

# SPORTS for Exceptional Athletes

## Zoom Basketball Workout

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Basketball Workouts on Thursdays from 6-7pm from the comfort and safety of home. If doing workouts outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email [sds4ea@gmail.com](mailto:sds4ea@gmail.com) to sign-up & get your Zoom password information.

Please bring the following for the workout:

- Zoom device (bigger the better for seeing the basketball clinician showing drills & other S4EA athletes)
- Water & towel (for breaks)
- Basketball Chart and pencil (to record Contest Scores)
- Ball (basketball, soccer ball, volleyball, dodge ball or any other ball that can be used for dribbling, passing & shooting drills)
- Cones (or socks or any small objects to be used for weaving drills)
- Basket (basketball hoop, wastebasket if inside, garbage can if outside, etc.)
- Wall or partner (family member) for doing passing drills
- Safe Workout area at least 12 ft by 6 ft with outside area preferable (if outside-prefer concrete, but if in the house-prefer hard floor but not near breakable items)

Before starting workout, do the following

1. 1 minute walking (or stand in place walking) using basketball (dribbling)
2. Warm-up exercises/stretchers

### Dribbling

1. Stationary dribbling – without ball followed by with a ball
  - a. Right hand
  - b. Left hand
  - c. Alternate hands
  - d. Dribble low
  - e. Protect dribble
  - f. Jump stop
  - g. Kneel
  - h. Seated – around legs/body/head/figure 8/between legs
2. Dribbling Contest – number of dribbles in 1 minute
3. Water break & record number of dribbles in 1 minute on Basketball Chart
4. Straight dribbling
  - a. Protect dribble
  - b. Jump stop
  - c. Slow dribble followed by fast dribble
  - d. Change direction
  - e. Speed dribble
  - f. Crossover dribble
  - g. Defensive slide – if have partner then do with crossover dribble
5. Weaving – set-up 3 cones with each cone 3 ft (1 yd) from the next cone
  - a. Protect dribble switching hands after go-around each cone
6. Weaving Contest – number of weaving laps (up & back is 1 full lap) in 1 minute
7. Water break & record number of laps in 1 minute on Basketball Chart

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### Passing & Catching

1. Passing with partner (6 ft apart) or wall (3 ft away)
2. Bounce or skip pass (ball should hit ground one-third way to partner or before hits wall)
3. Chest pass
4. Overhead pass
5. Baseball pass
6. Catching (cushion the ball with your hands as the ball touches you)
7. Dribble around partner (or cone), come back & jump stop, pivot & pass to partner (or against wall)
8. Passing Contest – number of passes to wall/partner in 1 minute
9. Water break & record number of passes to wall/partner in 1 minute on Basketball Chart

### Shooting

1. Shooting technique
2. Free Throws
3. Various spots around the basket
4. Free-Throw Shooting Contest–number of shots made in basket in 10 attempts from free throw line-15 ft or 10 ft-inside
5. Water break & record number of shots made in basket in 10 attempts on Basketball Chart

### Final Competition

1. Modified Knock-out/Horse-Cow-I
  - a. If want to split into several groups, one group-inside shooters, second group-outside shooters, third group-outside basketball hoop. Or, can do groups based on ability levels.
  - b. Set-up Zoom order for shooting.
  - c. 1<sup>st</sup> person shoots, then 2<sup>nd</sup> person shoots. If 1<sup>st</sup> person makes basket and 2<sup>nd</sup> person misses basket, then 2<sup>nd</sup> person is out.
  - d. Continue process with 3<sup>rd</sup> person. Basically, if person before you makes basket, then you must make basket to stay in. If person before you does not make basket, then you automatically are in whether you make or miss basket.
  - e. Continue until only one person left who is the winner.
2. Water break & winner marks on Basketball Chart

After workout, do the following

1. 1 minute walking (or stand in place walking) using basketball (dribbling)
2. Cool-down exercises/stretching (same as warm-up exercises/stretching but no sit-ups or push-ups)

Talk with each other, give suggestions, other tips, or ideas

\*For S4EA athletes participating each week and filling out your Zoom Basketball Contest Chart, you will be awarded a ribbon at the end of the season.

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### Optional Drills

1. Pass (Give) & Go
  - a. Set-up three cones in a triangle at least 3 ft (1 yd) apart
  - b. Player passes to a partner (wall) and receives a return pass by third cone
  - c. Player pivots (turns around), passes to a partner (wall) and receives a return pass by first cone
  - d. Continue this process for 1 minute
  - e. If want to keep track of how many passes original player makes, then can mark down that score
  - f. If outside with more space, a series of passes can be done in one direction between two players and shoot a basket at the end
  
2. Triangle Passes (with partner only)
  - a. Set-up three cones in a triangle at least 3 ft (1 yd) apart
  - b. Player passes to a partner (by second cone) and player receives a return pass by third cone
  - c. Partner runs to first cone where receives a pass from original player
  - d. Original player runs to second cone where receives a pass from partner
  - e. Continue this process of running to the empty cone to receive the return pass
  - f. Continue for 1 minute
  - g. If want to keep track of how many passes original player makes, then can mark down that score
  
3. Conditioning
  - a. Run or Speed Dribble around end cones for 1 minute