



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #10

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 + 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.

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 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.

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.

5 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