

Lockdown Basketball Skills and Fitness Program

Week: 1, Day: 1 Fitness

Session focus – Strength, Speed, & Agility

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps Each Exercise		
Agility	a.) Continuous Defensive Slides b.) T - Drill	3 sets of 30 seconds - cones 5m apart 6 sets – 8m x 5m x 5m	1 Minute 1 Minute	
Bodyweight Strength Circuit: 3 Rounds	a.) Reverse Lunge b.) Wall Sit or Squat Hold c.) Plank d.) Bear Crawl	3 x 10 Each Leg 3 x 30 Second Hold 3 x 20-30 Second Hold 3 x 10m Crawl	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 1, Day: 2 Skill

Session focus – Ball Handling & Footwork

Skill	Drill	Explanation	Equipment/ Teaching Point	Score or Result
Ball Handling & Footwork	Agility Footwork a.) Back and Forward b.) Side to Side c.) Scissor Hops d.) Rhythm Hops d.) Bounding e.) Bound to Rebound	30 seconds Each Exercise	1 basketball, 1 marker to jump over (can use tape or chalk to draw an line)	
	a.) Low. Mid, High Pound Dribbles b.) Crossovers c.) V Dribble d.) Push-Pull Dribble e.) In/Out Dribble	30 Seconds Each, Hand Each Exercise	1 basketball	How many do you get in 30 seconds?
	a.) Tennis Ball Toss b.) Tennis Ball Crossovers c. Tennis Ball Wall Toss	x20 Right Hand/x20 Left Hand – 2 Rounds x20 Crossovers – 2 Rounds x20 Right Hand/x20 Left Hand – 2 Rounds	1 basketball, 1 tennis ball	
	Defensive Slide Dribble Series: a.) Right Hand b.) Left Hand c.) Crossovers	30 sec RH pound , D-slide to touch cone 30 sec LH pound, D-slide to touch cone 30 sec crossovers, D-slide to touch cone	1 basketball, 2 cone 5m apart	Count your crossovers completed in 30 seconds

Lockdown Basketball Skills and Fitness Program

Week: 1, Day: 3 Fitness

Session focus – Strength & Acceleration

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps Each Exercise		
Acceleration	a.) 10m Run Throughs b.) Defensive Shuffle → Sprint c.) 30m Sprint	60%,70%,80%,90%,100% 5 Sets: Shuffle 5m → turn to sprint 10m 5 Sets: Sprint 30m → walk back to the start	1 Minute Walking to start is the rest	
Bodyweight Strength: 3 Round	a.) Sit-Ups b.) Hand Release Push-Ups c.) Lateral Lunge	3 Sets x 15-20 Reps 3 Sets x 8-10 Reps 3 Sets x 8-10 Reps Each Leg	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 1, Day: 4 Skill

Session focus – Ball Handling

Skill	Drill	Activity	Equipment/ Teaching Point	Score or Results
Stationary Ball handling & Footwork	a.) <u>Jab Step Pound</u> b.) <u>Lunge & Pound</u>	x20 RH & LH Pounds – 2 Rounds x10 Lunges with RH & LH Pounds -2 Rounds	1 basketball * Short and sharp jabs * Lunge, drop hips down & push ball over toes	
	a.) <u>East to West (Side to Side) Arch Dribbles</u> b.) <u>East to West Arch Dribbles w/ Crossovers</u> c.) <u>Figure 8</u>	x20 Right & x20 Left Hand Each Exercise- 2 Rounds	1 basketball, 1 cones (or any marker)	
	Combination Moves a.) <u>Pound, In & Out</u> b.) <u>Pound, In & Out, Crossover</u> c.) <u>Pound, Between, Cross</u> d.) <u>Pound, Cross, Behind</u> e.) <u>Pound, Between, Behind</u>	x20 Right & x20 Left Hand Each Exercise	1 basketball	
	a.) <u>Quick Step</u> b.) <u>On the Hop</u>	Quick Step Throw the ball in air to hand. Quick step in stance and shoot as soon as you catch 30 secs Quick step LF first 30 secs Quick step RF first 30 secs Quick step with LH Jab 30 secs Quick step with LH Jab On the Hop Throw the ball and land on the hop ready to shoot. 30 secs On the hop to shoot 30 secs On the hop to throw down RH 30 secs On the hop to throw down LH	1 basketball Quick feet, be in low stance, shoot as soon as you catch *Land on 2 feet, low in stance, quick shot or throw down	

Lockdown Basketball Skills and Fitness Program

Week: 2 Day: 1

Session focus – Agility & Single Leg Jumping

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps Each Exercise		
Agility	a.) Continuous Defensive Slides c.) X - Drill	3 X 30 Seconds – cones 5m apart 5 Sets – All cones 10m apart	1 Minute 1 minute	
Bodyweight Strength: 3 Rounds	a.) Jump Squat d.) Skater Hops c.) Elevated Split Squat d.) Calf Raises	3 Sets x 10 Reps 3 Sets x 10 Reps 3 Sets x 8 Reps Each Leg 3 Sets x 10-15 Reps	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 2 Day: 2

Session focus – Ball Handling & Footwork

Skill	Drill	Activity	Equipment/ Teaching Point	Score or Results- completed/Missed
Ball Handling & Footwork	<u>Defensive Slide</u> <u>Dribble Series:</u> a.) Right Hand b.) Left Hand c.) Crossovers	30 sec RH pound , D-slide to touch cone 30 sec LH pound, D-slide to touch cone 30 sec crossovers, D-slide to touch cone	1 basketball, 2 cone 5m apart	
	a.) <u>Low, Mid, High Pound Dribbles</u> b.) <u>Crossovers</u> c.) <u>V Dribble</u> d.) <u>Push-Pull Dribble</u> e.) <u>In/Out Dribble</u>	x20 Right & x20 Left Hand Each Exerise- 2 Rounds	1 basketball	
	a.) <u>2 ball 2 Cone circles</u> b.) <u>2 Ball Crossover</u> c.) <u>2 Ball, Dead Ball</u>	x20 RH circle , x20 LH circle , x20 both hands x20 Crossovers, x20 Between, x20 Behind x20 LH Pound pick up, x20 RH Pound pick up	2 basketball, 2 cones	
	<u>Jab Series</u> a.) Side Jab b.) Straight Jab c.) Cross Step Jab d.) Side, Straight, Cross jab Combo	<u>Jab Series</u> 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 2 min of side jab, straight jab, cross jab and attack → Retreat dribble back. (Switch which way you go after 1 minute)	1 basketball *Short sharp with jab, separate yourself fro, defender. Defende, body, ball.	

Lockdown Basketball Skills and Fitness Program

Week: 2 Day: 3

Session focus – Acceleration, Conditioning, & Core

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results- Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Acceleration and Conditioning	a.) 10m Run Through's b.) Jog → Sprint c.) Repeat Shuffle Sprints for 3 minutes	60%,70%,80%,90%,100% 5 Sets: Jog 10m → Accelerate to sprint 20 m Continuous: Shuffle 5m → Accelerate to sprint 20m	1 minute Going at your own pace for 3 consecutive minutes	
Core Strength: 3 Rounds	a.) Shoulder Taps b.) Side Plank R/L c.) Deadbug	3 Sets x 20-30 Seconds Each Exercise	15 Seconds	

Lockdown Basketball Skills and Fitness Program

Week: 2 Day: 4

Session focus – Ball Handling & Footwork

Skill	Drill	Activity	Equipment/ Teaching Point	Score or Results- completed/Missed
Ball Handling & Footwork	2 Ball Pound 2 Ball Alternate 2 Ball V Dribble 2 Ball In/Out Dribble 2 Ball 1 High, 1 Low - switching halfway	X30 Each Exercise- 2 Rounds	2 basketballs *Stay low in stance *Pound the ball, don't be afraid to lose it	
	Stationary 2 Ball Crossovers (1 Bouncing, 1 Passing)	X30 Crossvoer X30 Behind the back X30 Between the legs	2 basketballs	
	2 Ball Zig Zag Crossovers	X5 sets crossover X5 sets between the legs X5 sets behind the back	2 basketballs, 4 cones 1 set = 4 cones/crossovers	
	Jab Series a.) Side Jab b.) Straight Jab c.) Cross Step Jab d.) Side, Straight, Cross jab Combo	Jab Series 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 2 min of side jab, straight jab, cross jab and attack → Retreat dribble back. (Switch which way you go after 1 minute)	1 basketball *Short sharp with jab, separate yourself fro, defender. Defende, body, ball.	

Lockdown Basketball Skills and Fitness Program

Week 3, Day: 1

Session focus – Strength, Speed, & Agility

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps Each Exercise		
Agility	a.) Ladders b.) Continuous Defensive Slides c.) T - Drill	5 minutes continuous (can use tape or chalk to draw an agility ladder) 4 X 30 Seconds – cones 5m apart 6 Sets – cones 8m x 5m x 5m	Continuous 1 Minute 1 Minute	
Bodyweight Strength: 3 Rounds	a.) Bear Crawl b.) 10m Walking Lunges c.) Bird Dog	3 Sets x 10m 3 Sets x 10m 3 Sets x 5 Reps Each Leg	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 3 Day: 2

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results-completed/Missed
Ball Handling & Footwork	Agility Footwork a.) <u>Back and Forward</u> b.) <u>Side to Side</u> c.) <u>Scissor Hops</u> d.) <u>Rhythm Hops</u> e.) <u>Bounding</u> f.) <u>Bound to Rebound</u>	30 seconds Each Exercise	1 basketball, 1 marker to jump over (can use tape or chalk to draw an line)	
	a.) <u>East to West (Side to Side) Arch Dribbles</u> b.) <u>East to West Arch Dribbles w/ Crossovers</u> c.) <u>Figure 8</u>	x20 Right & x20 Left Hand Each Exerise- 2 Rounds	1 basketball, 1 cones (or any marker)	
	<u>Tennis Ball Explosive Crossovers</u>	x20 crossover – 2 Rounds x20 between legs – 2 Rounds x20 behind the back – 2 Rounds	1 basketball, 1 tennis ball *To make it more chanllenging catch the tennis ball no bouce.	
	<u>Zig Zag Tennis Ball Crossovers</u>	x20 crossover – 2 Rounds x20 between legs – 2 Rounds x20 behind the back – 2 Rounds	1 basketball, 1 tennis ball	

Lockdown Basketball Skills and Fitness Program

Week: 3 Day: 3

Session focus – Strength and Conditioning

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Acceleration and Conditioning	a.) 10m Run Through's b.) Running Rectangles	60%,70%,80%,90%,100% 2 Sets x 2 continuous minutes. Set cones up in a rectangle w/ the Horizontal cone 30m (Sprint @ 100% effort) apart and the vertical cones 15m (Jog @ 70% effort) apart.	3 minute rest	
Bodyweight Strength: 3 Rounds	a.) SL Glute Bridge b.) KOT Calf Raises c.) Superman's d.) Sit-Ups	3 Sets x 8 Reps Each Leg 3 Sets x 10 Reps 3 Sets x 10 Reps 3 Sets x 10 Reps	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 3 Day: 4

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results
Ball Handling & Footwork	<u>North-South (Front to Back) Arch Dribbles</u> <u>North-South Arch Dribbles w/ Crossover Moves</u>	x20 RH / x20 LH x20 push pull crossover x20 push pull behind the back x20 push pull between the legs	1 basketball, 2 cones (or any marker)	
	<u>Pitta Patta</u>	30 sec Crossovers – 2 Rounds 30 sec In & Out – 2 Rounds 30 sec V Dribble – 2 Rounds	1 basketball, 4 cones *5 sec pitta patta then explosive crossover to next cone	
	<u>Retreat Dribble</u>	30 sec Crossovers – 2 rounds 30 sec In & Out – 2 Rounds 30 sec V Dribble– 2 Rounds	1 basketball, 4 cones *Retreat at each cone with guard arm up. Be explosive on crossover. Change pace.	
	<u>Side to Side Shifting</u>	1 min- Shifting w/ Crossovers 1 min- Shifting w/ Behind The Back 1 min- Shifting w/ Between the Legs	2 cones 3m apart	
	Combination Moves a.) <u>Pound, In & Out</u> b.) <u>Pound, In & Out, Crossover</u> c.) <u>Pound, Between, Cross</u> d.) <u>Pound, Cross, Behind</u> e.) <u>Pound, Between, Behind</u>	x20 Right & x20 Left Hand Each Exerise	1 basketball	

Lockdown Basketball Skills and Fitness Program

Week: 4 Day: 1

Session focus – Speed w/ Intervals & Strength

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Agility & Intervals	a.) Continuous Defensive Slides b.) 10:12 20m Repeat Sprints	5 X 30 Seconds – cones 5m apart 1 Set x 10 Reps– 10 Seconds to sprint 20m - followed by 12 Seconds to rest	1 minute 12 Seconds of rest between each rep	
Bodyweight Strength Circuit: 3 Rounds	a.) Reverse Lunge b.) Lateral Lunge c.) Bear Crawl Hold w/ Taps d.) Deadbug	3 Sets x 8-10 Reps Each Leg 3 Sets x 8-10 Reps Each Leg 3 Sets x 8-10 Taps Each Arm 3 Sets x 8-10 Reaches Each Leg/Arm	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 4 Day: 2

Session focus – Ball Handling & Footwork

Skill	Drill	Activity	Equipment/ Teaching Point	Score or Results-completed/Missed
Ball Handling & Footwork	<u>Defensive Slide Dribble Series:</u> a.) Right Hand b.) Left Hand c.) Crossovers	45 Seconds Each	1 basketballs, 2 cones 3m apart.	
	a.) <u>2 ball 2 Cone circles</u> b.) <u>2 Ball Crossover</u> c.) <u>2 Ball, Dead Ball</u>	x20 RH circle , x20 LH circle , x20 both hands x20 Crossovers, x20 Between, x20 Behind x20 LH Pound pick up, x20 RH Pound pick up	2 basketball, 2 cones	
	<u>Side to Side Shifting</u>	1 min- Shifting w/ Crossovers 1 min- Shifting w/ Behind The Back 1 min- Shifting w/ Between the Legs	2 cones 3m apart	
	a.) <u>East to West (Side to Side) Arch Dribbles</u> b.) <u>East to West Arch Dribbles w/ Crossovers</u> c.) <u>Figure 8</u>	30 Seconds Each Hand / Each Exercise	1 basketball, 1 cones (or any marker)	

Lockdown Basketball Skills and Fitness Program

Week: 4 Day: 3

Session focus – Conditioning & Core

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) <u>Kneeling Hip Flexor</u> b.) <u>Crouching Adductor:</u> c.) <u>Lying Glute</u> d.) <u>Frog to Downdog</u>	30 second hold each stretch / each leg		
Activation	a.) <u>Glute Bridge</u> b.) <u>Lying Glute Raises</u> c.) <u>Air Squat w/ Calf Raise</u>	2 Sets x 10 Reps each exercise		
Acceleration and Conditioning	a.) <u>10m Run Through's</u> b.) <u>Running Rectangles</u>	60%,70%,80%,90%,100% 2 Sets x 3 continuous minutes_ <u>Set cones up in a rectangle w/ the Horizontal cones 30m (Sprint @ 100% effort) apart and the vertical cones 15m (Jog @ 70% effort) apart.</u>	3 minute rest	
Bodyweight Strength: 3 Rounds	a.) <u>Bird Dog</u> b.) <u>Clamshell</u> c.) <u>Alt. V-Up</u> d.) <u>Hand Release Push-Ups</u>	3 Sets x 8-10 Reps Each Leg/Arm 3 Sets x 8-10 Reps Each Side 3 Sets x -8-10 Reps Each Leg 3 Set of 8 Reps	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 4 Day: 4

Session focus – Ball Handling & Footwork

Skill	Drill	Activity	Equipment/ Teaching Point	Score or Results-completed/Missed
Ball Handling & Footwork	a.) <u>Low, Mid, High Pound Dribbles</u> b.) <u>Crossovers</u> c.) <u>V Dribble</u> d.) <u>Push-Pull Dribble</u> e.) <u>In/Out Dribble</u>	X30 each hand each exercise	1 basketball	
	<u>Jab Series</u> a.) Side Jab b.) Straight Jab c.) Cross Step Jab d.) Side, Straight, Cross jab Combo	30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 2 min of side jab, straight jab, cross jab and attack → Retreat dribble back. (Switch which way you go after 1 minute)	1 basketball *Short sharp with jab, separate yourself from defender. Defend, body, ball.	
	<u>2 Ball Zig Zag Crossovers</u>	X5 sets crossover X5 sets between the legs X5 sets behind the back	2 basketballs, 4 cones 1 set = 4 cones/crossovers	
	<u>Hustle Series</u>	In stance start with 20 dribbles, pound ball down → close out to 1st cone → d-slide to 2 nd cone, → back pedal to 3 rd (start). Repeat: 1min Crossovers 1min Scissor dribble 1min In/ Out (10 each hand) 1min Cross, between, behind.	1 basketball, 3 cones in 3m triangle. Quick handles Close out with choppy feet & high hands Stay low in D slides	

Lockdown Basketball Skills and Fitness Program

Week: 5 Day: 1

Session focus – Footwork, Speed, & Strength

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Agility & Speed	a.) Ladders b.) 10:12 20m Repeat Sprints	5 minutes continuous (can use tape or chalk to draw an agility ladder) 2 Sets x 10 Reps– 10 Seconds to sprint 20m - followed by 12 Seconds to rest	Continuous 12 Seconds of rest between reach rep, 3 minutes to rest between sets	
Bodyweight Strength Circuit: 3 Rounds	a.) Step-Ups b.) Glute Bridge Marches c.) Single Leg Calf Raise d.) Superman's	3 Sets X 8-10 Reps Each Leg 3 Sets x 6-8 Reps Each Leg 3 Sets x 8-10 Reps Each Leg 3 sets x 10 Reps	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 5 Day: 2

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results-completed/Missed
Ball Handling & Footwork	a.) Jab Step Pound b.) Lunge & Pound	x20 RH, x20 LH Pound with jab steps- 2 Rounds x10 Lunges with RH pound, x10 Lunges with LH pound – 2 Rounds	1 basketball * Short and sharp jabs * Lunge, drop hips down & push ball over toes	
	a.) Low. Mid, High Pound Dribbles b.) Crossovers c.) V Dribble d.) Push-Pull Dribble e.) In/Out Dribble	X30 each hand, each exercise	1 basketball	
	a.) Quick Step b.) On the Hop	<u>Throw the ball in air to hand. Quick step in stance and shoot as soon as you catch</u> 30 secs Quick step LF first 30 secs Quick step RF first 30 secs Quick step with LH Jab 30 secs Quick step with LH Jab <u>Throw the ball and land on the hop ready to shoot.</u> 30 secs On the hop to shoot 30 secs On the hop to throw down RH 30 secs On the hop to throw down LH	1 basketball Quick feet, be in low stance, shoot as soon as you catch *Land on 2 feet, low in stance, quick shot or throw down	
	Reverse Pivot Series a.) Outside foot b.) Inside foot c.) Jab	Set up cones in a triangle Spin the ball to yourself & jump stop on catch. Reverse pivot and attack the top cone with dribble 30 secs Outside foot pivot (baseline drive) 30 secs Inside foot pivot (middle drive) 30 secs Jab outside to middle drive 30 secs jab inside foot to base drive	1 basketball, 3 cones set up in triangle about 2m apart if you don't have a hoop.	

Lockdown Basketball Skills and Fitness Program

Week: 5 Day: 3

Session focus – Conditioning & Core

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Acceleration and Conditioning	a.) 10m Run Through's b.) Tabata Run	60%,70%,80%,90%,100% 1 Set of 3-5 minutes continuous. Sprint 30m → quick turn to sprint back 15m (half way) → walk 15m to the end.	Going at your own pace for 3-5 min continuously	
Bodyweight Strength: 3 Rounds	Core Series w/ basketball: a.) Lying Figure 8's b.) Dribbling Hollow Hold R/L hand c.) Russian Twist d.) Straight arm Situp e.) Dribbling Plank R/L hand	3 Sets X 20-30 Seconds Each Exercise	20 Seconds	

Lockdown Basketball Skills and Fitness Program

Week: 5 Day: 4

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results- completed/Missed
Ball Handling & Footwork	<u>Defensive Slide</u> <u>Dribble Series:</u> a.) Right Hand b.) Left Hand c.) Crossovers	45 Seconds Each	1 basketball, 2 cones 3m apart.	
	Combination Moves a.) <u>Pound, In & Out</u> b.) <u>Pound, In & Out,</u> <u>Crossover</u> c.) <u>Pound, Between,</u> <u>Cross</u> d.) <u>Pound, Cross,</u> <u>Behind</u> e.) <u>Pound, Between,</u> <u>Behind</u>	x20 Right & x20 Left Hand Each Exerise	1 basketball	
	<u>Figure 8 & Wrap</u> <u>Around Jab Series</u>	a.) x1 min - 4 figure 8's → Jab →Cross Jab →Attack →Retreat w/ Behind the back dribble to the start b.) x1 min – Wrap Around → Jab →Cross Jab →Attack → Retreat w/ Behind the legs dribble to the start		
	<u>Forward Pivot Series:</u> a.) Outside foot b.) Inside foot c.) Jab	Throw the ball to yourself jump stop. Forward pivot and attack the top cone with dribble 40 secs Outside foot pivot (baseline drive) 40 secs Inside foot pivot (middle drive) 40 secs Jab outside to middle drive 40 secs jab inside foot to base drive	1 basketball, 3 cones set up in triangle about 2m apart if you don't have a hoop.	

Lockdown Basketball Skills and Fitness Program

Week 6 Day: 1

Session focus –Agility & Explosiveness

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Agility & Speed	a.) X – Drill b.) Lateral Bounds to Sprint	1 Set x 6 Reps –all cones 10m apart 1 Set x 5 Reps – 2 lateral bounds right (touch cone with inside hand) → 2 lateral bounds left (touch cone w/ inside hand) → accelerate to sprint 20m	1 minute 1 minute	
Bodyweight Strength Circuit: 3 Rounds	a.) Jump Squat b.) Skater Hops c.) Explosive Push-Ups d.) Frogs	3 Sets of 10-12 Reps 3 Sets of 10-12 Reps Each Leg 3 Sets of 8-10 Reps 3 Sets x 8-10 Reps	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 6 Day: 2

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results-completed/Missed
Ball Handling & Footwork	Combination Moves a.) Pound, In & Out b.) Pound, In & Out, Crossover c.) Pound, Between, Cross d.) Pound, Cross, Behind e.) Pound, Between, Behind	X30 Right & x30 Left Hand Each Exercise	1 basketball	
	Drop Dribble Series: a.) Drop Dribble b.) Drop, Step c.) Drop, Step, Cross	30 Sec For Each Hand / Each Exercise	1 basketball * In stance, drop foot back and hesitate with the ball.	
	Pitta Patta	30 sec Crossovers – 2 Rounds 30 sec In & Out – 2 Rounds 30 sec V Dribble – 2 Rounds	1 basketball, 4 cones *5 sec pitta patta then explosive crossover to next cone	
	Retreat Dribble	30 sec Crossovers – 2 rounds 30 sec In & Out – 2 Rounds 30 sec V Dribble– 2 Rounds	1 basketball, 4 cones *Retreat at each cone with guard arm up. Be explosive on crossover. Change pace.	

Lockdown Basketball Skills and Fitness Program

Week: 6 Day: 3

Session focus – Conditioning & Strength

Phase	Drill / Exercise	Sets x Reps & Distance	Rest Between Sets	Score or Results-Completed/Missed
Foam Roll / Stretch	a.) Kneeling Hip Flexor b.) Crouching Adductor: c.) Lying Glute d.) Frog to Downdog	30 second hold each stretch / each leg		
Activation	a.) Glute Bridge b.) Lying Glute Raises c.) Air Squat w/ Calf Raise	2 Sets x 10 Reps		
Acceleration and Conditioning	a.) 10m Run Through's b.) Backwards Jog to Sprint c.) Tabata Run	60%,70%,80%,90%,100% 1 Set x 5 Reps of Jogging backwards 5m → Turn to sprint 20m 2 Sets of 3-5 minutes continuous. Sprint 30m → quick turn to sprint back 15m (half way) → walk 15m to the end.	1 minute Going at your own pace for 3-5 min continuously. 3 minutes rest between sets	
Strength: 3 Rounds	a.) Glute Bridge to Single Leg Slide b.) Step Downs c.) Side Plank	3 Sets x 8 Reps 3 Sets x 8 Reps Each Leg 3 Sets of 20-30 Second Hold Each Side	Go at your own pace	

Lockdown Basketball Skills and Fitness Program

Week: 6 Day: 4

Session focus – Ball Handling & Footwork

Skill	Drill / Video Link	Activity	Equipment/ Teaching Point	Score or Results- completed/Missed
Ball Handling & Footwork	a.) Low, Mid, High Pound Dribbles b.) Crossovers c.) V Dribble d.) Push-Pull Dribble e.) In/Out Dribble	x20 Right & x20 Left Hand Each Exerise- 2 Rounds	1 basketball	
	Jab Series a.) Side Jab b.) Straight Jab c.) Cross Step Jab d.) Side, Straight, Cross jab Combo	30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 30 sec RH, 30 sec LH w/out dribbling 2 min of side jab, straight jab, cross jab and attack → Retreat dribble back. (Switch which way you go after 1 minute)	1 basketball *Short sharp with jab, separate yourself fro, defender. Defende, body, ball.	
	Figure 8 & Wrap Around Jab Series	a.) x1 min - 4 figure 8's → Jab →Cross Jab →Attack →Retreat w/ Behind the back dribble to the start b.) x1 min – Wrap Around → Jab →Cross Jab →Attack → Retreat w/ Behind the legs dribble to the start		
	Hustle Series	In stance start with 20 dribbles, pound ball down → close out to 1st cone → d-slide to 2 nd cone, → back pedal to 3 rd (start). Repeat: 1min Crossovers 1min Scissor dribble 1min In/ Out (10 each hand) 1min Cross, between, behind.	1 basketball, 3 cones in 3m triangle. Quick handles Close out with choppy feet & high hands	