



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #3

30 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.

30 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 Figure 8s (without dribbling) – 10 normal and then 10 reversing the direction you were going.

Points of Emphasis: Down in a stance, Eyes forward scanning, Quick hands

20 x Pounds + Between the legs

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

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

1 Dribble pull up jumpshot going right – 3 makes

Points of Emphasis: Starting down in a stance, push out and get as far as possible with your dribble, land with feet facing the rim, balance up before going into your jumpshot, eyes on target, flick your wrist and hold your follow through, lock out your elbow.

1 Dribble pull up jumpshot going left – 3 Makes

Points of Emphasis: Starting down in a stance, push out and get as far as possible with your dribble, land with feet facing the rim, balance up before going into your jumpshot, eyes on target, flick your wrist and hold your follow through, lock out your elbow.

6 x 10m Sprints 30 x Ab twists

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