

## **At Home Basketball Workout with a Hoop**

This is a simple workout that can be completed in the driveway, backyard, or park. See the video for demonstrations of moves from a 4<sup>th</sup> grader. Older players can repeat the same workout with fewer dribbles at a much higher intensity.

### **Youtube Video Link**

<https://youtu.be/FMwMrjSxUyA>

### **Ball Handling Moves and Finishing**

1. Right-Handed Lay-Ups x 10 makes
2. Left-Handed Lay-Ups x 10 makes
3. Crossovers into Right Handed Finishes x 5 makes
4. Crossovers into Left Handed Finishes x 5 makes
5. Between the Leg Dribbles into Right Hand Finishes x 5 makes
6. Between the Leg Dribbles into Left Handed Finishes x 5 makes
7. Around the Back Dribbles into Right Handed Finishes x 5 makes
8. Around the Back Dribbles into Left Handed Finishes x 5 makes
9. Spin Moves into Right Hand Finishes x 5 makes
10. Spin Moves into Left Hand Finishes x 5 makes

### **Shooting**

1. 1 Handed Form Shooting from 2 feet x 20 makes
2. 2 Handed Form Shooting from 2 feet x 20 makes
3. 3 Spot Step In Shooting from 10 feet (side, top, side) x 10 makes per spot
4. 3 Spot Step in Shooting from 15 feet x 10 makes per spot \*\*Not shown in video
5. 3 Spot Step in Shooting from 20 feet x 10 makes per spot \*\*Not shown in video
6. Flash Shooting with Right Foot Pivot x 10
7. Flash Shooting with Left Foot Pivot x 10
8. Flash Shooting with a Right Foot Pivot, Shot Fake, Crossover Step into Right Handed Lay-Up x10
9. Flash Shooting with a Left Foot Pivot, Shot Fake, Crossover Step into Left Handed Lay-Up x 10
10. Shot Fake into Pull Up Jumpers x 20 Makes