



Week: Live Zoom

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		Head Waist Both Legs Right Leg

		Left Leg Figure 8 Figure 8 Big Figure 8 small Stationary
Finishing		X Out Layups 30 seconds 3x
Shooting		Ball Spin Shooting From Elbows into FT line <ul style="list-style-type: none"> - Catch and Shoot - Finish at the rim - Shot Fake One Dribble
Footwork/ Conditioning	Defensive Slides	Back and forth
Free Throws	5 min	Free Throws <ul style="list-style-type: none"> - Shoot 20 free throws - Keep track for the week