



#### Warm-up

1. Walking high knees
2. Walking butt kicks
3. Hamstring kicks
4. Lunges
5. Knees up for speed
6. Butt kicks for speed
7. Hamstring kicks for speed

#### Ladder (five times through on each) Use a ladder or chalk

1. One in each
2. Two in each
3. Two in one to the side
4. Side-ways up two back two (three each direction)
5. Side-ways down the middle high knees (three each direction)
6. Forward down the middle high knees

#### Ball handling (all 50 reps)

1. Right hand knee height
2. Right hand waist height
3. Right hand ankle height
4. Right hand shoulder height
5. Left hand knee height
6. Left hand waist height
7. Left hand ankle height
8. Left hand shoulder height
9. V dribble right hand
10. V dribble left hand

#### Mikan Drill 20 reps

#### Form shooting with one hand (all 10 reps)

1. Just in front of rim
2. Step back
3. Step back
4. Total of (30) shots

#### Catch and Shoot (30 reps)

1. Right elbow (little closer)
2. Left elbow (little closer)
3. Right wing
4. Left wing
5. Right baseline
6. Left baseline

#### Free throws 30 reps

#### Lay-ups (20 reps)

1. Right hand
2. Left hand

5 sets x 10 jump squats x 5 push-ups (repeat four more times for a total of five sets)

One-mile run to finish (make sure you time)

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