

PLAY LOW

SKILL ACADEMY

Workout 4.7.20

Warm-up/Footwork (5 minutes)

- Do the following for 10 yards and back:
 - High knees, butt kicks, slides, back peddle, carioca
- 1 minute speed rope
- 30 seconds jump rope right foot only
- 30 seconds hop the line with two feet
- 30 seconds jump rope left foot only
- 1 minute speed rope

Ball Handling (12 minutes)

- 1 ball pound to waist R and L- 20 ea.
- 1 ball pound below knee R and L- 20 ea.
- 1 ball around R- 5, reverse- 5
- 1 ball around L- 5, reverse- 5
- 1 ball V dribble in front, between legs with right foot leading, between legs with left foot leading, behind back- 20 ea.
- 2 ball same at waist stationary- 20
- 2 ball alternate stationary- 20
- 2 ball windshield wiper (dribble both balls low all the way to the right and then left)- 10
- 2 ball side to side- 20
- 2 ball front to back- 20
- 2 ball switchems (as you dribble switch the balls from one hand to the other)- 20
- 1 ball cone drill with rhythm dribbles (start in front of a cone or object and take a few rhythm dribbles and perform a move. Be low and explosive. Dribble it out for 5 yards and come back and reset): crossover, crossover between legs, behind back, inside out, inside out/cross- 5 right and left ea.

Shooting (30 minutes)

- 20 made Mikan drill
- 15 fundamental shots on back
- 15 made fundamental shots on basket
- 10 made self pass shots from 12-15 feet
- Shoot 200 hundred shots from various spots 15-20 feet away from the basket. Record your results in a notebook (i.e.- 125 made out of 200, 63%)