

# WEEK 6 SHOOTING

30min - twice a week



**COACHES:** Jarred Kieser & Max Bardas

## DANTE EXUM

Defensive Close Outs

## FITNESS

Dynaminc Stretching:  
30 seconds of each.

- Lunges
- High-Kicks

Glute Activation:

- Glute Bridge x 10
- Glute Bridge (single leg) x 10

Fitness Component

- Skip for 2 minutes
- 10 Burpees

Defensive Stance:

-Vegas Closeout Series:

- 1) Regular close out into defensive stance
- 2) Close out into a turn and sprint

Coaching Points:

- Get low in your stance
- Hands High, Hands Wide

## SHOOTING

Shooting Challenges:

-All are timed for 1 minute

X-Lay Up Series:

- 1) Regular Lay Up
- 2) Power Lay Up
- 3) Up and Under

QUOTE OF THE WEEK

"Basketball is a lifelong game. You continue to learn from the game day in and day out, and all along the way, you get better."

Scottie Pippen

**Have a drink after:**  
**-Fitness compenent**  
**-After defensive closeouts**  
**-End of session**

This will be 30 minutes

Aim for twice a week

NOTE: Try and incorporate Maccabi ballhandling challenge once a week.

## EQUIPMENT

Basketball and a ring-

If you dont have a ring,  
please try get to a park/school.

Timer/Phone

