



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #4

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 Pounds + Crossover

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

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.

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.

10 x Made 1 dribble lay ups (Alternating left & right hand lay ups – Combined total of 10 makes for both)

Points of Emphasis: Eyes forward on dribble, Correct footwork (Left – Right for a left hand layup & Right – Left for a right hand layup), Eyes on our target, Aiming for the corner of the square on the backboard, Extend up and lock out elbow.

50 x High knees on the spot 20 x Mountain Climbers

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