**Athletic Development Modules**

Module 1

Miniband – Forward/Backward/Left/Right, Cariocha, Arms (5x down, elbows bent 90 degrees, straight out, above head

Jump rope Left leg 25 x/ Right Leg 25x / 2 feet 25x / Alternating 25x total

Chop Wood with Ball on 1 leg 5x each, Lean 1 leg 5x each Direction, Diagonal Chop 5x each direction

Module 2

Leg Swings 5 x each forward/ Sideways/ Circles

Speed Ladder – Forward/Backward/ Scissors/ Wide Ickey

Jumping Jacks 20x (10x 2 different ways)

5 Pushups on Basketball

Module 3

Miniband – Forward/Backward/Left/Right, Cariocha, Arms (5x down, elbows bent 90 degrees, arms straight out, arms above head

JC Band High Low/ Circles / Diagonals 10x each

Landings 5x each 2 leg, 2 > 1 leg, 1 > 1 leg

**Basketball Skill Modules**

**Module A**

Dribbling CrossCourt (Right/Left/CrossOver/Behind The Back/ Spin/ Stop and Go/Between Legs

Pass and Catch off wall 4x each Chest Pass/Overhead Pass/ Step Around/Crossover

Mikan Drill 5 makes each side

Form Shooting 10 makes

**Module B**

Dribbling CrossCourt 2 Balls Same, Alternating, Crossover

Ball Tips on Wall or backboard 10x each hand

Sikma Drill 5 makes each side

Form Shooting 10 makes

**Module C**

Stationary Dribbling with catching tennis ball opposite hand

No bounce lunge move on baseline 4x each side

Ball Pop catches 5 x each hand

Rebound and Put backs 4 on each side and 4 in front of rim

**Post Practice Stretching**

Hip Flexor / Quad

Under Hurdles

Over Hurdles

Cat Stretch

**Athletic Development Modules**

**Module 4**

Miniband – Forward/Backward/Left/Right, Cariocha, Arms (5x down, elbows bent 90 degrees, straight out, above head

Single Leg Squats Hold For 5 secs 3 x each leg Do on Bleachers or Step

Jump rope Left leg 25 x/ Right Leg 25x / 2 feet 25x / Alternating 25x total

Walking Chops with Medball Forward/Backward Normal, Twists, Diagonals

**Module 5**

Leg Swings 5 x each forward/ Sideways/ Circles

Speed Ladder – Forward/Backward/ Scissors/ Wide Ickey

8 Squat Thrusts

Mini Hurdle Jumps FFB, LLR, RRL 2x each

**Module 6**

Miniband – Forward/Backward/Left/Right, Cariocha, Arms (5x down, elbows bent 90 degrees, arms straight out, arms above head

JC Band High Low/ Circles / Diagonals 10x each

Landings 5x each 2 leg, 2 > 1 leg, 1 > 1 leg

**Basketball Skill Modules**

**Module D**

CrossCourt (Right/Left/CrossOver/Behind The Back/ Spin/ Stop and Go/Between Legs

Partner Pass 8 feet CrossCourt 1x each(Chest, Bounce, Overhead, Lead Hand, Trail Hand)

Mikan Drill 5 makes each side

Form Shooting 10 makes

**Module E**

Dribbling CrossCourt 2 Balls Same, Alternating, Crossover

Ball Tips on Wall or backboard 10x each hand or 5x in a row each hand finishing with a make

Sikma Drill 5 makes each side

Form Shooting 10 makes

**Module F**

Cross Court Dribbling with catching tennis ball opposite hand

1 bounce lunge move on baseline from 8-10 feet 4x each side

Jump Ball Pop catches 5 x each hand

Rebound and Put backs 4 on each side and 4 in front of rim