Basketball Workouts to do at home!

“Success is not an accident; success is actually a choice.” -Stephen Curry

GOBLET SQUAT (Modify if you don’t have a basketball)

Stand up with your feet wider than shoulder-width distance apart. With your back slightly arched, push your hips back, bend your knees, and lower your body until your thighs are parallel to the floor. Touch your elbows to your knees with the basketball in front of you. With your weight in your heels, push yourself up to a standing position while lifting the basketball above your head.

FRONT LUNGE PASS UNDER

Begin this move by holding the ball at your chest and standing with your feet together. Step forward with your left foot and lower into a lunge. While you are lunging, pass the ball under your left thigh from your right hand to your left. Press through your left heel to quickly return to standing, returning the ball to your chest with both hands. Repeat with your right leg, passing the ball from left to right.

SIDE-TO-SIDE TWISTS

Get into position by lying on the floor with your feet together and your knees bent. Sit up so that your back and thighs form the shape of a V. Hold the basketball out in front of you, keeping your arms and back straight. Explosively twist your torso as far as you can to the left, then reverse the motion and twist as far as you can to the right.

WALL SITS (1 Minute/3 Sets)

JUMP ROPE (1:30/3 Sets)

BALL PASS PUSH-UPS

Get into a plank position with a basketball under one hand. Lower your chest to the floor to perform a push-up and then roll the ball to the other hand. Continue completing push-ups and passing the basketball back and forth. You can modify this by dropping to your knees, just as you would with a traditional push-up.

FORM SHOOTING (Lay down if you don’t have a goal, keep elbow in, fingertips, hold follow through. Shooting is muscle memory. 10-15 mins). Then step out and shoot further out. Work on layups as well.

DRIBBLING DRILLS

5 Knee Pounds, 5 low pounds. Work on cross overs, behind the back, and between the legs. Focus on not looking at the ball. This is to work on gaining better ball control.

PASSING THE BALL

Practice with a sibling/parent or do chest passes & bounce passes against a wall. Focus on form and make hard passes.