



YOUTH BASKETBALL



NAME: _____

I LOVE PLAYING BASKETBALL BECAUSE: _____

I AM A SUPERSTAR AT: _____

I WOULD LIKE TO GET BETTER AT: _____

WEEKLY SKILLS IMPROVEMENT

Each week, complete the 5 drills below and record how many repetitions you get in 1-minute! You can also refer to the Blazer Community YouTube channel from Friday, June 12th with Coach LeeAnn for warm-ups and drill descriptions!

DRILL	WEEK 1 SCORE	WEEK 2 SCORE	WEEK 3 SCORE	WEEK 4 SCORE	WEEK 5 SCORE	WEEK 6 SCORE	WEEK 7 SCORE
Figure-8 Fingertip							
Jumping Jacks							
Defensive Stance foot-taps							
Rebounds & Ball Dives							
Shooting Drill							
Journal Entries							

Journal Entries:

Each week, we encourage you to take some time to self-reflect. You can use this time to write about whichever topic you like, but below are some prompts if you need ideas.

- Write about what you're thankful for!
- What is one thing you're proud of? Think small wins that help you keep going, like making your bed and being helpful around the house!
- What are your goals for this week?
- How are you going to be the best version of yourself this week?

Drill Descriptions:

Figure-8 Fingertip	With ball on floor, focus on using fingertips to move the ball in a figure 8 outline around and through the legs.
Jumping Jacks	Start with feet together and hands by your sides. Jump up, moving your arms and legs wide, clapping your hands together above your head. Return to start and repeat.
Defensive Stance foot-taps	Start in defensive stance (legs and arms wide, in a squat). With minimal leg lift, quickly alternate lifting and landing each foot. This should resemble a quick pattering motion staying on the balls of your feet.
Rebounds & Ball Dives	Hold ball in both hands at chest. Lightly toss the ball straight up. As the ball comes down, quickly jump up to grab the ball landing with feet wide, knees bent, and ball at chest with elbows out. Squat to set ball on the ground between your feet, put hands on floor and jump feet back putting your chest and legs on the floor. Next jump feet close to hands, pick-up basketball and rise returning to starting stance. Repeat.
Shooting Drill	Sit on the edge of a chair or couch. Practice form shooting with or without a ball. Remember to keep your elbows at a 90-degree angle and follow through! The ball should have a light forward spin as it drops in front of you.

