



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 three 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

Three Cone Change of Speed Warm Up (with dribble)

All you need are 3 cones or markers and your ball for this warm up.

Place the cones 12-15 feet apart in a triangle shape. Dribble with your left hand clockwise around the outside of the cones in a triangle pattern, but change the speed of your jog when passing each cone.

As you feel yourself getting warmer, add some sprinting gears in and really mix-up your change of speed!

3 minutes - dribble clockwise (w/ left hand)

3 minutes - dribble counter-clockwise (w/ right hand)

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

BALL HANDLING



Watch NBA Legend Steve Nash break down all of the core ball-handling moves and how to practice these moves on your own.

AGILITY • FOOTWORK

**PIVOT YOUR WAY
TO
SCORING
MORE
POINTS!**



Watch this video on pivoting with the ball. Be sure to always catch the ball with two hands on a strong jump stop before practicing your forward and reverse pivots with both feet. If you have a basket to use, get creative with your pivot to get by an imaginary defender to score at the basket!

SHOOTING



If you would like to use this extended quarantine as an opportunity to change your shooting form to an efficient, linear technique, this is a great instructional video by Coach Kirby Schepp. Take time to absorb this video, and follow the steps. Remember, when you begin this process shooting on a basket, stay within 6 feet of the basket to really lock-in your upper body mechanics. See how many in a row you can swish from 4-6 feet away!

COOL DOWN

Take a walk with your basketball. Dribble your basketball around the neighborhood for a walk. If you are younger, take a parent with you and practice your passing & catching while you enjoy the fresh air and sunshine. Be sure to switch dribble hands often, and even try some of your dribble moves while keeping your eyes up. Pistol Pete Maravich used to take his ball everywhere with him on walks.....and he is one of the greatest ball-handlers of all time!