



Points of Emphasis:

GO HARD and make it GAME LIKE. Mistakes are part of learning

If you are doing cardio or lifting weights, do that first then shoot and ball handle.

Head up

dribble hard and fast

Warm up

-1 ball routine : 10 each of high, low, front pendulums, side pendulum, figure 8, quick hands front and back, quick hands alternate,

-two ball - pound low, alternate, one high/one low,, alternate drop through front/back, double drop, btwlegs xover, behind back cross over, -

On the move two ball: crossovers, spins, behind the back, between the legs

-put triple move combinations together while moving. i.e.; behind back, between legs, crossover.

Shooting

-Semi circle jump shots at 5 spots(baseline, elbow, ft, elbow, baseline)make 5 in a row at each spot

-One dribble left/right pull up off 'screen from f/t extended- make 3 in a row)

-One dribble drives rip throughs off a V cut from outside the 3 point line from wing Make 10 L/R

-Two dribble reverse layups hit 5 in a row from each side

-One Dribble pull ups off the rip though- hit 3 in a row

-Fake the rip, jab at the screen, shoot the 3- make 2 in row

3pt shooting

- From 5 spots(See above) hit 2 in a row
- From your sweet spot, hit 3 in a row

Shoot and make 10 free throws in a row

3 TIMES A WEEK- record how long it takes you

1 Band half squat 03403



2 Band rotation 01014



3 Band hicens curls shoulder press 00590



4 Band hip flexion 00597



5 Band hip abduction walk 00600



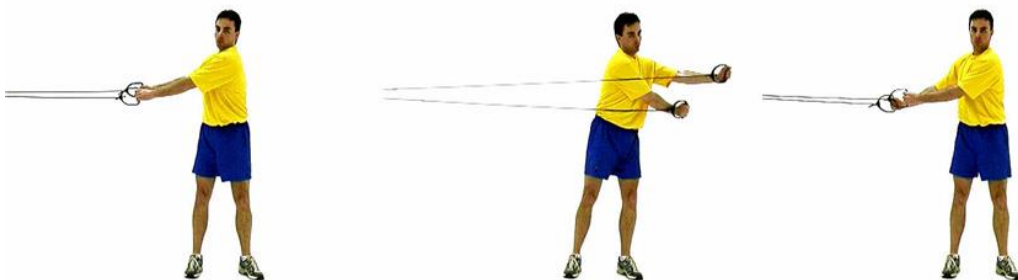
6 Band hip extension 01921



7 Band split squat 01509



8 Band rotation 04627



9 Band split squat 01510



10 Climber 01213



Use band over shoulders and hands.

11 Sandbag deadlift 06090



complete with band over feet. Pull on shortest band.

Cues to remember. 1 Keep knees pointing ahead. 2 As you go down in a squat movement weight moves from front of foot to heel.

1. Sandbag step up 06095



No resistance at start. All work done on the leg on the step, no pushing off.
3x8 each leg

2. DB lateral step up 05179



Again no resistance. Box height should be just below your knee. all work on top leg.
3x8 each leg.

3. Single leg squat 05119



Make sure pelvis stays square. no touch at the bottom.
3x6 each leg.

4. SB half squat biceps curls 00631



this is actually a CALF Raise. Get into the position in middle photo. can be against the wall. stay in this position and complete calf raise on both sides. 3x12.

5. DB split squat 04264



Use box height just below knee. 3x8 each side.

6. Eccentric Glute-Ham-Gastroc 00624



Slowly lower. Can have someone hold behind or set up with feet hooked. protect knees.
3x8

7. Lateral lunge step down 01942



control and into defensive stance. 3x8 each side.

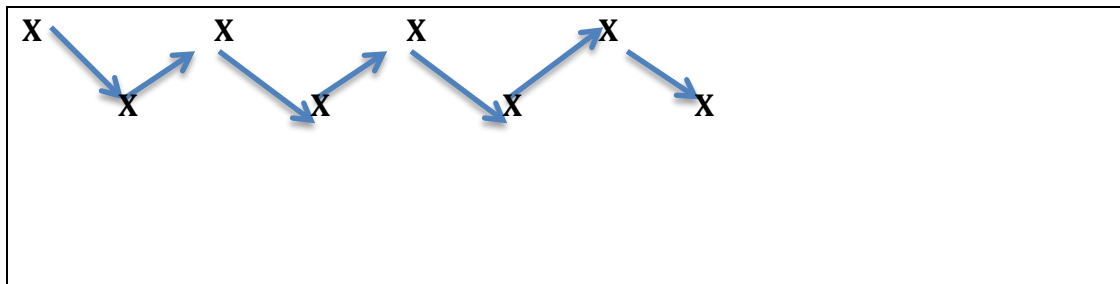
Footwork session.

Focus on quality movement and giving it 100% then recovering so anaerobic session.

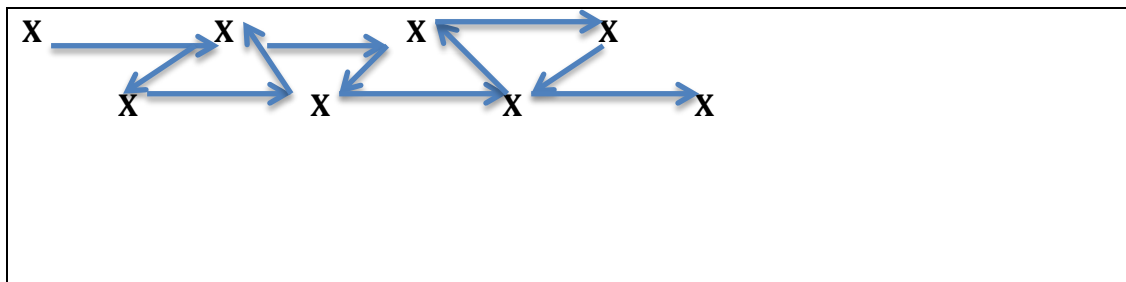
Set up zig zag cones. 4x4

Warm up with some lengths and active stretch if doing session from cold.

- 1) Run 4 lengths increasing percentage exertion as you go.
- 2) Zig zag cones. Run forward through cones at 100% . jog back x6



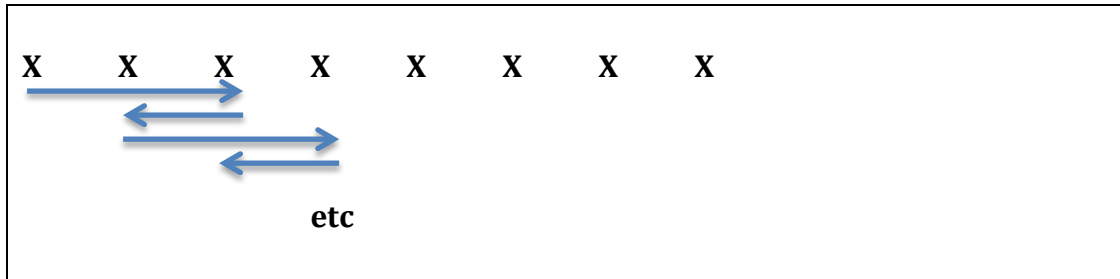
- 3) Zig zag slides (backwards) at 100% focusing on technique. Jog back x6
- 4) Use zig zag cones to push forward to next cone then drop step and slide to side cone. Continue through cones.



- 5) sprint 4 lengths.

move cones across into gaps so 8 cones in a line.

- 6) 2 cones forward 1 cone back. Tidy direction changes. Jog back x6



- 7) from first cone accelerate to 5th cone and stop. (decelerate) accelerate to last cone and stop. Jog back x4

Put 2 cones together as a hurdle. Or use a hurdle just under knee height. Have 3 hurdles.

X X X
X X X

- 8) 2 foot jump over cones for **height**. Land and go to next cone. Decelerate. Same to last cone. X4

- 9) 2 foot jump over cones for speed. Land and go. Same as above.

- 10) run 6 lengths.