DYNAMIC WARM UP

Sun Salutation Yoga Routine

Here is a great warm-up routine using yoga. I encourage you to do this simple routine with your child.
Surya Namaskara A
Sun Salutation A

BALL HANDLING

BALLHANDLING WORKOUT 3

intermediate 7 Mins

Cone Dribbling - Crossovers 2x30 secs
Cone Dribbling - Inside Out 2x30 secs
Coaches Note - if you have done these drills before, focus on increasing speed or how hard you can pound the ball while doing it.

AGILITY • FOOTWORK

Watch Kobe's feet and count how many times he dribbles the ball more than 2 times. As you get better and better, you realize that you don't need to dribble the air out of the ball -
you get better and better, you realize that you don’t need to dribble the air out of the ball - instead, use your footwork to get to your spot!

CLICK TO VIEW

SHOOTING

Back to the Basics - Even pros begin their shooting sessions with one-handed shooting to make sure they are:
1. gripping the ball with wide fingers
2. not using their off-hand (thumb) to help shoot the ball
3. using their legs to generate upward power

CLICK TO VIEW

Word Scramble

Find the players listed in the Word Scramble below.

BOSTON CELTICS PLAYERS
Stay in Touch

Let me know what fun things you have tried while staying safe at home.

Have you tried some new games?
Have you created a video?
Have you tried cooking with a new recipe?
We at One on One Basketball miss seeing you all. We would love to hear what you are doing to keep busy during this crazy time!

*Drop us a line!*

SEND LETTER HERE!

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