Week 4 Workout and Contest

Congratulations to Asa Dorfman of Portland, OR on winning Week 3’s Contest

RHODE ISLAND LET'S WIN THIS WEEK!

WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY • FOOTWORK
**DYNAMIC WARM UP**

**Three Cone Change of Speed Warm Up**

All you need is 3 cones or markers in your yard for this warm up to get your blood flowing. Place the cones 10–15 yards apart in a triangle shape. Jog clockwise around the outside of the cones in a triangle pattern, but change the speed of your jog when passing each cone. As you feel yourself getting warmer, add some sprinting gears in and really mix-up your change of speed!

3 minutes – running clockwise
3 minutes – running counter-clockwise

After completing these reps, do a static stretch on calves, hamstrings, thighs, hips and groin before starting your workout.

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**BALL HANDLING**

Steve Nash Ball Handling Workout Secrets
Watch NBA Legend Steve Nash break down all of the core ball-handling moves and how to practice these moves on your own.

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**AGILITY • FOOTWORK**

Watch this video on pivoting with the ball. Be sure to always catch the ball with two hands on a strong jump stop before practicing your forward and reverse pivots with both feet. If you have a basket to use, get creative with your pivot to get by an imaginary defender to score at the basket!
**SHOOTING**

If you do not have the upper arm strength to shoot from a chair, move to the second part of this drill (But make sure you are doing your push ups and sit ups to build that strength).

**COOL DOWN**

Spend a day with your basketball. Wake up with your basketball, keep it underneath your arm, dribble it when you can, lay on the bed and shoot it into the air imagining making the game winning shot. Becoming one with your basketball will change your approach to the game – dribbling, passing, shooting, and rebounding.
CONTEST

The winner of this contest will receive a brand new One on One Custom Socks. Remember to include your school name and your grade in your response!

WEEK 4 CONTEST

OFF HANDED SWISHES - Using only your weak hand, see how many swishes you can make this week. Count them all and send them in on Sunday. The height of the hoop does not matter, just make sure that your strong hand is behind your back when you shoot.

SEND SWISHES HERE!

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