

July 24, 2023 - August 27, 2023

Off-Season Workout Options

WHILE WE HAVE THE MONTH OFF, HERE ARE SOME SKILLS, DRILLS, AND CONDITIONING WORKOUTS YOU CAN DO TO STAY IN SHAPE AND HELP ELEVATE YOUR GAME - LET'S PREPARE BEFORE WE COME BACK FOR THE FALL SEASON. YOU DON'T HAVE TO DO ALL OF THEM AT ONCE, AND YOU CAN PICK WHAT SKILLS YOU WANT TO FOCUS ON. THIS IS JUST A GUIDE TO HELP YOU, THE CHOICES ARE HERE FOR YOU AND THE DECISIONS ARE YOURS TO MAKE. REMEMBER, YOU GET OUT OF THE GAME WHAT YOU PUT INTO IT.

"GREAT THINGS COME FROM HARD WORK AND PERSEVERANCE." - KOBE BRYANT

"YOU HAVE TO NOT ONLY LOVE THE GAME, YOU HAVE TO LOVE THE TRAINING, THE PRACTICE, AND THE COMPETING. YOU HAVE TO LOVE EVERYTHING ABOUT IT." - MAYA MOORE

- Ball Handling

- One ball — in & out dribbles, one pound - in & out - cross, triple cross with same cadence, in & out - cross over - between the legs, cross over - between the legs - behind the back, get creative with your combination moves & remember that not all drills have to be stationary as you move with the ball; rarely do we stand still and do moves in basketball so we encourage you to make these movements fluid as you would perform them in a game, build confidence in your ability to handle the ball; confidence comes from reps - you cannot get better or improve in the things you don't actively work at.
- Two ball dribbling (simultaneous, alternating, cross-overs, behind the back)
 - We encourage you to warm-up with ball handling, especially in your time away from practice. In practice, we focus on strategy and get a lot of shots up, though ball handling can be done from anywhere and everywhere. Even spending just 10 minutes a day working on ball handling and manipulating the basketball can pay off. You don't need a hoop to work on ball handling and your change of pace/speed/craftiness.

- Conditioning & Injury Prevention

- Sprints & strides - run down & back for 8-10 court lengths at 60%-70% speed
- Push up to sprint through half court (if you are not on a basketball court, use the space you have that would be similar to the distance of baseline to half court)
- Leg swings - 10 each leg - side to side as well as front to back (increases your range of motion, works on hip flexibility, leg swings stretch the calf, quadriceps, hamstrings, and groin muscles; these also help prepare your ankles and feet for more active movements.)

- Sprint to half court, at half court turn and back peddle to the baseline - in basketball, we do not want to have our backs to the ball, this will help us gain comfortability and familiarity with building good habits. Typically we turn at half court and begin to back pedal so we can be aware of what the opposing offensive players are doing. We miss lob passes and the potential to make stops when our backs are to our opponents.
 - Knee hugs - walking on the balls of our feet to half court (or the distance of half court)
 - Step lunges to half court, add in a twist in both directions with every step lunge if you want to take this exercise a step further
 - Lateral movement - you can choose to do side shuffles, Carioca, Carioca with high knees, or lateral side steps; in basketball, we use a lot of lateral movements and these exercises can help prepare our bodies and joints for the motions/movements we do on the court
 - 30 second static plank (from the push up position if you are on a hard surface as to not hurt your elbows, from the elbow and forearm position if you are on a softer surface or can withstand the weight/pressure/feeling on your elbows and forearms) - try to work your way up to 45 seconds and then 60 second planks; core strength is essential in effective basketball players/athletes. If you want to challenge yourself, try planking and lifting one leg for two seconds and then alternating between your right and left legs (maintain your posture and don't sacrifice technique for efficiency). If you want to take it a step further, plank and lift one leg for 20 seconds before moving to the other leg. Side planks help to increase your lateral core strength, you can do side planks from the stationary position and you can challenge yourself to do side planks while raising and lowering your hips or lifting your leg
- Shooting
- Form shooting - one handed form shooting, start close to the basket and make 5 to 10 shots from each of the five spots (2 baseline, 2 wing, 1 middle) - work on perfect makes meaning the ball does not touch the rim at all
 - Spot shooting - make 10 shots from each of the five spots (baseline/short corners, wings, middle) - before moving on to the next drill make 5 free-throws
 - Utilize the court and make 5 to 10 shots off the dribble from 5 spots of your choice - make 5 free-throws before moving to another drill
 - Make 5 to 10 shots off a move (smilier to how we do in practice) - focus on that same move for all 10 makes. Choose your spots, spots that you would or want to shoot from

in a game. We don't get better by doing things one time, we get better and more consistent with repetition. Make 5 free throw

- Make 10 drives to the basket and finish at the rim or with floaters from at least three spot - make 5 free throws.
- Make 5 to 10 three pointers from the five spots - make 5 free throws
- Make 5 to 10 three pointers off a move from spots of your choosing - make sure you make 5 to 10 and do not just shoot 5 to 10 before moving spots - reps and consistency make the difference - make 5 free throws
- Make 5 to 10 three point shots off a setback from chosen spots - make 5 free throws
- Make 5 to ten three point shots off the pass (if you have a partner, they can pass the ball to you, if you do not have a partner you can pass to yourself) - make 5 free throws

Remember, these are just guidelines to help you focus on improving certain skills in your time off. The more reps and more makes you get, the better results you will attain.

Schedules are busy and we understand that you want to spend time with family and friends so just do whatever works for you. Do not overwork yourself though do push yourself when doing these workouts- basketball is a physical game, though also mental game. Condition your mind just as much as you work to condition your body. Have fun with the workouts and have fun seeing yourself improve. We can't wait to see you again!

Enjoy the rest of your summer and Go Sky!