



HOME WORKOUT: TO BE COMPLETED EACH DAY MARCH 31 - APRIL 2, 2020

Objective: Maintain fundamentals and sharpness of skillset while at home. Designed assuming no access to a basketball hoop. If you have a basketball hoop, target 150 makes per day of various shots coming out of pivots (roll ball out, catch in jump stop, reverse/forward pivot to face basket, jump shot or attack). Shoot at game speed with proper shooting form. Workout designed as a minimum. Feel free to do more.

Equipment needs: 1 basketball

Ball-Handling (Follow along – complete 100 reps of each...push yourself to dribble as fast/quick as you can)

- <https://www.youtube.com/watch?v=IQvDAsBZLUY> (Peyton Pritchard – U. of Oregon / NBA prospect)
- Why Peyton: Successful due to IQ, skillset, and energy. Not a superior athlete nor extremely tall.
- Purpose: To showcase the speed/intensity at which elite ball-handlers train/practice.
 - The drills you see in this video are not any different than what we do at Showcase, and no different than what an NBA player would do for a ball-handling routine.
 - From youth to professionals, basketball drills do not change much. What separates the elite from average is their ability to push their limits and train at an almost out-of-control pace. The player's body will learn to keep up with this pace and will eventually become their "normal".
 - Note: Takes years of consistently training at this speed/pace to become "normal"
 - Coach quote at all levels: "training/practice should be so difficult that it makes the game easy"
 - What you see in this video is Peyton pushing himself to move the ball so fast that it will be easy for him to handle the basketball when being pressured by Pac-12 defenders.
 - Notice when he messes up/loses the ball...no dead period of waiting...right back to it.
- Former Showcase Coach (current Chaminade U. Asst. Coach) Kyle Milligan when asked about Peyton:
 - "We used to play in pick-up games at Club Sport 4-5 times per week in the off-season when I was in high school. Peyton Pritchard had to have been anywhere from 11-13 years old. Sometimes he would work out with a group before the games started, and I would sit on the side and watch while I stretched. I was always surprised at how hard he went every rep; overexaggerating moves and cuts against air at an absurd pace for his age...something I had seen Damian Lillard do in workouts, but that's Dame. Once the games started, though, Peyton and the group he was working out with would get off the court. His group would leave, but he would stick around and do wall sits while the games were going on, then run suicides in-between games. Games start up again, back to wall sits. This was a regular occurrence, with nobody in the gym telling him to do so. Just him. Did I think we was off his rocker? Yes. Am I surprised by anything he accomplishes? No."

Form Shooting (40 reps with R hand and 40 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

- Deck Game (great game to do with a sibling, friend, etc.)
 - Take a deck of cards, shuffle, and place facing down
 - Take the top card and flip it over
 - For any black card, you must do pushups equal to the number shown on the card
 - Example: 8 of clubs = 8 pushups
 - For any red card, you must do crunches equal to 2x the number shown on the card
 - Example: 10 of diamonds = 20 crunches
 - Jack = 11, Queen = 12, etc.
 - Go as fast as you can (while still doing proper pushups/crunches) until you're through the deck
 - Time yourself, and try to beat your time each day

Video Review (Hailey Dunham highlights from final season as a pro in Spain)

- <https://www.youtube.com/watch?v=HFgLAiH67wc&t=6s>
- Things to watch:
 - Aggressiveness
 - The more aggressive player/team will always win.
 - Notice Hailey is always in attack mode. Constant straight-line drives to basket.
 - Constantly attacking straight line to the basket...not trying to "get around" defender.
 - Strengths/weaknesses
 - "Stays in her lane"...doesn't need to "do everything" or get forced out of comfort zone.
 - Notice importance of having a well-rounded skill set and not being "one-dimensional":
 - Hailey is a "big guard"...by having all-around skill set, she can take advantage of one-dimensional defenders...if a bigger post player is guarding her, she can play perimeter and attack off the dribble...if a smaller perimeter player is guarding her, she can play post and use her size/strength around the rim to attack.
 - Efficiency
 - Only 3 times were more than 2 dribbles used to score (non-fast break plays).
 - Kept game extremely simple...if guarded, attacked rim...if open, shot the ball.
 - Constant jump shots, simple pull-ups, and strong finishes around the rim
 - No crazy, inefficient moves or plays to be "flashy"...everything has purpose.

Challenge

- Deck Challenge (see "Core")...who can get through the deck the fastest?
 - Pushups: body makes straight line from heels through knees/hips to shoulders
 - Crunches: tighten abs each crunch...don't just lift shoulders and fall back to ground

Feedback

- Tag us @Showcase_BBall! For questions, please reach out to jeff@showcasebasketball.com

