

Bloomington Boy Traveling Basketball Summer Workout Plan

"Hard work outweighs talent — every time." Dedication makes dreams come true Kobe Bryant

Check Each Box as Complete Each Week r = repetitions (reps) m= minutes s = seconds

***Please note, if your child attends a camp and they do these exercises, please check the box as you and your player see fit**

Week	June 8	June 15	June 22	June 29	July 6	July 13	July 20	July 27	Aug 3	Aug 10	Aug 17	Aug 24	Aug 31
<ul style="list-style-type: none"> ● Jump Rope (3m) ● Lunges (20r / leg) ● Wall Sits (45s x3) 													
<ul style="list-style-type: none"> ● Sprints (15s on 10s off - 2m) ● Sit Ups (20r x 3) ● Push Ups (20r x 3) 													
● Play 1 on 1													
● Play 2 on 2													
<ul style="list-style-type: none"> ● Shoot (15 m) ● Free-throws (25 r) 													
<ul style="list-style-type: none"> ● Dribble 2 Balls Same Time (5 m) ● Dribble Off Hand Only (5 m) 													
<ul style="list-style-type: none"> ● 5 Minute YouTube Ball Handling Workout ● Rep the Youtube video watched x 2 													
<ul style="list-style-type: none"> ● Mikan Drill (1min) ● Reverse Mikan Drill (1m) ● Dribble 2 Balls (2m) 													
<ul style="list-style-type: none"> ● Left Handed bounce pass x 30 ● Right handed bounce pass x 30 													
<ul style="list-style-type: none"> ● Shoot for 20 Minutes ● Run 1 Mile ● Free-throws (X25) 													

100 completed boxes will get you an award on parent night. Please turn this in at tryouts.

Tryouts save the date September 12th and 13th