



Week:

Skill	Notes	Drill
Warm Up	Getting loose before working out is very important	<ul style="list-style-type: none"> - Driveway Jog (3x each way) <ul style="list-style-type: none"> - 50% - Jump Rope (3x)/Vertical Jumps <ul style="list-style-type: none"> - 30 sec. - Driveway Defensive Shuffles (2x each way) - Dynamic Quad Stretch (1x each way) - Hamstring Scoops (1x each way) <ul style="list-style-type: none"> - https://www.youtube.com/watch?v=9GNnh6mNJvk - Toy Soldiers (1x each way) <ul style="list-style-type: none"> - https://www.youtube.com/watch?v=clqzwOUiR4 - Arm Circles (20x each way) - 5 push ups <ul style="list-style-type: none"> - Full or on knees - Driveway Jog (2x each way) <ul style="list-style-type: none"> - 75% - 100%
Form Shooting	Take your time with this. This is one of the most important parts of basketball. Always be sure to check yourself to make sure you are doing it perfectly	Form Shooting https://www.usab.com/basketball/media/videos/2017/02/one-hand-form-shooting.aspx
Ball Handling		<ol style="list-style-type: none"> 1) Pound the ball hard, waist level (25x right hand, 25x left hand, 50x crossovers) 2) 1-2-3 cross (10x)

		<p>3) Inside out (25x each hand)</p> <p>4) Inside out cross (25x each hand)</p> <p>5) See-saw (50x)</p> <p>6) Scissors (50x)</p> <p>7) See-saw, scissors, combo (25x)</p> <p>8) Push-pull, front and sides (25x each hand)</p> <p>9) 4 move combo, Inside out, Cross Over, Between the legs, Behind the back (25x)</p>
Finishing		<p><u>Mikan Drill</u> https://www.usab.com/basketball/media/videos/2014/12/mikan-competition.aspx</p> <p>Do for 30 seconds, then rest. Repeat 3x</p>
Shooting		<p><u>Guide Hand Shooting</u> - https://youtu.be/tUxh7TdHfic</p> <ul style="list-style-type: none"> - 1-Hand Form Shooting Drill - 30 shots Shoot 10 shots from 3 spots. You should be 3 to 5 feet from the basket. Make 8 out of 10 from each spot before progressing to next exercise. - 1-Hand Form Shooting With Guide Hand - 50 Shots Shoot 10 shots from 5 spots. You should be 3 to 5 feet from the basket. Make 8 out of 10 from each spot before progressing to the next progression.
Footwork/ Conditioning		<p><u>Jump Stop Drill</u> Instructions Line your players up on the baseline. If you have more than 10 players or a small court, you'll need to divide them into two groups because they won't have enough space.</p> <p>Have each player spread out with about 5 feet between them, so they have enough room for pivoting.</p> <ol style="list-style-type: none"> 1. When you blow the whistle, all players should start running at 3/4 speed. 2. At various intervals, blow the whistle and yell out their

		<p>pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot.</p> <p>When the whistle blows, the sequence for the player consists of: jump stop (both feet should hit the floor at the same time), pause for a second, do a full 180 degree pivot, pause for a second, do a full pivot back to starting position, and stay in triple threat position until whistle blows again.</p> <ol style="list-style-type: none"> 3. Watch every player to make sure they did the jump stop and pivot properly. If anyone traveled or if they're goofing off, make them start over again, back at the baseline. 4. If everyone did it correctly, blow the whistle again. All players should start running. 5. At various intervals, blow the whistle and yell out their pivot instructions. Your choices are: front pivot left foot, front pivot right foot, back pivot left foot, back pivot right foot. 6. When all players reach the end of the court, start over again. You can blow the whistle anywhere between 1 and 5 times during their trip down the court. 7. You should run this drill so players run down the court at least 5 times.
Free Throws	5 min	<p>Free Throws</p> <ul style="list-style-type: none"> - Shoot 20 free throws - Keep track for the week