



Hello Parents and Players,

Below is the 1ON1 Week 2 Workout. Complete this workout at least 4 times before Monday. Focused repetitions will lead to muscle memory and confidence. You have the time, so put in the work.....NO SHORTCUTS!

In addition, we are introducing a Weekly CONTEST for you to have a chance at winning the 1ON1 GEAR PRIZE. Winners will be announced each week on the newsletter as well as our website (seattle.1on1basketball.com).

Players, take care of the responsibilities your parents give you at home each day, and carve out time to complete this workout. This quarantine is a great opportunity for you to focus on your individual ball-skills, agility and overall fitness. So get after it and feel free to send any questions or feedback from this week's workout!

See you soon!

- Coach Frank



WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

SHOOTING

COOL DOWN



**ELITE GUARD
TRAINING**

DYNAMIC WARM UP VIDEO

BALL HANDLING

IN/OUT WITH CROSSOVER DRILL



INSTRUCTIONS

- 1 Starting with your right hand dribble the ball toward the center of your body as though you're making a crossover move, then back out towards your right side.
- 2 During the in/out dribble, the ball should make a circular motion as it moves from in to out.
- 3 After the in/out dribble, crossover from your right hand to your left hand.
- 4 Make an in/out dribble with your left hand, then crossover to your right hand.
- 5 Repeat for 30 seconds.

Level



Coaching Tips

- Maintain good, balanced body position while dribbling, feet shoulder-width apart.
- Use your imagination. Picture when and how you would use this dribble move.

Adjusting Difficulty

- ◀ Remove crossover from drill and just focus on dribbling with one hand.
- ▶ Lower your dribble and increase the speed.

TWO HAND BETWEEN THE LEGS DRILL



INSTRUCTIONS

- 1 Start with the ball held in front of you at chest height, using both hands.
- 2 Spread your legs wide and bend your knees slightly.
- 3 Bounce the ball between your legs from front to back.
- 4 Quickly move your hands behind your back to catch the ball.
- 5 Bounce the ball between your legs from back to front.
- 6 Quickly move your hands in front to catch the ball.
- 7 Repeat.

Level



Coaching Tips

- Start slow until you master the movement. Then try to dribble back and forth as fast as you can.

Adjusting Difficulty

- ◀ Bend your knees and spread your legs to create a wider slot for the ball to fit through.
- ▶ Straighten your legs and bring your feet together.

****COACHES NOTE - BE SURE TO COMPLETE 5 SETS OF THESE DRILLS WITH EACH HAND AND ALWAYS IN AN ATHLETIC STANCE...***

AGILITY • FOOTWORK

Burpees

- Jump as high as possible with both hands reaching up, drop both hands to the ground and get in push up position, do a push up (use knees if needed). Get up quickly and run (high knees) in place for 5 seconds.

*Complete 3 sets of 6 reps with a 1 minute break between each set.

Quickness Box

Set up 4 cones, 8 ft. apart in a square pattern. Number the cones 1-4.

- Player starts in the middle of the box in defensive stance, and as the parent calls out a number, the player shuffles (defensive step-slides) to the cone and back to the middle position. Use forward pivot to advance to the cones in front

back to the middle position. Use retreat a pivot to advance to the cones in front, and use drop-step to retreat to the cones behind.

****Coaches Note - Player always returns to middle and always uses defensive step slides when moving (no turning your hips to run or gallop!)**

SHOOTING

FLOOR SHOOTING DRILL



Practice putting back spin on the ball and following through on your shot in this drill.

INSTRUCTIONS

- 1 Start by lying on the ground, flat on your back.
- 2 Hold an ball in your shooting pocket, with your palm upward and guide hand along side.
- 3 Shoot the ball up into the air, using proper shooting mechanics and flicking your wrist on the release.
- 4 Catch the ball and repeat the drill.
- 5 Palm should be facing up at beginning of the drill and down at the end of the drill.
- 6 Complete 25 reps.

Level



Coaching Tips

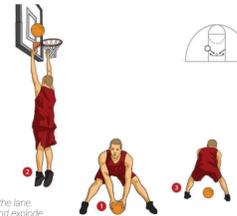
- If done correctly, the ball should fall right back into your shooting pocket.
- Pay particular attention to putting back spin on the ball and following through on your shot.

Adjusting Difficulty



- Shoot the ball only a few feet in the air.
- Try to shoot the ball as high as you can.

BLOCK TO BLOCK DRILL



Shoot layups from both sides of the lane. Go from one block to the other and explode to the rim.

INSTRUCTIONS

- 1 Place one ball on each block.
- 2 Start at one block with the ball in your hands. Pound the ball down on the block and explode to the basket for a layup.
- 3 Catch the ball before it hits the ground, place it back on the first block.
- 4 Go to the other block, pound the ball on the block and explode for a layup.
- 5 Continue until you make seven shots.
- 6 **Variations:** You can run the drill with no dribble or you can run it using one dribble and then exploding to the rim. You can also run the drill with a dribble, a pump fake and then the layup.

Level



Coaching Tips

- If you have a partner, you can use two balls and your partner rebounds the ball and sets it on the opposite block for you to pick-up and shoot.
- Keep your eyes on the basket.
- Really explode to the rim and power the ball into the basket.
- Use maximum effort, this can be an effective conditioning drill when run at full speed.

Adjusting Difficulty



- Use your strong hand only.
- Use your weak hand when on that side of the rim.

COOL DOWN

- **Envision Winning the Game** - 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 you are at the free throw line with no time on the clock. Your team is down by one, and you could win, lose or tie the game for overtime at the line. With your eyes closed, envision all the different scenarios in this situation and how you could best handle the emotions that come with such different outcomes.

CONTEST

WINNING PRIZE - Custom 1on1 Basketball Socks

BASKETBALL HISTORY ESSAY - Players & Parents (parents feel free to help), research the life of:

James Naismith

Compose a brief history of his relationship to basketball and proclaim something you admire about his life and explain why.

(Due Sunday, 3/29 by 8PM. Label entry with your first name and school)

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