



**ONE ON ONE**  
*BASKETBALL, INC.*



**WEEKLY WORKOUT**

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**DYNAMIC WARMUP**

**BALL HANDLING**

**AGILITY•FOOTWORK**

**SHOOTING**

**COOL DOWN**

# **DYNAMIC WARM UP**

## **JUMP ROPE**

30 Second sets - 5 Times

Jumping Rope is a great way to get your blood flowing and to steer your focus towards your workout.

\*If you do not have a jump rope at home, now is the time to get one. They are inexpensive and a great tool to increase your fitness and the explosiveness of your 'quick twitch' muscles.

## **LUNGES w/ Basketball**

15 Reps - each leg - 2 Times

Hold the basketball with a strong grip out in front of your chest. Step forward with one leg and bend at the knee to 90 degrees. Your back knee should be hovering just above the floor. Hold the lunge for 3 seconds then step back up to neutral position.

## BALL HANDLING



**Practicing your ball-handling with a plastic bag around the ball improves grip strength, hand placement and dexterity. If you don't have anymore plastic bags around your home, put on a pair of your thinnest knit winter gloves.**

\*The drills in this video become increasingly more difficult. You do not have to follow him exactly, just challenge yourself both with stationary and on-the-move sets.

## AGILITY • FOOTWORK



**These are great exercises to increase the height and quickness of your jumping ability. Pay close attention to your form in these exercises.**

**\*If you use an elevated object to jump up on to, be sure to test it for stability first.**

# SHOOTING

## Shooting



## MIKAN DRILL



### Instructions

- 1** Start on the left side of the rim with the ball above your head. Finish with a left handed layup
- 2** Catch the ball as it goes through the hoop, keep the ball above your head, and finish on the right side with a right handed layup
- 3** Repeat, continuing to alternate the side that you finish on



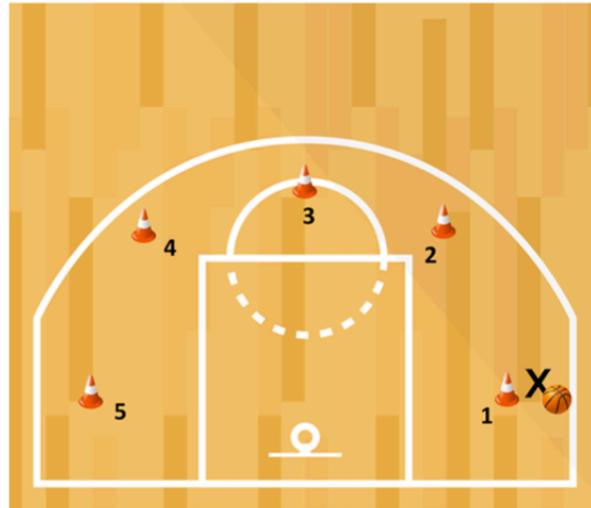
### Coaching Tips

- Keep the ball up as high as possible
- Try to time your steps so that you are starting your next layup as you collect the rebound from the last one
- Set a time limit, and see how many you can make in a row!

## Shooting



# AROUND THE WORLD



## Instructions

- 1 Start at the first spot, and work your way around making a jump shot from each spot
- 2 You can only advance to the next spot once you've hit a shot from the previous



## Coaching Tips

- To make the drill a little more difficult, move back one spot each time you miss a jump shot
- For an even tougher challenge, try to hit from all 5 spots in a row

**\*COACH NOTES - MIKAN DRILL** - Lower the hoop if you do not have the strength to get the ball to the backboard. If you cannot lower the basket, use 2 hands ensuring that the left hand is the shooting hand on the left side and the right hand is the shooting hand on the right side. If you don't have a basket, you can put a mark up on a wall and use that as the target.

# **COOL DOWN & CONTEST**

## SLEEPING AND STRETCHING

The importance of sleep cannot be understated. You have the opportunity to grow and rest your muscles and brain when you sleep. Be sure to work hard during the day with your school work and athletic routine, but be sure to get to bed at a consistent time each night. It will help you take on the next day with energy and positivity. Make it a habit to stretch your muscles before bed and after waking up....it's a great way to take care of your body!

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