or basketball court.
	1	JUN 24-27	1430-1630	1630-1830	
	2	JUL 01-04	0900-1100	1100-1300	
	3	JUL 29 - AUG 01	0900-1100	1100-1300	
	4	AUG 05-08	0900-1100	1100-1300	
Make sure to show up 10 minutes before your training					

WHAT TO BRING:

1. Basketball Shoes/Proper Training Attire
2. Basketball
3. Water Bottle
4. Weightlifting Gloves (optional)



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We encourage you to come to each session with a positive attitude, a willingness to learn, and a desire to improve. Our coaches/trainers are here to help you, and we believe that with hard work and dedication, you can achieve your goals as a basketball player.

Make sure to eat and come energized and hydrated!

Once again, welcome to Fana IL. Let's get ready to work, learn, have fun, and become a better basketball player!

Andre Alford

Fana IL Basketball, Program Lead