



DEFOREST LADY NORSKIES

“YOUTH BASKETBALL WORKOUT”



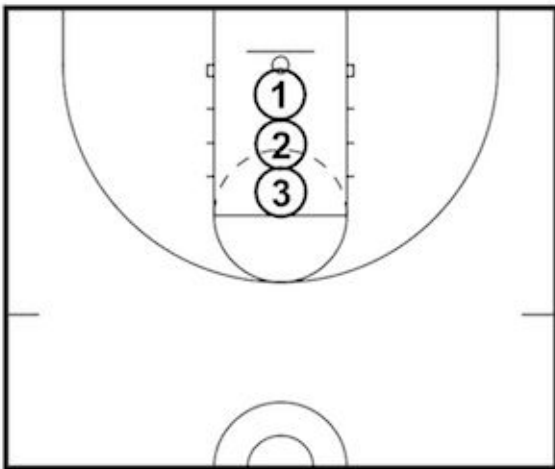
This kids basketball workout is created for players who aren't capable of shooting from outside of midrange yet.

With only 83 made shots, it's a fun and quick workout for any young kid that loves basketball!

Drill #1 - Form Shooting — 20 Made Shots

Make shots shooting from the following specific distances:

- 10 shots from 3 feet.
- 5 shots from 5 feet.
- 5 shots from 7 feet.

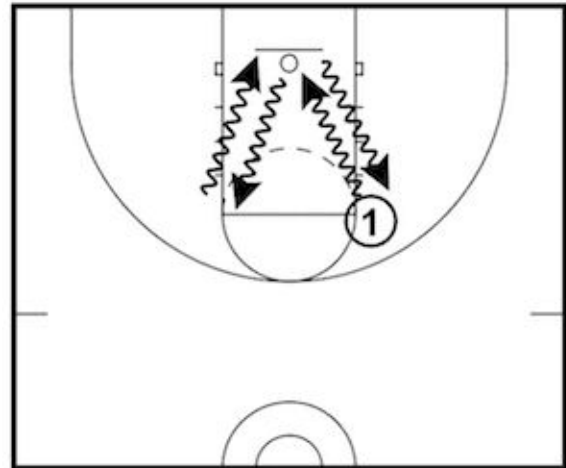


Drill #3 - X-Out Layups - 10 Made Shots

X-out layups works on finishing at the rim with both hands.

Player starts on the right elbow and then dribble in and make a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again.

Continue this until 10 made layups.



Drill #2 - Free Throws — 5 Made Shots

Using your complete free-throw routine, make 5 free-throws.



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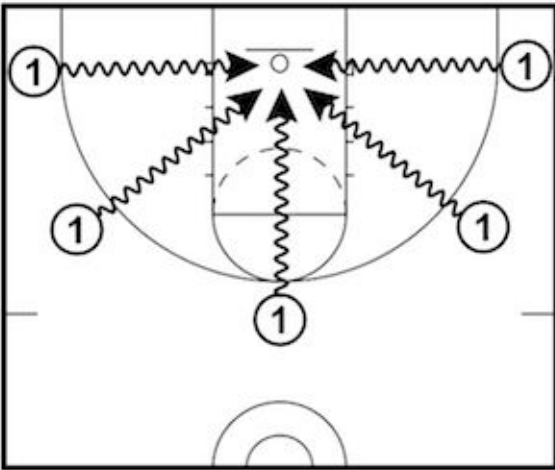


Drill #4 - Layup Series - 30 Made Shots

During the layup series you must make 6 layups beginning from outside the three-point line at each of the 5 spots. The five spots are left corner, left wing, top of the key, right wing, right corner.

The 6 layups players must make are:

- Right-hand layup x2
- Left-hand layup x2
- Floater x2



Drill #5 - Beat a Pro (Maya Moore, Diana Taurasi, or Steph Curry) - Free-Throw Shooting

A fun game competing against Steph Curry shooting free throws.

Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

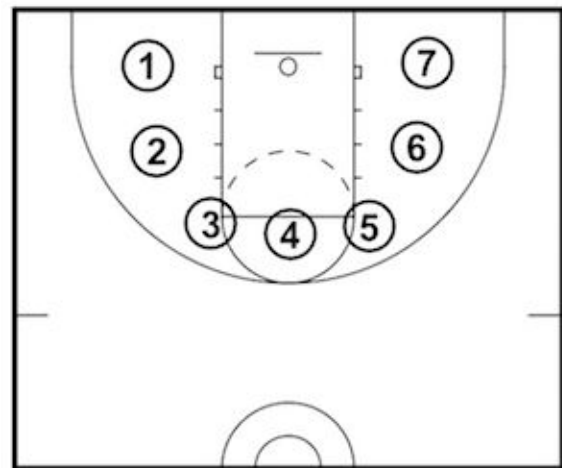
Make sure you use your full routine every time you step to the free-throw line.

Drill #6 - Midrange Shooting - 21 Made Shots

Starting in the left corner, make 3 shots at each of the 7 spots from midrange distance.

The seven spots are:

- Left corner
- Left wing
- Left elbow
- Top of the key
- Right elbow
- Right wing
- Right corner



Drill #7 - Beat a Pro (Maya Moore, Diana Taurasi, or Steph Curry) - Free-Throw Shooting

A fun game competing against Steph Curry shooting free throws.

Begin the challenge on 10 points. For every made shot, you add two points to your total. For every missed shot, you lose one point. If you make it to 20 points, you win. If you end up on 0 points, you lose.

Make sure you use your full routine every time you step to the free-throw line.



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