



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #1

20 x Right hand pounds

Points of Emphasis: Down in a stance, Keep the ball around hip height, Eyes forward scanning not looking down at the ball.

20 x Left hand pounds

Points of Emphasis: Down in a stance, Keep the ball around hip height, Eyes forward scanning not looking down at the ball.

20 x Pound + Crossover

Points of Emphasis: Down in a stance, Keep the ball around hip height, Eyes forward scanning not looking down at the ball, Sharp & wide crossovers.

10 x Chest pass (with a partner or against a solid brick wall)

Points of Emphasis: Step forward into the pass, “Chicken wing” with our hands on each side of the ball and elbows out, follow through with thumbs pointing to the ground, lock out elbows.

10 x Right hand push pass (with a partner or against a solid brick wall)

Points of Emphasis: Step forward into the pass, start ball around hip height, follow through with flick of the wrist, lock out elbow.

10 x Left hand push pass (with a partner or against a solid brick wall)

Points of Emphasis: Step forward into the pass, start ball around hip height, follow through with flick of the wrist, lock out elbow.

Mikan Drill – 20 makes total (Left and right hand combined)

Points of Emphasis: Eyes on your target, hit the corner of the backboard on each shot, step across with your left foot for a right hand lay up and with your right foot for a left hand layup, shoot with your left hand on the left hand side and right hand on the right hand side, rebound the ball before it hits the ground.

Form Shooting – 5 Makes at each spot 1 handed, 5 makes at each spot 2 handed

Points of Emphasis: Eyes on your target, aiming for a swish, toes/knee/elbow all in line with the rim, flick your wrist and hold your follow through, lock out your elbow

5 x Push ups 5 x Burpees

Repeat whole workout 3 times!

If you are unsure of how to complete a drill, please head to

<https://www.caseybasketball.com.au/domestic-drills/> for the video demonstrations of each drill.

For any further questions or queries, please email development@caseybasketball.com.au