



## **CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #6**

### **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 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 + Double 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 Pound + Behind the back**

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 & left – 3 makes each side**

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.

### **4 x Burpees      6 x 10m Sprints**

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](mailto:development@caseybasketball.com.au)