Lights Out At He	ome Workouts and Gameday Warmups			1						
	·	l s and working to	improve their skill	Is outside of organ	nized practices					
Competitive athletes have to be accountable for their own goals and working to improve their skills Each athlete has a weekly accountablility partner - Check in once a week to encourage and challer					nzeu praenees.					
Edell dilliete lids	a weekly decountability partite. Officek in or			lige caen outer						
Home Workout	A - Once a week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
HANDLING										
Dribble each han	d on side of body, front to back 30 times									
Dribble each hand in front of body, side to side 30 times										
Dribble figure eig	ht 30 times									
STRENGTH										
Push ups, at leas	st 10									
Body weight squats, at least 40										
Sit ups, at least 20										
Jumping jacks or jump rope, at least 40										
Mountain climber	rs, at least 20									
*Dribble and card	dio is a rotation, do this 3 times									
SHOOTING										
Free throws, at le	east 50									
Layups from one dribble, at least 25 each hand										
Jump shot, at lea	est 25 each from left, right, and center (record	yourself and wat	ch your shot)							
	B - Once a week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
HANDLING										
Walking dribble between legs, at least 60 seconds										
	p zig zag with alternating transitions like behir									
	ags as a defender, get low, hands out/up, quick	k change of dired	ction, at least 60 se	econds						
STRENGTH										
Run at least one set of lines full speed										
Up and downs, at least 30										
Waking lunges, at least 20 each leg										
Sit ups, at least 20										
Push ups, at least 10										
	dio is a rotation, do this 3 times									
SHOOTING										
Upside-daisies, at least 25 each side										
	s from the dribble, at least 25 from each side			-						-
inree's at least 2	25 from left, center, right									-
Home Workout	C - Once a week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Run a mile in under eight minutes		WEEK I	TTEER Z	Week 3	TTCCK 4	Week 5	TTGER U	Week /	Week o	TIGER 3
At least 15 minutes of shooting, your choice										
Set your own goal for weekly push-ups, bodyweight, squats, and sit ups							<del> </del>			
Set your own god	bi ioi weekiy pusii-ups, bouyweigiii, squats, ai	ia sit ups								
										-
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