



CASEY BASKETBALL DOMESTIC WORKOUT OF THE WEEK #9

20 x Body Wraps [10 each direction]

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

20 x Figure 8s [10 each direction]

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

30 x Double crossovers [15 each direction]

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

15 x 2 Hand bounce pass

Points of Emphasis: Step forward into the pass, "Chicken wing" with our hands on each side of the ball and elbows out, eyes on the target, follow through with thumbs pointing to the ground, lock out elbows

15 x Right hand bounce pass

Points of Emphasis: Step forward into the pass, Start ball around hip height, eyes on target, follow through with flick of the wrist, lock out elbow.

15 x Left hand bounce pass

Points of Emphasis: Step forward into the pass, Start ball around hip height, eyes on target, 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.

15 x Star Jumps 30 x Mountain climbers

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