WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY • FOOTWORK

SHOOTING

COOL DOWN
DYNAMIC WARM UP

Mountain Climbers (the right way)

Watch this video to observe perfect mountain climber form. This is an incredibly effective warm up to increase your heart rate and strengthen several muscles in your body.

Complete 4 sets of 20 mountain climbers (80 total) with 30 seconds of rest in between sets.

*Extending each leg straight counts as 1 mountain climber.

BALL HANDLING
A throwback video of "Pistol Pete" doing drills you can do in your garage

**AGILITY • FOOTWORK**

Kids have been skipping since they learned rhythm - Use this skip step effectively to confuse and challenge the defense

**SHOOTING**
In honor of the Michael Jordan documentary that just began (ESPN), here is yet another example of great shooting form. Jordan made some of the most athletic jumpshots in history, but his upper body mechanics were almost always the same. Practice your 90 degree angle setup up this week, and spin the ball. Try it with both your left and right hand 100 times per day!

COOL DOWN

Michael Jordan was "cut" from his Varsity Basketball team in High School his Sophomore year and played JV instead. This fueled Jordan's entire career as he chose to use this energy to prove everyone wrong. Think about the times you weren't picked first and how it felt – Use that energy in a positive way!!!

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.