



Hello Parents and Players,

Below is Week 3's Workout and Contest. Congratulations to **Caden Rupp** in Seattle for winning the James Naismith Essay Contest. Let's go **RHODE ISLAND** and win this weeks contest!

- Coach Frank



WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

SHOOTING COOL DOWN

DYNAMIC WARM UP

Super Stairs

Find a set of stairs at home or in your neighborhood. Run up the stairs using sprinters form and staying on the balls of your feet. Do 5 push ups at the top before you carefully walk back down the stairs. Breathe deeply on the way back down to slow your heart rate. When you reach the bottom, that counts as one rep. Complete 15-20 reps for this warm up.

**Wear shoes and be careful not to stub your toe on a stairs.*

After completing these reps, do a static stretch on calves, hamstrings, thighs, hips and groin before starting your workout.

BALL HANDLING





This ball-handling video workout becomes very challenging. If you are not at the level to try the more difficult drills, keep working to master the basic aspects first.

[CLICK TO VIEW](#)

AGILITY • FOOTWORK



Try these agility and conditioning exercises with NBA Player Jeremy Evans.

[CLICK TO VIEW](#)

SHOOTING



Click on Elena Delle Donne's picture above to read how she became the greatest free-throw shooter in professional basketball. Try to replicate how she looks before she rises to shoot. Simple, linear form is reliable and easier to replicate under pressure. Get to a basket this week and see how many shots you can SWISH in a row from different angles within 6 feet of the basket.

COOL DOWN

- **Picture Your Growth** – Knowing you are getting better is vital to your growth. After your workout, close your eyes and breathe in through your nose and out through your mouth. Try to remember the first time you made a basket on any hoop and how it felt. Now picture your shooting form today. Has it gotten better? Now imagine how many shots you are going to make next year if you

Keep practicing

keep practicing.

CONTEST

The winner of this contest will receive a brand new One on One Custom Basketball. Remember to include your school name and your grade in your response!

First person to submit the following players in the example format below (Stephen Curry), wins the contest!

Stephen Curry – Davidson Wildcats, Davidson, North Carolina

Michael Jordan

Pete Maravich

Elena Delle Donne

Ja Morant

Cheryl Miller

Steve Nash

Patrick Ewing

Teresa Weatherspoon

Larry Bird

Sabrina Ionescu

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