

FL Basketball – Workout #1

Points of Emphasis:

- Listening
- Fundamentals
- Form over speed/baskets
- Have fun! ... but here to learn and get better so let's try to listen more than we talk

- 1) Dynamic Warm-up (sideline-to-sideline) – 10 minutes
 - a. Jog, $\frac{3}{4}$ speed, full speed (touch lines!!!)
 - b. High knees
 - c. Butt kicks
 - d. Skips
 - e. Jump stops and land – $\frac{1}{2}$ way and full (wait for whistle after jump stop)
 - f. Foot-to-hand kicks
 - g. Lunges
 - h. Step slides & Lateral defensive slides
- 2) Triple-threat – 10 minutes
 - a. Static triple-threat
 - i. Athletic stance, ball on hip, facing the basket, head up to see the court
 - b. Balls at cones foul line depth → have players run out, pick-up ball, TT to basket
- 3) Dribbling (rules of DD/walk, more finger tips/less palm, bend knees/stay low, head up) – 10 min
 - a. Static R-hand & L- hand dribbling
 - b. R-hand up & back, L-hand up & back, R-hand up & L-hand back
 - c. Game – full court R-hand team dribbling race
- 4) Passing (step to the target/meet the pass, strong pass/follow-through/hit teammate in chest)
 - a. Partner passing
 - i. Chest pass, bounce pass
 - b. Game – zig zag team passing
 - i. Chest pass up & back, bounce pass up & back, chest pass up & bounce pass back
- 5) Layups (45 degrees angle to basket, hitting top R corner of box) – 10 minutes
 - a. Three fundamental parts of a layup → plant L-foot, drive R-knee up, shoot
 - i. Practice on sideline without shooting
 - ii. Practice at baskets in groups
 - b. Game – team layups, first to 10 (have to do the same way as practice!)
- 6) Spots on the floor
 - a. Free throw line, 3-point line, elbow, box, top of the key, sideline, baseline, corner, OB
- 7) 2 Free throws for 2 sprints
- 8) “1,2,3, **Play hard**, 4,5,6, **have fun!**”