



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #7

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 Pound + 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 + 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.

2 minutes of Mikan Drill [aim for 30 makes]

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 lay up, 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 1 Dribble right hand lay ups [attempts]

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

10 x 1 Dribble left hand lay ups [attempts]

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

30 x V Twists 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