

Winter Basketball Workout

Listed below are your warm-ups and two separate workouts. Each day will start with a warm-up, followed by the workout and then basketball skill work. All aspects of each day are important so that we can grow in our conditioning and our skills.

Warm-up: Complete the list below. Each bullet should be done for 15 seconds, going through the order twice.

- High Knees in place
- Butt Kicks in place
- High Kicks in place
- Shuffle (width of driveway)
- Shuffle opposite direction
- Arms across body (hold)
- Arms behind head (hold)

Workout A: Preform following warm-up

- 1-mile jog
- Shooting 2 feet from the rim (100 shots)
 - Focus on using 1 hand with correct form:
 - Feet shoulder width apart
 - Hips pointing toward basket
 - Elbow in and pointing toward basket
 - Finish with straight arm and wrist flicked

Workout B: Preform following warm-up

- 10 sprints (about length of basketball court or driveway)
- 25 push-ups (5 sets of 5)
- 50 mountain climbers (25 each leg)
- 3 planks (hold for 45 seconds or as long as possible)

Monday:

- Warm-up
- Workout A
- 25 Layups each side
 - Perform at a distance of 3 steps from the basket, using only 1 dribble
 - Jump off Left foot when you are on the right side
 - Jump off Right foot when you are on the left side
- 25 jump shots from each side of the elbow

Tuesday:

- Warm-up
- Workout B
- Dribble in place: Perform each for 1 minute (focus on looking up and keeping ball below hip)
 - Dominant hand
 - Weak hand
 - Alternating dominant and weak hand (crossover)
 - Dribble in small circle around right leg using Right hand ONLY (perform while legs are spread wider than hip length)
 - Dribble in small circle around left leg using Left hand ONLY (perform while legs are spread wider than hip length)
 - Make a figure 8 around both legs (perform while legs are spread wider than hip length)
 - Figure 8 going opposite direction
- Zig-zag dribble changing direction 5 times (repeat 10 times. You can include a layup at the end)
- 20 free throws

Wednesday: OFF

Thursday:

- Warm-up
- Workout A
- Spin ball to self and take shot at elbow (25 from each side)
 - Grab the ball like receiving it from a pass
 - Pivot to the basket
 - Take a jump shot
 - Follow shot and get your rebound
- 25 layups on each side
 - Perform at a distance of 3 steps from the basket, using only 1 dribble
 - Jump off Left foot when you are on the right side
 - Jump off Right foot when you are on the left side

Friday:

- Warm-up
- Workout B
- Shooting 2 feet from the rim (50 shots)
 - Focus on using 1 hand with correct form:
 - Feet shoulder width apart
 - Hips pointing toward basket
 - Elbow in and pointing toward basket
 - Finish with straight arm and wrist flicked
- Free throws (20 times)
- 25 lay-ups each side