

LCHS Girls' Summer Workout (INTERMEDIATE)

T-Wolf Summer Skilz Challenge - Goal to Complete 20 times by Sept. 1st



Stationary 2-Ball Dribbling Drills

#	Drill	# of reps
1	2 ball pound (eyes closed) (1 ball is okay too) -switch back and forth between simultaneous/alternating -raise the balls high and low as you pound them	1 minute
2	1 ball - Crossovers - as many as you can get in a minute	1 minute
3	1 ball - between the legs - as many as you can get in a minute - No extra bounces if possible	1 minute
4	1 ball - behind the back - as many as you can get in a minute - no extra bounces if possible	1 minute
5	Weak Hand Pound Passing -pound the ball 3 times with your weak hand and fire it at a target on the wall -turn your body parallel to your target and do the same thing using behind the back passes	8 regular pass 8 behind the back passes

Shooting

#	Drill	# of reps
1	Form shooting -stay within 7 ft. of basket	15 shots/no further the 7 ft. from hoop
2	Double Step Shooting 12-15 ft. - toss ball to self, catch on a double step (left-right) and shoot in rhythm	7 total makes
3	Free Throws	10 makes
4	Toss 'n' Catch 3-pointers, various spots - Practice shooting on the catch by backspin tossing the ball to yourself at various spot on the 3-pt. Line. Always catch on a double step.	5 makes
5	4 Mikan Drills - Regular mikan drill with one ball side to side off of one foot - 2 ball Mikan Drill side to side off of one foot - Hop Mikan Drill , Side to side grab the rebound while simultaneously hopping to rebound landing on 2 feet and quickly finishing on the other side. - Reverse Mikan - side to side one foot lay-ups facing away from the basket.	2 times :30 seconds each 8 total rounds

Scoring moves

#	Drill	# of reps
1	1 ball - Pocket dribble moves - Start at the top of the key. Open hips & drop into a pocket dribble. Go either direction and finish with a stride step power lay-up with outside foot landing just before the inside foot.	12 total moves with lay-ups
2	1 ball - pop back CP3 moves - Start at the FT throw line facing toward the sideline. Off of a live dribble pound the ball into the ground and pop back into a pocket dribble. Use various moves to attack the basket or pull-up. Special emphasis on inside-out dribble off of the pop back.	12 total moves
3	Stab step drive with quick direction change on 2nd dribble - Start on 3 pt. Line. Toss ball to yourself. Catch on a double step (quick left-right) and stab right foot into the ground and crossover for one dribble before going behind the back on the 2nd dribble and stay downhill for a power stride lay-up finish. Instead of shooting the lay-up off of the stride stop, pivot around and shoot a short jump shot.	8 total moves
4	Weak Hand Brake Floaters - toss yourself the ball from the strong side slot, make a stab crossover into your weak hand. Dribble twice toward the middle of the paint and plant both feet in the ground shooting a 7 ft. floater with your weak hand.	

Agility

#	Drill	# of reps
1	One Footed Square Jumps - Find a spot where 2 lines cross, jump on one foot in the shape of a square as fast as you can into each quadrant	30 sec. by 2 sets on each foot.
2	Lane slides (defensive drill...hard as you can go) - Start in the middle & touch each side of the key as many times as possible with your feet	20 seconds, 3 times
3	Push-ups	2 sets, as many as possible

More workouts with videos @: <https://www.cdaschools.org/domain/823> or email: janderson@cdaschools.org