|  |  |
| --- | --- |
| Day 1 | \_\_\_ Endurance running\_\_\_10 minute workout (3 air squats, 2 burpies, 1 crunch) How many rounds in 10 min\_\_\_ figure 8 dribble 20 rotations each direction\_\_\_ Square V dribble 20 at each station\_\_\_ 2 ball dribble figure 8 20 both directions\_\_\_ 2 ball dribble, side-to-side, in out Vs, front to back Vs.\_\_\_ moves 10 times each against a defender, such as a cone or chair. Crossover, behind the back, spin, between legs, and advanced moves.\_\_\_ Slide the lane. D slide inside a 12 foot area, from side to side counting your trips.\_\_\_ 20 Dance step lay-ups each hand (step step explode)\_\_\_ jump shots (10 shots each of 3 positions from where you would shoot in a game)\_\_\_ 20 free throws (15 feet from hoop) \_\_\_ jumping program each rep 30 seconds, the more reps the better. (Jump the line, side to side, front and back. 2 foot toe touches 2 foot heel touches. 1 leg bounces for height, other leg bounce for height.) |
| Day 2 | \_\_\_ Endurance running\_\_\_10 minute workout (3 air squats, 2 burpies, 1 crunch) How many rounds in 10 min\_\_\_ figure 8 dribble 20 rotations each direction\_\_\_ Square V dribble 20 at each station\_\_\_ 2 ball dribble figure 8 20 both directions\_\_\_ 2 ball dribble about, side-to-side, in out Vs, front to back Vs.\_\_\_ moves 10 times each against a defender, such as a cone or chair. Crossover, behind the back, spin, between legs, and advanced moves.\_\_\_ Slide the lane. D slide inside a 12 foot area, from side to side counting your trips.\_\_\_ 20 Dance step lay-ups each hand (step step explode)\_\_\_ jump shots (10 shots each of 3 positions from where you would shoot in a game)\_\_\_ 20 free throws (15 feet from hoop) \_\_\_ jumping program each rep 30 seconds, the more reps the better. (Jump the line, side to side, front and back. 2 foot toe touches 2 foot heel touches. 1 leg bounces for height, other leg bounce for height.) |
| Day 3 | \_\_\_ Endurance running\_\_\_10 minute workout (3 air squats, 2 burpies, 1 crunch) How many rounds in 10 min\_\_\_ figure 8 dribble 20 rotations each direction\_\_\_ Square V dribble 20 at each station\_\_\_ 2 ball dribble figure 8 20 both directions\_\_\_ 2 ball dribble about, side-to-side, in out Vs, front to back Vs.\_\_\_ moves 10 times each against a defender, such as a cone or chair. Crossover, behind the back, spin, between legs, and advanced moves.\_\_\_ Slide the lane. D slide inside a 12 foot area, from side to side counting your trips.\_\_\_ 20 Dance step lay-ups each hand (step step explode)\_\_\_ jump shots (10 shots each of 3 positions from where you would shoot in a game)\_\_\_ 20 free throws (15 feet from hoop) \_\_\_ jumping program each rep 30 seconds, the more reps the better. (Jump the line, side to side, front and back. 2 foot toe touches 2 foot heel touches. 1 leg bounces for height, other leg bounce for height.) |

This sheet should be turned in at Thursday’s practice.