Hello 1ON1 Parents and Players,

Our network of Regional Directors from around the country are now focusing our attention on ways that we can be a helpful resource to your children during quarantine and the practice of social distancing. Our goal is to get better each week at providing comprehensive and engaging drills, curriculum and contests for your child to focus on. If you or your child have any questions or feedback about a particular drills or exercises, feel free to reply to this email.

–Coach Frank
DYNAMIC WARMUP

• High Knees, Butt Kickers, Lay-Up Skips, Lunges (30-45 sec each)

• 50 Jumping Jacks or 20 Star-Jumps (Your choice)
AGILITY • FOOTWORK

Line Hops
Hop over a line or stick on a bent knee keeping heel(s) off ground
Right Foot - 20 seconds
Left Foot - 20 seconds
Both Feet (together) - 20 seconds
*Complete 3 sets of the above routine and rest 30 seconds between each set

Defensive Stance Line Touches
Set 2 cones or markers 8 feet apart. In your defensive stance...step and slide laterally from marker to marker making sure that your lead foot gets past the marker before you plant and explode to the other marker. Keep your feet wide, stay low, and do not hop or bring your feet all the way together.
*Note - Feel that your head is staying on the same level (not rising and falling
• Breathing Exercises - Close your eyes and breathe in through your nose and out through your mouth. Slowly adjust your posture so that your feet are shoulder width apart and your head is pointed forward. Imagine that there is 2 minutes left in the game and your team is down by 2 points - Play out the scenarios of what you would do on Defense and how you would help your team on Offense. For a full 2 minutes keep your eyes closed, breathe, and finish the game in your mind.
*Take time to watch this instructional shooting video by legendary shooting coach, Buzz Braman. He is a master at shooting technique.

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