



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



WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

SHOOTING

COOL DOWN

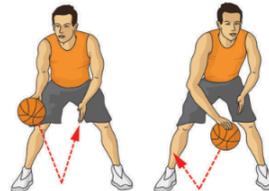
DYNAMIC WARMUP

- High Knees, Butt Kickers, Lay-Up Skips, Lunges
(30-45 sec each)
- 50 Jumping Jacks or 20 Star-Jumps
(Your choice)

BALLHANDLING WORKOUT 1



 Push Pull Dribble



 Yo-Yo Dribble

☺ 2x30 secs



🕒 Machine Gun Dribble
2x30 secs

☺ 2x30 secs



🕒 Two Hand Bounce Catch Drill
2x30 secs



🕒 Around the Legs Ball Wraps
2x30 secs

***COACHES NOTE - BE SURE TO COMPLETE ALL SETS WITH EACH HAND**

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)

as you go)

Shooting  beginner

BEEF (FORM SHOOTING)



Instructions

- 1 Stand a couple feet from the hoop, holding the ball up with your shooting hand
- 2 Shoot the ball with one hand, get the rebound, and repeat

Coaching Tips

- Focus on being fundamentally sound
- Remember BEEF – Balance, Eyes, Elbow, Follow Through
- Set the goal to make as many swishes as possible

Shooting  intermediate

ELBOW LAYUPS



Instructions

- 1 Begin at the right elbow, holding a basketball
- 2 Explode forward, pushing the ball out ahead of you toward the rim
- 3 Finish with a strong right handed layup
- 4 Sprint back to the right elbow and repeat, attempting to get the maximum number of layups in 30 seconds
- 5 After 30 seconds, switch over to the left elbow

Coaching Tips

- Make sure to dribble and finish with the correct hand on the corresponding side
- Get to the rim in as few dribbles as possible

COOL DOWN

- 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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