



Week: May 18 - May 22

Skill	Notes	Drill
Warm Up	Getting loose before working out is very important	<ul style="list-style-type: none"> <li>- Driveway Jog (3x each way)               <ul style="list-style-type: none"> <li>- 50%</li> </ul> </li> <li>- Jump Rope (3x)/Vertical Jumps               <ul style="list-style-type: none"> <li>- 30 sec.</li> </ul> </li> <li>- Driveway Defensive Shuffles (2x each way)</li> <li>- Dynamic Quad Stretch (1x each way)</li> <li>- Hamstring Scoops (1x each way)               <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=9GNnh6mNJvk">https://www.youtube.com/watch?v=9GNnh6mNJvk</a></li> </ul> </li> <li>- Toy Soldiers (1x each way)               <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=clqzwOUiR4">https://www.youtube.com/watch?v=clqzwOUiR4</a></li> </ul> </li> <li>- Arm Circles (20x each way)</li> <li>- 5 push ups               <ul style="list-style-type: none"> <li>- Full or on knees</li> </ul> </li> <li>- Driveway Jog (2x each way)               <ul style="list-style-type: none"> <li>- 75%</li> <li>- 100%</li> </ul> </li> </ul>
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><a href="https://www.usab.com/basketball/media/videos/2017/02/one-hand-form-shooting.aspx">https://www.usab.com/basketball/media/videos/2017/02/one-hand-form-shooting.aspx</a></p>
Ball Handling		<p><u>Marquette Ball Handling Routine</u></p> <ol style="list-style-type: none"> <li>1) Around the head - 5x</li> <li>2) Around the waist - 5x</li> <li>3) Around both legs - 5x</li> <li>4) Alternating one leg, both legs - 10x</li> </ol>

		<p>5) Figure 8 - 10x</p> <p>6) Figure 8 Dribble - 10x</p>
Finishing	<p>Make sure to go full speed to keep game-like conditions. During your ball fake keep your hips down and your shot fake should be about 3 in. Finally, square your shoulders to the backboard on your shots.</p>	<p><u>Two Foot Finishing</u></p> <p>Work for 5 reps, and then shoot 5 free throws. 5 spots: 2 corners, 2 wings, top of the key:</p> <ol style="list-style-type: none"> <li>1) Big two foot jump stop and ball fake.</li> <li>2) Get to the other side of the rim, ball fake.</li> <li>3) Jump stop and use a front or reverse pivot.</li> <li>4) Hips across (Used to split two defenders.).</li> <li>5) Spin (Used when you go chest to chest with a defender.).</li> </ol>
Shooting	<p>Footwork is key here. Make sure you are taking a good 1-2 step into your shot. Also, make sure to go full speed. Make this as game-like as possible.</p>	<p><u>Michigan Shooting</u></p> <p>Go for 1 minute 2x. Goal is 5 shots</p> <ul style="list-style-type: none"> <li>- Start at bottom of driveway</li> <li>- Speed dribble to "right elbow"</li> <li>- Shoot a pull-up jumper/if you miss, put it back in!</li> <li>- Speed dribble to bottom of driveway</li> <li>- Speed dribble to "left elbow"</li> <li>- Shoot a pull-up jumper/if you miss, put it back in!</li> </ul>
Footwork/ Conditioning	<p>All you need is one line on the ground</p>	<p><u>Line Speed Workout</u></p> <p>Go through 2x and do each exercise 10x</p> <ol style="list-style-type: none"> <li>1) Two-foot front and back hops</li> <li>2) Right foot single leg hops</li> <li>3) Left foot single leg hops</li> <li>4) Two foot side to side hops</li> <li>5) Right foot side to side hops</li> <li>6) Left foot side to side hops</li> <li>7) Right foot leads in-and-out hops</li> <li>8) Left foot leads in-and-out hops</li> </ol>
Free Throws	<p>5 min</p>	<p>Free Throws</p> <ul style="list-style-type: none"> <li>- Shoot 20 free throws</li> <li>- Keep track for the week</li> </ul>