From: Jennifer Quigley-Harris jquigleyharris@mypasa.org
Subject: Re: Weekly Workout - Week 7
Date: April 30, 2020 at 3:56 PM
To: One on One Basketball Newsletter

Weekly Workout

Dynamic Warmup

Ball Handling

Agility • Footwork

Shooting

Cool Down
DYNAMIC WARM UP

Notice how strong and efficient this athlete's form and posture are. Strive to replicate her. Complete each drill twice at a 20 yard distance.

BALL HANDLING
Youth basketball players love to practice all the change of direction moves like crossovers, between the legs, and behind the back. Change of speed is one of the most overlooked, but most important aspects of being a great in-game ball-handler.

**AGILITY • FOOTWORK**

Don't have an agility ladder? Order one online, or use sidewalk chalk to draw one (10 boxes in a line). Try these drills to increase foot speed, balance, and explosiveness. Challenge your parents to see who can do each drill the fastest!

**SHOOTING**

**QUICK SIX DRILL**
COOL DOWN

Food is fuel for your body. It's easy to go grab for the chips or a bowl of cereal when you are hungry. What about an apple or a banana instead? Eating healthy and considering the portions and variety of what you eat are a very important factor in becoming a great athlete. As you stretch your muscles during cool down after one of your weekly workouts, think about a menu for the day (breakfast, lunch, dinner, snacks) that you think would be nutritious and delicious for an athlete. Consider the plate below as you construct a menu for
each meal, and add in a healthy snack or two throughout the day.

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