

Coach Ken's at Home Basics

60 Minute

TIME	DRILL	FOCUS POINTS	RESULT
Warmup 5 Minutes	Option 1: Jump Rope Option 2: Jumping Jacks		
Pound Dribble Series 10 Minutes	30 Seconds each hand/leg of the following: -Right/left hand dribbles -2 pound dribbles + a crossover -2 pound dribbles + double crossover -2 pound dribbles + windshield wiper -2 pound dribbles + between the legs dribble -Low pound dribbles around a cone -Low pound dribbles around leg from a lunge	Eyes up, push down the ball do not slap, quick hands	
Form Shooting 10 Minutes	Start 3-5 feet from basket creating 5 targets around the hoop. Make 5 shots from each target	Be balanced, eyes on target, elbow aligned, follow through	
Cone Dribbling Series 10 Minutes	Repeat 7x down and back -crossovers in and out of the cones -double crossovers in between each cone Right hand on the way down, left on way back Sequence: forward dribble > crossover > forward dribble > crossover	Eyes up, quick crossovers, change speeds when attacking each cone	
Layup Progression 10 Minutes	Make 10 layups from each side -Start 5 feet from basket – no dribble -Start 7 feet from basket – use 1 dribble -Start 10 feet from basket – use 2 dribbles Right side layup: right step/left step/right knee up and jump off left foot, use right hand to lift ball Left side layup: left step/right step/left knee up and jump off right foot, use left hand to lift ball	Use correct form, keep eyes on backboard, hit top outside corner of box	
Challenge 1 5 Minutes	Timed cone pickup dribbling left/right hand		
Challenge 2 5 Minutes	Form shooting consecutive makes – no misses		
Free Throws 5 Minutes	20 Free Throws		

