



HOME WORKOUT: TO BE COMPLETED EACH DAY MARCH 23-25, 2020

Objective: To maintain fundamentals and sharpness of skillset while being at home. Program is designed assuming no access to a basketball hoop. If you have a basketball hoop, target 100 makes per day of various shots at game speed with proper shooting form. Workout is designed as a minimum. Feel free to do more.

Equipment needs: 1 basketball

Ball-Handling (100 reps of each...wide/low stance entire time...knees/hips bent...back straight)

- R hand
 - Drive ball in to ground as hard as possible
- L hand
 - Drive ball in to ground as hard as possible
- Side-to-side (R hand)
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Side-to-side (L hand)
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Front-to-back (R hand)
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Front-to-back (L hand)
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Crossovers
 - Keep ball below knees and outside of knees
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Side-side cross
 - Keep ball below knees and outside of knees
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Figure 8
 - Short/quick baby dribbles around legs
 - Switch hands when ball goes through legs
 - Around both legs = 1 rep

Form Shooting (25 reps with R hand and 25 reps with L hand)

- Feet
 - Make sure feet are shoulder-width apart and toes facing forward
- L
 - Make L with shooting arm...elbow under ball...ball touching knuckles out to fingertips
- Hand
 - Place non-shooting hand directly on side of basketball...fingers facing up
- Legs
 - Bend legs while keeping your L (don't drop elbow and make a V)
- Shot
 - Power through legs...snap elbow/wrist...roll ball off finger-tips...hold follow-through





Core (max out, then move on to next...rotate through like a circuit until each objective is complete)

- 100 elevated toe touches
 - Lay on back, put legs and arms straight up in air, and crunch abs to bring hand to toes
- 50 push-ups
 - Keep body straight
- 10 single-leg deadlift-squat swings (each leg)
 - Stand on one leg, lean forward to touch toe, keep elevated leg straight behind (body forms a T)
 - Swing leg forward as you straighten back up
 - With leg now in front of you, squat down into a single leg squat
 - Repeat

Video Review (ball movement and spacing)

- <https://www.youtube.com/watch?v=tioSn7CZ6BY>
- Things to watch:
 - Maximizing the use of the floor
 - Notice no player is within 12-15 feet of another. Everyone is away from each other
 - The offensive team spaces apart to cover the entire half of the floor
 - Ball consistently works from one side of the court to the other
 - Ball moves faster than a defender
 - Offense is making quick decisions + sharp passes, which a defender can't keep up with
 - Quick decisions + fast ball movement = spacing/separation from the defense
 - Dribbling with a purpose
 - Notice there is a purpose for each dribble, and not many dribbles are used
 - Each dribble is attacking towards the paint
 - Patience
 - Playing fast/quick, but nobody is in a rush (averaging 1 pass every 2-3 seconds)
 - Playing "simple" basketball to create easy shots

Challenge

- Figure 8 Challenge
 - See how many complete "Figure 8" dribbles you can get in 30 seconds
 - Around both legs = 1
 - Film yourself and tag @showcase_bball and #ShowcaseSkills
 - (Profile must be public to be shared in our "story")

Feedback

- Feel free to film yourself and send to us so we can review and provide feedback!
 - Instagram direct message @Showcase_BBall
- For questions about drills, please reach out to jeff@showcasebasketball.com

