

# Summer Basketball Schedule and Work-Outs

## What you will find in this packet:

- Schedule for open gym
- Shooting work-outs (Posts and Guards)
- Ball handling work-outs
- Summer basketball camp info

## Important Dates:

Jr. High/ Elementary Basketball Camp - June 22<sup>nd</sup>, 23<sup>rd</sup>, and 24<sup>th</sup>

\***ALL** High School Boys Basketball players are expected to help with **ALL** 3 days.

Shots during June and July	Shoot 7 Days/Week	Shoot 5 Days/Week	Shoot 4 days/week
5,000	81 shots	125 shots	156 shots
7,500	123 shots	188 shots	234 shots
10,000	164 shots	250 shots	312 shots

Coach Curnyn's Cell # - 402-369-3563

## Shooting Work-Out (Guards)

\*Do with a partner

\*Each session try to keep track of how you make, including your free throws! By end of the workout you will have shot 100 free throws and your goal should be to make at least 80.

\*Don't take a drink break between your shots and free throws, wait until session is complete before you take a drink... must shoot free throws while you are tired!!!

### Session 1:

\***Spot shooting (15 feet and in)-** shoot 20 from 5 spots... rotate shooters at every spot

**Focus-** catch and shoot... have good balance and quick releases... finish with good follow through every time (stick hand in the hoop)

\*After you shoot from all 5 spots shoot 20 free throws (5 and rotate).

### Session 2:

\***Pull up jump shot (catch outside of 3 point line)-** shoot 20 from 5 spots... rotate shooters at every spot.

**Focus-** make a move to get yourself open (jab step, cross over, catch and go)... 1 or 2 hard dribbles and shoot the pull up jumper

\*After you shoot from all 5 spots shoot 20 free throws (5 and rotate).

### Session 3:

\***3 point shot-** shoot 20 from 5 spots (all 3's)... rotate shooters at every spot.

**Focus-** catch and shoot... good balance and follow through... find the distance and become a good 3 point shooter!

\*After you shoot from all 5 spots shoot 20 free throws (5 and rotate).

### Session 4:

\***Rim attackers-** Shoot 10 from 5 spots... rotate shooters every shot.

**Focus-** Make a game move (jab step, cross over, catch and go) and get all the way to the hoop and finish. Right and left hand needs to be used when on that side of the hoop! Practice finish off of one foot and with a jump stop.

\*After you shoot from all 5 spots shoot 20 free throws (5 and rotate).

### Session 5:

\***Game work-**shoot 10 then rotate shooters (use the whole floor, don't stay in one spot)

**Focus-** make game like moves using all the skills you used in previous sessions. Mix it up, knock down a 3 then next time hit a pull up jumper then attack the rim. Be on the move and use everything! Should be fast paced for 10 shots then your partner goes. Final session so finish strong!!!

\*After you shoot from all 50 spots shoot 20 free throws (5 and rotate).

## Ball Handling

### Non-Dribbling In Place:

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on fingertips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
10. Single Flip / Double Flip (alternating)
11. Figure Eight Around the Ankles Double Flip

### Dribbling In Place:

1. Right Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right Hand
4. Side to Side Left Hand
5. Front to Back Left Hand
6. Front to Back Right Hand
7. Side to Side Left Hand Behind the Back
8. Side to Side Right Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right Hand Only
13. Figure Eight Dribble with Left Hand Only
14. Spider Dribble (two taps in front, two taps in back...)
15. Scissors Dribble (between legs in place)

### Two-Ball Ball-Handling Drills

- 2-Ball Dribble Stationary: Pound below knee 30 seconds
- 2-Ball Dribble Stationary: Pound below hip 30 seconds
- 2-Ball Dribble Walking: Bounce at the same time
- 2-Ball Dribble Walking: Alternate bounce
- 2-Ball Dribble Walking: Continuous through legs (only one ball goes through the legs)
- 2-Ball Dribble Walking: Continuous behind the back (only one ball goes behind the back)
- 2-Ball Dribble Jog: Bounce at the same time
- 2-Ball Dribble Jog: Alternate bounce
- 2-Ball Dribble Jog: Zigzag through legs (only one ball goes through the legs)
- 2-Ball Dribble Jog: Zigzag crossover
- 2-Ball Dribble Jog: Zigzag behind back (only one ball goes behind the back)
- 2-Ball Dribble Sprint: Bounce at the same time
- 2-Ball Dribble Sprint: Alternate bounce

## Shooting Work-Out (Posts)

\*Do with a partner

\*Each session try to keep track of how your makes, including your free throws! By end of the workout you will have shot 100 free throws and your goal should be to make at least 80.

\*Don't take a drink break between your shots and free throws, wait until session is complete before you take a drink... must shoot free throws while you are tired!!!

### Session 1:

\***Back to baseline**- shoot 20 from each side of hoop... rotate shooters every shot (continuous).

**Move**- Catch, power dribble to hoop, get shoulders parallel to hoop, finish high off the glass

\*After you shoot from both sides (40 shots) shoot 20 free Throws (5 and rotate)

### Session 2:

\***Back to hoop**-Shoot 20 from each block for each move to get a total of 40 shots for each move.

**Move**

- Drop step power dribble, lay-up (40 shots)
- Inside and Outside shoulder turn, hook/jump shot (no dribbles) (40 shots)
- Inside and outside shoulder turn, hook/jump shot (1-2 dribbles back down)(40 shots)
- Inside and Outside up and under (40 Shots)

\*After you complete all the shots, shoot 20 Free Throws (5 and rotate)

### Session 3:

\***Face to Hoop**- Shoot 10 for each move on each side of the floor for a total of 20 shots for each move.

Catch the ball about 12-15 feet from hoop somewhere between wing and baseline.

**Move-**

- Pivot, blow by for a lay-up (20 shots)
- Pivot, jab step, cross over, lay-up (20 shots)
- Pivot, blow by/cross over, spin, lay-up (20 shots)
- Pivot, jab step, jump shot (20 shots)
- Pivot, shot fake, lay-up (20 shots)

\*After you complete all the shots, shoot 20 Free throws (5 and rotate)

### Session 4

\***Pick and Roll**- Shoot 10 for each move on each side of the floor for a total of 20 shots for each move.

Set the pick between top of key and wing.

**Move-**

- Roll and finish at the rim (20 shots)
- Roll/slip to 12-15 feet and shoot jump shot (20 shots)
- Roll/slip to 12-15 feet, use ball fake, get to rim and finish or hit short (5ft) jump shot (20 shots)

\*After you complete all the shots, shoot 20 free throws (5 and rotate)

### Session 5:

\***Game Work**-Shoot 10 then rotate shooters (use the whole floor, don't stay in one spot)

**Focus**- Make game like moves using all the skills you used in previous sessions. Mix it up go back to hoop, then go do a pick and roll, then hit a face up jumper ect... Be on the move and use everything! Should be fast paced for 10 shots then your partner goes. Final session so Finish Strong!!!

\*After you shoot all 40 shots, shoot 20 free throws (5 and rotate)

# June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>May 31</b> Summer League at South Sioux HS	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<i>"We have to have the mentality that we have to work for everything we are going to get." Steph Curry</i>					
<b>5</b>	<b>6</b> First Day of Open Gym from 7-9 AM	<b>7</b> Open Gym from 7-9 AM	<b>8</b>	<b>9</b> Open Gym from 7-9 AM	<b>10</b> Open Gym from 7-9 AM	<b>11</b>
		Summer League at South Sioux HS				
<b>12</b>	<b>13</b> Open Gym from 7-9 AM	<b>14</b> Open Gym from 7-9 AM	<b>15</b>	<b>16</b> Open Gym from 7-9 AM	<b>17</b> Open Gym from 7-9 AM	<b>18</b>
		Summer League at South Sioux HS				
<b>19</b>	<b>20</b> Open Gym from 7-9 AM	<b>21</b> Open Gym from 7-9 AM	<b>22</b> Elem./ Jr High Bball camp 10 AM-12 PM	<b>23</b> Elem./ Jr High Bball camp 10 AM-12 PM	<b>24</b> Elem./ Jr High Bball camp 10 AM-12 PM	<b>25</b>
		Summer League at South Sioux HS				
<b>26</b>	<b>27</b> Open Gym from 7-9 AM	<b>28</b> Open Gym from 7-9 AM	<b>29</b>	<b>30</b> Open Gym from 7-9 AM		
		Summer League at South Sioux HS				

# July 2016

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

*"Hard work beats talent, when talent doesn't work hard."*

*Kevin Durant*

3	4	5	6	7	8	9
	Open Gym from 7-9 AM	Open Gym from 7-9 AM		Open Gym from 7-9 AM	Open Gym from 7-9 AM	
10	11	12	13	14	15	16
	Open Gym from 7-9 AM	Open Gym from 7-9 AM		Open Gym from 7-9 AM	Open Gym from 7-9 AM	
17	18	19	20	21	22	23
	Open Gym from 7-9 AM	Open Gym from 7-9 AM		Open Gym from 7-9 AM	Open Gym from 7-9 AM	
24	25	26	27	28	29	30
	Open Gym from 7-9 AM	Open Gym from 7-9 AM		Open Gym from 7-9 AM	Open Gym from 7-9 AM LAST DAY	

# Elementary and Jr. High Summer Basketball Camp

**What:** A summer basketball camp to help strengthen the basketball skills of your son or daughter.

**When:** June 22<sup>nd</sup>, 23<sup>rd</sup>, and 24<sup>th</sup> from 10:00 AM until 12:00 PM (Noon)

**Cost:** \$30.00 per camper

**Equipment Needed:** Gym clothes, gym shoes, and water bottle (optional)

Your child will receive a camp T-shirt, a pizza party on the last day, and a greater understanding and appreciation for the game.

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My child, \_\_\_\_\_ will be attending the 2015 summer basketball camp.

Parent signature- \_\_\_\_\_

\*Please include payment with the returned form.

T-Shirt size- \_\_\_\_\_

