



BLUGOLDS BASKETBALL SUMMER VIRTUAL TRAINING

IN PARTNERSHIP WITH THE MINNESOTA-DULUTH BULLDOGS

EACH SERIES CONTAINS 5 NEW WORKOUTS A WEEK



HOME HOOP SERIES

FINISHING, DRIBBLE MOVES, 1 ON 1 FOOTWORK, SHOOTING

INTENDED GRADES: 5-12TH TIME: 30-40 MINUTES

[CLICK HERE TO ACCESS VIDEOS](#)



BALL-HANDLING SERIES

STATIONARY BALL-HANDLING VIDEOS DESIGNED TO SUPPLEMENT THE HOME HOOP SERIES

INTENDED GRADES: 5-12TH TIME: 15-20 MINUTES

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FORWARD/CENTER DEVELOPMENT SERIES

POST MOVES, FACE-UP SERIES, INTERIOR FINISHING, BALL-SCREENER SCORING, SHOOTING

INTENDED GRADES: 5-12TH TIME: 20-25 MINUTES

[CLICK HERE TO ACCESS VIDEOS](#)

**FOLLOWING WORKOUTS DO NOT REQUIRE A BASKETBALL HOOP
ONLY NEED A BALL AND SMALL AMOUNT OF SPACE (DRIVEWAY/GARAGE/BASEMENT)**



ADVANCED SERIES

BALL-HANDLING AND FOOTWORK FOLLOW-ALONG WORKOUTS

INTENDED GRADES: 5-12TH TIME: 30-40 MINUTES

[CLICK HERE TO ACCESS VIDEOS](#)



BEGINNER SKILLS SERIES

BALL-HANDLING AND FOOTWORK FOLLOW-ALONG WORKOUTS

INTENDED GRADES: K-4TH TIME: 20-25 MINUTES

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