



## **CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #8**

### **20 x Pound + 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.

### **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.

### **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.

### **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.

### **10 Push ups     4 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)