



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #5

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 Figure 8's while dribbling

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.

20 x Pounds + Double Crossover

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

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 layup 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.

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.

20 x Ab Twists 15 x Star Jumps

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