



Week: May 11 - May 15

Focus: Getting Back to Basketball

Skill	Notes	Drill
Warm Up		<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=clqzwOUiIR4 - 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%
Shooting	Take your time with this. This is one of the most important parts of	Form Shooting https://www.usab.com/basketball/media/videos/2017/02/one-hand-form-shooting.aspx

	basketball. Always be sure to check yourself to make sure you are doing it perfectly	
Ball Handling	5 min	https://www.youtube.com/watch?v=y9co2GbNZCY
Shooting	5 min	<p>Mikan Drill (30 seconds x 5)</p> <ul style="list-style-type: none"> - Stand to one side of the basket slightly inside of the block facing the baseline. Jump and power the ball up for a lay up. Make sure to use the backboard. - Soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. - Continue the process side to side working on your left and right hands. - Continue this pattern back and forth for a set number of repetitions. - https://www.youtube.com/watch?v=Q1LiWkc8-Ls
Shooting	10 min	<p>Elbow Shooting x 5 each side</p> <ul style="list-style-type: none"> - 1 min shooting from the right elbow - 1 min shooting from the left elbow ● Make sure feet are facing the basket ● Righties step with left foot first, Lefties step right foot first ● Step in every shot ● Pass can come from under basket and flip ball to yourself
Shooting	5 min	Free Throws

		<ul style="list-style-type: none">- Shoot 20 free throws- Keep track for the week
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