



ONE ON ONE
BASKETBALL, INC.

WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

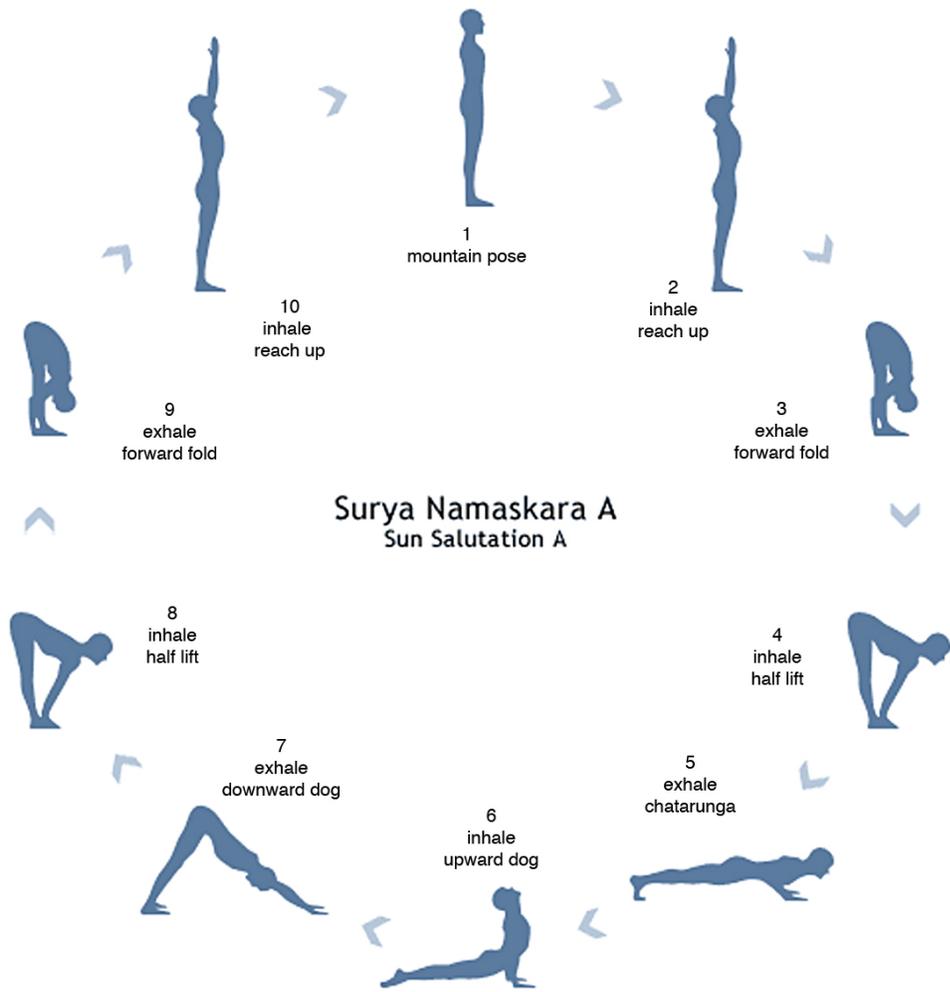
SHOOTING

COOL DOWN

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.

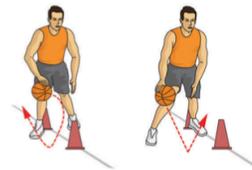


BALL HANDLING

BALLHANDLING WORKOUT 3



 Cone Dribbling - Crossovers
2x30 secs



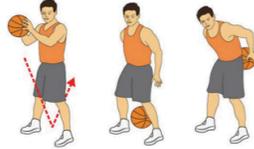
 Cone Dribbling - Inside Out
2x30 secs



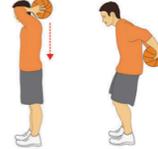
 Cone Dribbling - Between the Legs
2x30 secs



 Around the Head Ball Wraps
2x30 secs



 Two Hand Between The Legs Drill
2x30 secs



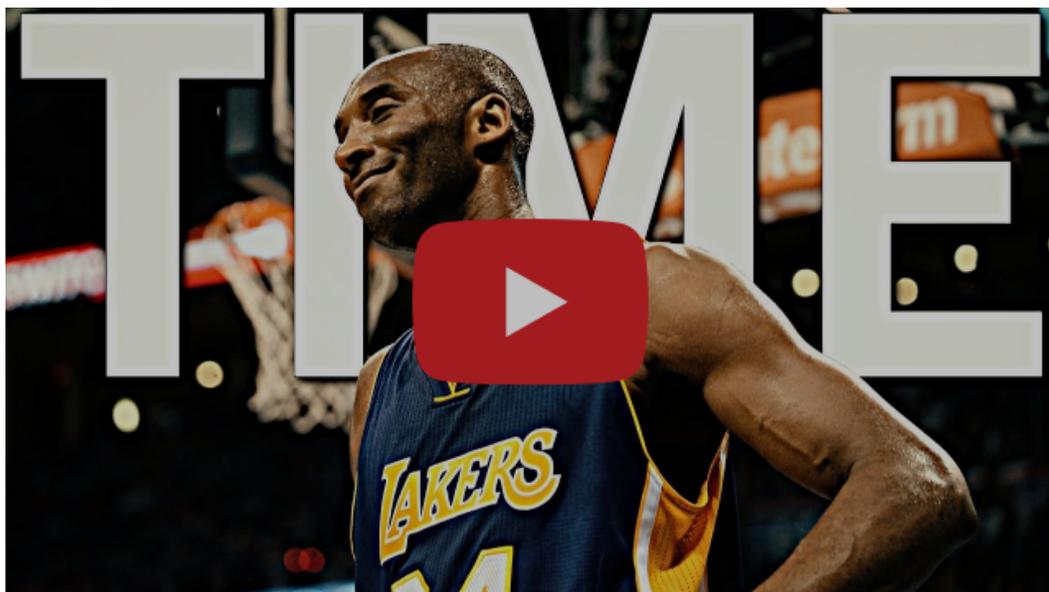
 Behind the Back Catch
2x30 secs



 Bounce Catch Drill
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 - 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

N J N L G R I Y B W A M B P J L T Y
 W S B L T H O C P T Q N S F M N I G
 A R P T X P C A L A G A I I V T M F
 N E R F N T B O A U X H W R O E E P
 A T S N I S S M A R T W G Q S J L Y
 M A P L M O G F T T A L U M R S O L
 A W Q P X J Y I E I V U Q H U Y R C
 K V X A M E D M U L D M O S M D D Q
 E D J C A L T U V F A L L B H H Q J
 R E P S P E U T T H E I S X K T Q D
 N M T A N Y X A A N C J G U A R S L
 W O H G B E C T B O P J C Y E S N R
 O Q A H S M M P O C L U V R N F R X
 R J Y O D X A E G Q J Q P E O V E K
 B W W O S W I L L I A M S K H A T J
 S Y A C N E C V M T F G N L J Q N Y
 N U R G R I L Y X B W W S A E E A W
 B O D N U F K M P S W H S W W E K K

TATUM WALKER BROWN SMART HAYWARD FALL KANTER TIMELORD
THEIS WANAMAKER OJELEYE WILLIAMS WATERS

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!

Personal Training • Instructional Leagues • Camps • Team Consulting • Coaching Clinics • Shooting Clinics • Birthday Parties • Free Covid-19 Workouts

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).