

# Blugolds Basketball Weekly Workout Plan

Week #1

Word of the Week: REPETITION

Name: \_\_\_\_\_

## Ball Skills Daily Workout

		SAT	SUN	MON	TUES	WED	THUR
25	Right Hand Pound Dribble (Waist High)						
25	Left Hand Pound Dribble (Waist High)						
15	Right Hand Finger Tips (Below Knee)						
15	Left Hand Finger Tips (Below Knee)						
15	Right Hand Push-Pull (Side of Body)						
15	Left Hand Push-Pull (Side of Body)						
15	Right Hand Windshield Wiper (Front)						
15	Left Hand Windshield Wiper (Front)						
20	Two pound, Crossover						
20	One Pound, Crossover						
20	Straight Through, Crossover						
10	Hi-Lo Kill Dribble, Right Hand						
10	Hi-Lo Kill Dribble, Left Hand						
10	Right Hand Two pound, inside out						
10	Left Hand Two Pound, Inside out						

# Blugolds Basketball Weekly Workout Plan

Week #2 & 3

Word of the Week: Commitment

Name: \_\_\_\_\_

## Ball Skills Daily Workout

		SAT	SUN	MON	TUES	WED	THUR	FRI
15	Right Hand Pound Dribble (Waist High)	Week 2						
		Week 3						
15	Left Hand Pound Dribble (Waist High)							
15	Right Hand Finger Tips (Below Knee)							
15	Left Hand Finger Tips (Below Knee)							
15	Right Hand Push-Pull (Side of Body)							
15	Left Hand Push-Pull (Side of Body)							
15	Right Hand Windshield Wiper (Front)							
15	Left Hand Windshield Wiper (Front)							
10	Two pound, Double Crossover - Right							
10	Two pound, Double Crossover - Left							
20	Dribble V with Arm Bar, R/L Alternate							
10	Two Pound Change (Between the Legs)							
10	Two Pound Behind Back Cross (Sit low)							
10	Two pound, Cross, Change - Right							
10	Two Pound, Cross, Change - Left							

\*\*\* Reminder to parents that there is no Friday Skills camp on Friday, June 21st. Our next skills will be held on Friday, June 28th. \*\*\*

# Blugolds Basketball Weekly Workout Plan

Week #4

Word of the Week: PERSEVERANCE

Name: \_\_\_\_\_

## Ball Skills Daily Workout (15-20 minute limit)

		FRI	SAT	SUN	MON	TUES	WED	THUR
20/20	2 Pound Windshield Wiper (L/R)							
20/20	1 Pound Windshield Wiper (L/R)							
20/20	Straight Through Windshield Wiper (L/R)							
20/20	2 Pound Crossover (L/R)							
20/20	1 Pound Crossover (L/R)							
20	Straight Through Crossovers							
20/20	2 Front Pound Behind the Back (L/R)							
20/20	1 Front Pound Behind the Back (L/R)							
20/20	Straight Through Behind the Back <i>* Beat your record (number in a row)</i>							
20/20	2 Pound Between the Legs (L/R)							
20/20	1 Pound Between the Legs (L/R)							
20	Straight through Between the Legs <i>* Beat your record (number in a row)</i>							
2 minutes	Build up Drill (Pound, Cross, Between, Behind)							
	1x ea, 2x ea, 3x ea...etc.							
	<i>if miss, start back at 1x each</i>							
	<i>* Beat your record (number in a row)</i>							



