



HOME WORKOUT: TO BE COMPLETED EACH DAY MARCH 27-29, 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 125 makes per day of various shots coming out of attack moves; similar to what we do in training. Continue shooting at game speed with proper shooting form. Workout is designed as a minimum. Feel free to do more.

Equipment needs: 1 basketball

Ball-Handling (125 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
- Shoulder power dribble (R hand)
 - Drive ball in to ground as hard as possible
- Shoulder power dribble (L hand)
 - Drive ball in to ground as hard as possible
- Baby dribble (R hand)
 - Keep ball on fingertips
- Baby dribble (L hand)
 - Keep ball on fingertips
- Power dribble - cross
 - One power dribble, then a crossover dribble, keeping ball below knees and outside of knees
 - Don't let ball rest in hand...move ball immediately as it touches hand
- Behind the back
 - Drive ball in to ground as hard as possible
- Single-hand figure 8
 - Short/quick baby dribbles around legs
 - Must use same hand around both legs (don't switch hands when dribbling through legs)
 - Around both legs = 1 rep...100 reps each hand

Form Shooting (35 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 fingertips...hold follow-through





Core (circuit...3 times through)

- 1 minute of plank (keep back and legs straight...straight line from heels to shoulders)
- 20 body weight squats (back straight, shoot butt back to keep knees above toes)
- 15 pushups (keep back and legs straight...straight line from heels to shoulders)

Video Review ("12" defense)

- https://www.youtube.com/watch?v=5LkQA9q_Llk
- Our "12" is very similar to what put VCU on the map under Shaka Smart (now at Texas)
- Things to watch:
 - Defensive pressure
 - The pressure meets the ball once it is caught...the ball-handler is never "comfortable"
 - The defensive pressure is constant...never is someone "sitting off" the ball
 - Energy/activity
 - Caught out of position often, but always flying to next play. Never slowing down.
 - Jumping/anticipating where the next pass/dribble is going...proactive and not reactive
 - Active hands/feet...body always shifting and hands moving...if beat, chasing from behind
 - Purpose
 - Purpose to create chaos, confusion, and get opposing team "out of comfort zone"
 - Not every turnover is a steal...travels + bad passes all result of defensive pressure
 - Pressure leads to quick offense. Tempo is key...keep game fast offensively + defensively.

Challenge

- If you have a basket at home: Free-Throw Challenge
 - Make 10 free-throws in a row (with proper shooting form)
 - Film yourself and tag @showcase_bball
 - (Profile must be public to be shared in our "story")
- If no basket at home: Behind-the-back challenge
 - See how many consecutive behind-the-back power dribbles you can complete in 30 seconds
 - Film yourself and tag @showcase_bball
 - (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

