

Game 7 Summer Workout

3-6-30 = Three Months/Six Days/Thirty Minutes

Shooting

50 Follow-throughs (**B-E-E- F= Balance, Eyes, Elbow, Follow-through**) Start close to basket. Using just your shooting hand - make 5 and move one step back. After 5 sets with one hand only, go back to first spot and repeat same sequence with guide hand on the ball. Remember to “freeze” your follow-through, check your work and self-correct.

Spin out shooting 10 reps per spot: shoot from corners / wings / elbows / foul line... total of 7 spots=70shots

Free Throws (25) Think about “eyes on the target, three dribbles and in”...every time!

St. Agnes “1-2-3-4-5” Shooting (*Full Speed -Half Court or Full Court*) Play all 5 of the offensive positions and take 5 shots from the 5 spots using self-passes and dribble moves that you have worked on. The 5 inbounds the ball to the 1 who takes it up the floor and distributes to a different player on each “possession” during the drill. Shots are as follows: 1=right elbow of foul line, 2=left wing, 3=right wing, 4= layup at left block, 5=left elbow or ball-fake at left elbow and layup at right block. Immediately after each set of 5 shots take 2 free throws before your rest time.

Strength and Agility

Jump Rope (Start at 3 minutes and build from there...)

Push Ups (Perfect Form – add a rep each week)

Core (Sit-ups / Leg lifts – baby crossovers with ball under legs, bear crawl, squat thrusts)

Speed/Agility (rope ladder, defensive slides, backwards laps with the ball held overhead)

Ball Handling (BYBE=Bring Your Basketball Everywhere)

Dribble line-touches: use both hands, go forward and backward, touch the line with your hand. At the lines you can stop and do baby crossovers, big crossovers, scissors, ankles/waist/head/corkscrew, pivot squares. As you advance start to use tennis ball or baseball in these drills.

“Chill Drill” basics: change speed/direction –backwards and forwards, crossover, spin, through the legs)

Passing and Catching (use a wall or a partner- practice “thumbs down” follow-through and hit the spot, look the ball into your hands on the return pass and catch in triple threat position)