



Week: May 18- May 22

| 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 | <p>Form Shooting</p> <p>https://www.usab.com/basketball/media/videos/2017/02/one-hand-form-shooting.aspx</p> |
| Ball Handling | Check out the article and videos. This is a good starting point for all ball handling | <p>https://www.usab.com/youth/questions-and-answers/introduction-to-ball-handling-and-dribbling.aspx</p> |
| Finishing | Watch the video then do | <p>https://www.youtube.com/watch?v=Tm7N2HU4noQ</p> |

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| | the drill | <u>Layups</u> <ul style="list-style-type: none"> - Start at elbow - Make 10 layups on the left side and 10 on the right side |
| Shooting | <ul style="list-style-type: none"> - Guide hand near the side of the ball. Do not place guide hand in front or behind basketball. - Fingers on guide hand pointing upwards. - Keep guide hand still. - Do not touch the ball with the guide hand. | <u>Guide Hand Shooting - https://youtu.be/tUxh7TdhFic</u> <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 | | https://www.usab.com/basketball/media/videos/2017/02/full-court-zigzag-no-offense-all-slides.aspx |
| Free Throws | 5 min | Free Throws <ul style="list-style-type: none"> - Shoot 20 free throws - Keep track for the week |