



HOMEWORK

HOOPS

12-Minute At-Home Basketball Workout Plan



1 ATHLETE



1 BASKETBALL



6' X 6' OF SPACE



NO BASKET NEEDED



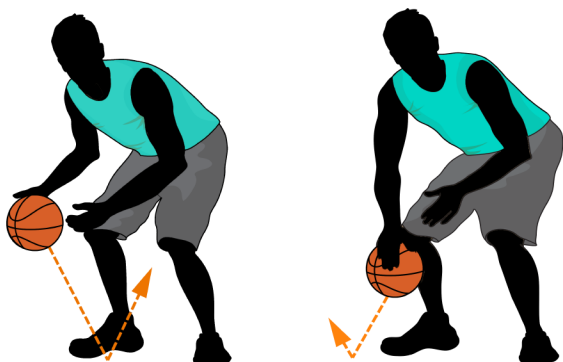
NO EQUIPMENT NEEDED



HOMEWORK HOOPS

PERFORM EACH DRILL FOR 1 MINUTE. REST FOR 30 SECONDS BETWEEN SETS. COMPLETE 2-3 ROUNDS.

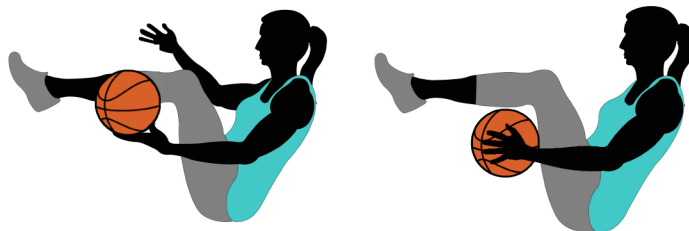
PUSH PULL DRIBBLE



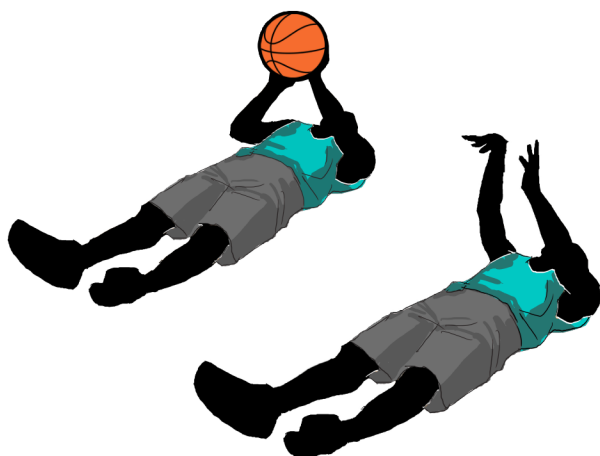
- 1 Set your feet at shoulder width apart and turn your shoulders perpendicular to your feet.
- 2 Keeping the ball in your right hand, dribble forward, pushing the ball toward your left knee, then backward, pulling the ball toward your right knee
- 3 Dribble for 30 seconds with your right hand, then turn your shoulders 180° and dribble 30 seconds with your left hand
- 4 Count the number of reps you complete in 1 minute

V HOLD BALL CIRCLES

- 1 Sit on a soft surface or mat and lift your torso and lower body off the ground to create a V position
- 2 Carefully lower your feet and bend your knees so your shins are parallel to the ground
- 3 Grab the ball and circle it around your shins in a clock wise direction, keeping your core tight, toes pointed, head up and shoulders back
- 4 After 30 seconds switch to a counter-clockwise direction
- 5 Count the number of reps you complete in 1 minute



ON THE BACK SHOOTING



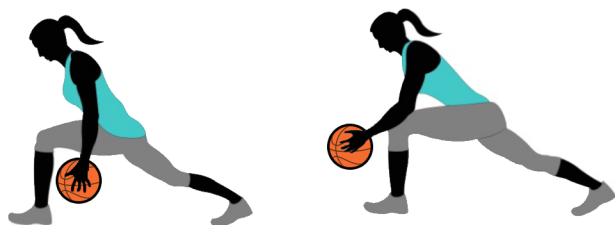
- 1 Start by lying on the ground, flat on your back
- 2 Hold a ball in your shooting pocket, with your palm upward and guide hand alongside
- 3 Shoot the ball up into the air, using proper shooting mechanics and flicking your wrist on the release
- 4 Ball should have rotational backspin. Palm should be facing up at the beginning and down at the end
- 5 Count the number of reps you complete in 1 minute (ball must land directly back into the shooting pocket)



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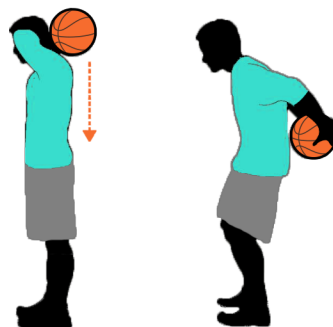
LUNGE CIRCLES



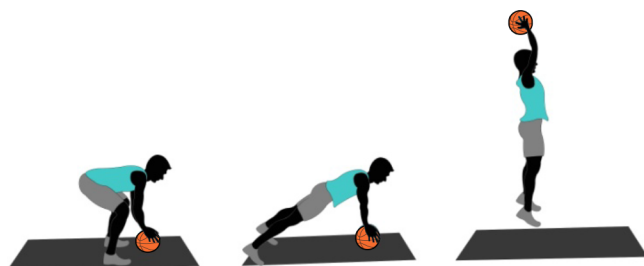
- 1 Start in a forward lunge position. Step forward 2-3 feet with your left foot. Lower toward the floor and keep left knee over your left heel so your shin remains vertical
- 2 While keeping your spine in a straight line, lean forward and hold the ball below your left knee
- 3 Circle the ball around your left knee in a clockwise direction for 30 seconds.
- 4 Switch the lunge, so your right leg is forward.
- 5 Circle the ball in a counter-clockwise direction around your right knee for 30 seconds
- 6 Count the number of reps you complete in 1 minute

BACK DROP

- 1 Start in a standing position with the ball held behind your head with two hands
- 2 Drop the ball and quickly move your hands behind your back to catch it
- 3 Return the ball to behind your head and repeat
- 4 Count the number of successful catches you make in 1 minute



BASKETBALL BURPEES



- 1 Start in a standing position with the ball held at chest level with both hands
- 2 Slowly lower into a squat and bring the ball down to the ground between your feet
- 3 With hands on the ball, step or jump both legs back into a plank position
- 4 Perform a pushup, lowering chest to ball, then back to a high plank position
- 5 Step or jump both feet back into a squat position
- 6 Drive through the heels to explode body up, extending ball to the sky
- 7 Repeat, counting the number of reps you complete in 1 minute



HOMEWORK HOOPS

RECORD THE NUMBER OF REPS YOU COMPLETED IN 1 MINUTE

| | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 | SESSION 5 | SESSION 6 | SESSION 7 | SESSION 8 |
|----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PUSH PULL DRIBBLE | | | | | | | | |
| V HOLD BALL CIRCLES | | | | | | | | |
| ON THE BACK SHOOTING | | | | | | | | |
| LUNGE CIRCLES | | | | | | | | |
| BACK DROP | | | | | | | | |
| BASKETBALL BURPEES | | | | | | | | |
| TOTAL | | | | | | | | |