WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

SHOOTING

COOL DOWN
These exercises with only your basketball will greatly help to increase your core and arm strength. You can do these everyday, even inside when it's raining.
BALL HANDLING

This video works on lateral change of hand dribbling from a balanced athletic stance. Memorize the ball movement and try to increase your hand-speed everyday when doing these drills. Keep your chest up!
AGILITY • FOOTWORK

Coach Wright teaching proper attacking footwork from the wing position. You can spin the ball to yourself at the wing to mimic catching a pass on a jump stop before practicing these rip-through moves for layups or short jumpshots.
Back to Basics - Shoot 50 shots in a row from 4-5 feet from the basket. Then shoot 50 shots in a row with your off-hand. Focus on your ball-grip, popping your elbow on the release, and whipping your index finger over the center of the rim. Start square to the basket and finish square to the basket. The less moving parts to your shot, the more efficient your stroke will become. See how many you can swish out of 50 shots with each hand this week!
COOL DOWN

*Hydrate Hydrate Hydrate*

Keep your body hydrated all day long by keeping a water bottle near you or with you throughout the day. As you start to workout harder and sweat more, be sure to replenish your liquids. There is nothing better than a glass of water. You can also add electrolytes to your water by slicing up a half cucumber into your water jug.....Drink Up!