

## Virtual Workouts

Daily workout plans should be used to help with your training.

*Ball-handling* should take place DAILY for a minimum of 30 minutes.

- Monday/Wednesday/Friday- Basic Ball-Handling routines- 1 min/exercise
- Tuesday/Thursday-Combo Moves Ball-Handling- Follow the reps

*Strength and Conditioning* should take place DAILY for a minimum of 30-45 minutes.

- Monday/Wednesday- Full Body 45 minute workout
- Tuesday/Thursday/Friday- Strength and Conditioning 30 minute workout
- 1 minute/drill

*Shooting* should take place TWICE a week for a minimum of 30 minutes.

- Any day of the week- Basic/ On the move
- No time limit on drills- make the set amount of baskets

### MATERIALS FOR BALL-HANDLING WORKOUT:

- A basketball
- A timer
- Space
- *Tennis ball or Water bottle to help increase difficulty\**

### MATERIALS FOR STRENGTH AND CONDITIONING WORKOUT:

- A timer
- Jump rope
- Space
- Water bottle
- Use kettlebell or dumbbells to help increase difficulty\*

### MATERIALS FOR SHOOTING WORKOUT:

- A basketball
- A goal
- A timer
- Water bottle
- Cones (during on the move shooting)
- Use the tracking chart to track how many shot attempts it took to make the mark.\*

Team Mantra: *We will outwork our opponents and have fun doing so!!!* Give 100% effort NOW to see the RESULTS later.

## **MONDAY/WEDNESDAY/FRIDAY BALL-HANDLING DRILLS**

### **STATIONARY MOVES- 1 minute/drill**

- Wrap Around the World x2 (Neck/Waist/Legs/Ankles) (QUICK)
- Leg Wrap + Figure 8 (QUICK)
- 2 pounds Crossover (QUICK)
- 1 pound Crossover (QUICKER)
- Continuous Crossover (Low and Wide)
- 2 pounds Through Legs (QUICK)
- 1 pound Through Legs (QUICKER)
- Continuous Through Legs (Pound the ball hard/QUICK AS YOU CAN)
- 2 pounds Wrap Behind Back (QUICK)
- 1 pound Wrap Behind Back (QUICKER)
- Continuous Wrap Behind Back (Pound the ball hard/QUICK AS YOU CAN)
- 2 pounds Behind Back (QUICK)
- 1 pound Behind Back (QUICKER)
- Continuous Behind Back (Pound the ball hard/QUICK AS YOU CAN)
- Inside-Out Right Hand (QUICK)
- Inside-Out Right Hand with Double Crossover (QUICKER)
- Inside-Out Left Hand (QUICK)
- Inside-Out Left Hand with Double Crossover (QUICKER)

### **CAN'T GUARD ME MOVES- 1 minuter/drill (Moves are Continuous)**

- 1 dribble forward/Behind Back (Change of Direction/Focus on footwork/QUICK)
- 1 dribble forward/ Reverse Between Leg (Focus on footwork/QUICK)
- 2 dribbles forward/ 2 Retreat dribbles Crossover (QUICK)
- 2 dribbles forward/2 Retreat dribbles-Wrap Behind Back(CONTINUOUS and QUICK)
- 1 dribble forward/Crossover (Low and Continuous/Change of direction/QUICK)
- 1 dribble forward/Crossover-Between Leg-Crossover (Low/Continuous/QUICK)
- 1 dribble forward/Crossover-Behind Back (Pound hard/Low/Continuous/QUICK)
- 2 dribbles forward/Crossover-Between Leg-Reverse Between Leg (QUICK)
- 2 dribbles forward/Crossover-Between Leg-Wrap (QUICK)
- 2 dribbles forward/Inside Out-2 Speed Dribbles (QUICK)
- 2 dribbles forward/Inside Out-Behind Back-Reverse Between Leg (QUICK)
- 2 dribbles forward/Inside Out-Wrap Behind Back (Continuous)

## TUESDAY/THURSDAY BALL-HANDLING DRILLS

### STATIONARY MOVES

- 20 right hand pound at knee level
- 20 right hand speed dribbles at ankles
- 20 left hand pound at knee level
- 20 left hand speed dribbles at ankles
- 20 pound crossovers (low and WIDE)
- 20 behind the back
- 20 between the leg-forward and back (Right Leg)
- 20 between the leg-forward and back (Left Leg)
- 20 between the leg- both feet
- 20 same foot between the leg (Right Leg)
- 20 same foot between the leg (Left Leg)
- 20 right hand side to side dribbles
- 20 left hand side to side dribbles
- 20 right hand front to back dribbles
- 20 left hand front to back dribbles
- 20 right hand inside out dribbles
- 20 left hand inside out dribbles

### KEEP IT MOVING

- 1 pound forward-then move: crossover, btwn leg (REPEAT)
- 1 pound forward- then move: inside out, wrap behind back (REPEAT)
- 1 pound forward- then move: same foot btwn leg, behind back (REPEAT)
- 1 pound forward- then move: ANY COMBO 2 MOVES- MIX IT UP! (REPEAT)
- 1 pound forward-1 same foot btwn leg-behind back (REPEAT)
- 1 pound forward: 2 crossovers/2 scissors /2 behind the back (REPEAT)
- 1 pound forward : 2 scissors/2 behind back/2 wrap behind back (REPEAT)
- 1 pound forward: 1 inside out/2 scissors/behind back (REPEAT)
- 1 pound forward- behind back-same foot btwn leg-reverse btwn leg (REPEAT)
- 1 pound forward- inside out-scissors-behind back-wrap-same ft btwn leg-cross
- 1 pound forward- ANY COMBO-4 MOVES- MIX IT UP! (REPEAT)

## STRENGTH and CONDITIONING WORKOUT: MONDAY, WEDNESDAY, and FRIDAY

### Warm Up- 1 min/exercise

- Run in place + Arm Crossover
- Posterior Swing (make it harder with kettlebell/weights/ball, etc)
- Swim move

### 1 MIN- WATER BREAK

### LEG Workout- 1 min/exercise

- Sumo Deadlift
- Bulgarian Split Squat or Traditional Split Squat- Right Leg
- Bulgarian Split Squat or Traditional Split Squat- Left Leg
- Hip Hinge Abduction
- Drop squat
- 1 leg stiff deadlift -Right Leg
- 1 leg stiff deadlift- Left Leg
- Squat Jump with Leg lift (kick backwards)
- 1 Leg Hip up- Right
- 1 Leg Hip-Up- Left

### 1 MIN- WATER BREAK

### ARM Workout- 1 min/exercise

- High Plank + Row
- 5 Close Push-Ups/5 Wide Push-Ups
- High Plank with hands facing opposite way
- Skydiver Pull-Up
- Hammer curl
- Shoulder circuit-Front Lateral
- Shoulder circuit- Side Lateral
- 6 Mountain Climbers-Walk 2- 6 Mountain Climbers
- Shoulder Taps
- Arm Circles

### 1 MIN- WATER BREAK

### AB Workout- 1 min/exercise

- Hand on the thighs
- Ab crunch
- Single Leg Crunch- Right
- Single Leg Crunch- Left
- Slow Bicycle Crunch
- Reverse Crunch
- Knee to chest- In and Out
- Slow Flutter Kicks
- Heel Taps
- Scissor Kicks

### 1 MIN- WATER BREAK

### CARDIO Workout- 1 min/exercise

- Jumping Jacks
- Shuffle Punch
- Windmills
- Jump Rope/Run in Place/ Run outside - 5 min

## **TUESDAY and THURSDAY STRENGTH and CONDITIONING WORKOUT**

### Warm Up- 3 min

- Jog or Jump Rope

### SET #1

-Squat

-Push up with Shoulder Tap

-Single Leg Bridge (RL-1st set, LL-2nd round, Both-3rd round)

### 30 SECOND- WATER BREAK

### SET #2

- Single leg kicks (5 then switch legs)
- Jumping jacks
- Tricep dips

### 30 SECOND- WATER BREAK

### SET #3

- Pyramid plank
- Side and Above arm extensions (arms closed)
- Walking lunges

### 30 SECOND- WATER BREAK

### SET #4

-Leg Raises

-Punches

-Standing Oblique Bends

### 30 SECOND- WATER BREAK

## BASIC SHOOTING WORKOUT

### PAINT SHOTS

- Mikan Drill- 20 makes
- Perfect Shots (in front of rim)- 3 Feet Out- 5 MAKES
- Perfect Shots (in front of rim)- 5 Feet Out- 5 MAKES
- Perfect Shots (in front of rim)- 7 Feet Out- 5 MAKES

- Free Throws- 10 makes

### MID-RANGE SHOTS

- Elbow to Elbow- 10 makes
- Short Corner to Short Corner- 10 makes
- Elbow to Short Corner (Right Side)- 10 makes
- Elbow to Short Corner (Left Side)- 10 makes

- Free Throws- 10 makes

### MID-RANGE-THREE POINTERS

- Short Corner to Corner 3 (Right Side)-10 makes
- Short Corner to Corner 3 (Left Side)- 10 makes
- Wing to Elbow (Left Side)- 10 makes
- Wing to Elbow (Right Side)- 10 makes
- Top of Key to FT line- 10 makes

- Free Throws- 15 makes

## ON THE MOVE SHOOTING WORKOUT

### LAYUPS

- Catch on wing-jab-rip-1 dribble Layup to Baseline (Right)- 10 MAKES
  - Catch on wing-jab-rip-1 dribble Layup to Baseline (Left)- 10 MAKES
- Free Throws- 2 makes/ Water Break

### MID-RANGE SHOTS: RIGHT THEN LEFT SIDE

- Start at FT line- Scissor between leg- Shoot jumper- 10 MAKES
  - Start at FT line- Double Behind back- Shoot jumper- 10 MAKES
    - Free Throws- 2 makes/Water Break
  - Start at RS HC- 1 drib to mid (crsvr)-1 drib toward baseline- 1 drib FT- SHOT- 5 MAKE
  - Start at RS HC- 1 drib to bsln (btwn leg)- 1 drib toward mid- 1 drib bsln-SHOT-5 MAKE
  - Start at LS HC- 1 drib to mid (crsvr)-1 drib toward baseline- 1 drib FT- SHOT- 5 MAKE
  - Start at RLS HC- 1 drib to bsln (btwn leg)- 1 drib toward mid- 1 drib bsln-SHOT-5 MAKE
    - Free Throws- 2 makes/ Water Break
  - Start at Middle HC-4 cones-(Go R) cross-btwn legs-behind back-inside out- 2 MAKES
  - Start at Middle HC- 4 cones- (Go L) cross-btwn legs-behind back-inside out- 2 MAKES
  - Start at Middle HC- 4 cones- (GO R) inside out/wrap-btwn leg-cross-scissor- 2 MAKES
  - Start at Middle HC- 4 cones- (GO L) inside out/wrap-btwn leg-cross-scissor- 2 MAKES
- Free Throws- 2 makes/Water Break
- Start at Right Wing- jab-rip- 1 dribble Pull-Up Jumper- 10 MAKES (LEFT PLANT FOOT)
  - Start at Left Wing- jab rip- 1 dribble Pull-Up Jumper- 10 MAKES (RIGHT PLANT FOOT)
  - Start at Right Wing- jab-rip- 1 dribble Pull-Up Jumper- 10 MAKES (R PLANT FOOT)
  - Start at Left Wing- jab rip- 1 dribble Pull-Up Jumper- 10 MAKES (L PLANT FOOT)
- Free Throws- 2 makes/Water Break