



#### ANNOUNCEMENT

Many parents have contacted us about One on One Basketball camps. We are planning on running camps this summer in select cities/towns within RI. We will be following all CDC and RI State camp guidelines as our priority is always the safety of our participants, coaches and families. We will be sending more details concerning our camps and the safety procedures in the near future. We are currently finalizing plans with town officials and Superintendents before announcing our final schedule. We currently have two camps listed on our web site and hope to add more over the next two weeks. NOTE: If you register for a camp this summer using a credit card and it ends up being cancelled due to reasons with Covid 19, you will receive a 100% refund.

We are working hard to provide the safest and best experience for your children during these trying times. We hope that you will trust us to do this.

Thanks, Coach Frank Luca



# WEEKLY WORKOUT

DYNAMIC WARMUP

BALL HANDLING

AGILITY•FOOTWORK

SHOOTING

COOL DOWN


## DYNAMIC WARM UP



*This video contains several effective warm up drills with a major focus on the knees and stretching all of your lower body muscles before playing. Try to memorize some of these exercises to use before you train or play games in the future.*

# BALL HANDLING

## TWO BALL MACHINE GUN DRIBBLE



Machine Gun Dribble



Alternating Machine Gun Dribble

## INSTRUCTIONS

- 1 Set up in an athletic stance with one ball in each hand.
- 2 **Machine Gun Dribble:** Put one ball in each hand. Rapidly dribble both balls simultaneously in front of your body, machine gun style. Try to keep the ball 6-12 inches off the ground.
- 3 Repeat for 30 seconds.
- 4 **Alternating Machine Gun Dribble:** Rapidly dribble the balls one at a time, so one ball is up and the other is down at all times.
- 5 Repeat for 30 seconds.

### Level



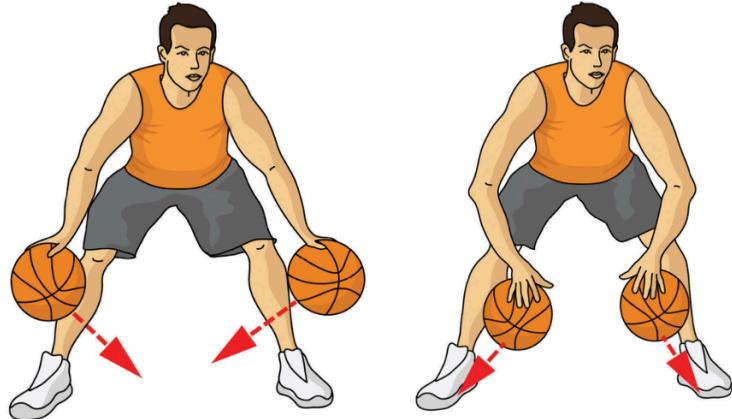
### Coaching Tips

- Master the one ball drills before proceeding to two balls.
- Try alternating between machine gun and alternating machine gun every 5 dribbles.

### Adjusting Difficulty

- ◀ Dribble the ball higher and slower.  
Do the drill while walking up and down the court.  
Forwards and backwards.

## TWO BALL YO-YO DRIBBLE



### INSTRUCTIONS

- 1 Set up in an athletic stance with one ball in each hand.
- 2 Dribble both balls at the same time moving from the outside in, then back to the outside with each repetition.
- 3 Repeat for 30 seconds.

#### Level



#### Coaching Tips

- Master this drill with one ball before proceeding to two.

#### Adjusting Difficulty

Take a rhythm dribble between each in/out to re-gain control of the ball.



Dribble the ball extremely low to the ground, and as rapidly as possible.

## **AGILITY • FOOTWORK**



*Basic, yet highly effective, these post moves with your back to the basket will afford you an advantage attacking the basket before you even put the ball on the floor. Practice plenty of reps going either way and switching your pivot foot.*

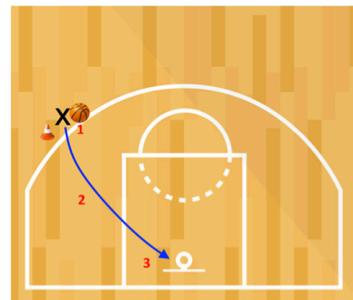
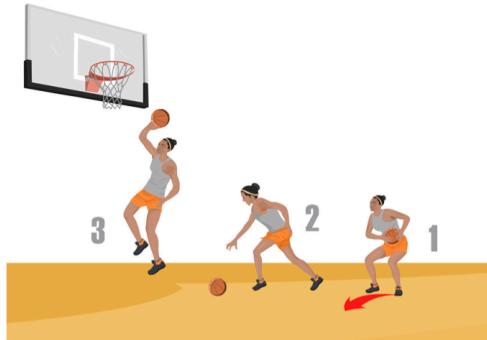
# SHOOTING

Triple Threat



intermediate

## JAB & GO



### Instructions

- 1** Start on the right wing in a triple threat position, jab step with your left foot
- 2** Take a cross over step with your left foot and push the ball out with your right hand with a hard dribble
- 3** Finish strong with a right-handed layup
- 4** Grab the rebound and repeat



### Coaching Tips

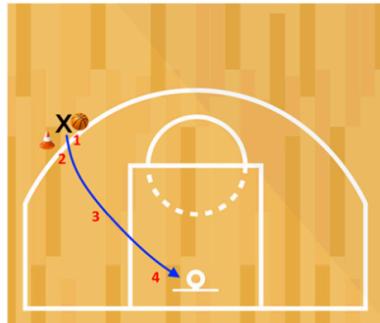
- Try to visualize a defender and sell the jab step to him
- Explode with the first step, staying low and compact

## Triple Threat



advanced

# JAB, PUMP & GO



## Instructions

- 1 Start on the right wing in the triple threat, then jab step with your right foot
- 2 Step back and pump fake, selling the shot
- 3 Explode out of the triple threat with a hard dribble
- 4 Finish strong at the rim with a right handed layup
- 5 Grab the rebound and sprint out to the wing to do it again



## Coaching Tips

- Take your time with the fakes
- Keep the plant foot firmly on the ground
- Make sure to work on attacking both inside and outside off the fake

## **COOL DOWN**

### ***Are you Proactive or Reactive?***

Taking initiative is an important mindset that lives in successful people. Being proactive vs. reactive means that you don't wait for things to happen to you.....you make things happen! An example of this on the basketball court is being

a proactive defender. Many players wait for a dribbler to make their move and just try to stay in front of them....that's reactive. A proactive defender will jab step at the dribbler, swipe towards the ball in their stance, and have a plan as to where they want to contain the dribblers movement.

At home, you can work on being proactive by making your bed every morning without being asked. If you see the dishwasher needs to be unloaded, don't wait for mom or dad to do it, you take care of it! If you know you are supposed to read for 30 minutes per day, manage that time yourself, don't have someone else manage that for you. Be PROACTIVE!