**\*Miniband** Legs Forward, Backward, SideStep, Cariocha, Monster, Band at knees Squats

Arms at wrist – Thumbs in, Elbows at 90, Arms Straight Out, Above head, Walk

**\*Medball/Stretch Band Walking Series** (Choose 1 Daily)

Wide Rotations, Tight Rotations, Leans, Figure 8’s, Stationary Circles 1 Leg

Stretch Band – High Low, Wide Rotations, Tight Rotations, Diagonals, Circles, Alternating Pulls

Tweaks – Side Step Walking, Fencers Stance

**\*Lunge and Reach** (Do All 3)

Step Forward – Reach In Front, Reach Behind Head, Reach Across Opposite Foot

Side Step - Reach In Front, Reach Behind Head, Reach Across Opposite Foot

Rotational Step 4:30 and 7:30 - Reach In Front, Reach Behind Head, Reach Across Opposite Foot

Tweaks of this include holding med ball or basketball

**\*Single Leg Strength Series** (Choose 1 Daily)

In place Single Leg Squats Forward, Side, Rotation

Balance Shifts Front, Back, Side, Rotation.

Balance Shifts with Reach

On Bleachers SLS

Sitting Single Leg Squats

Squat and Reach

Single Leg Squat With Medball Overhead

Single Leg Squat with miniband

**\*All 4 Series** (Choose 1 Daily)

Crawl Forward/ Backward Belly Up and Belly Down

Side Crawl Belly Up and Belly Down

Alternating Arm/Leg Lifts, Rotational Pushups (arm and leg drivers), Hot Lizzards, Bears, Crabs

**\*Active Stretch**

Cat Stretch, Spiderman

**\*Coordination**

1. Skip , SideStep, Butterflies, Cariocha, Backward Run, Side Step zig zag, High Skip, Gallop, Prance
2. Serpentine Stride, Side Step Quick Change, Slides, Cariocha Quick Change, 360 Turns, Line Touches, Run F>B, Run B>F

**\*Pillars of Strength** (Choose 1 Daily)

Pillar 1 Floor Trunk Work

Prone Leg Lifts, Supine Leg Lifts, Side Leg Lifts, Knee To Chest (Hip Flexion) all 4 Positions

Pillar 2 Partner Gymnastics

Squat Flips on Back. Back to Back Squat, Toe to Toe Squat, Wheel Barrel, Hamstring Dips (2-4 reps of each

Pillar 3 Floor Gymnastics and Hip Mobility

Butterfly Roll, Treadmills, Burpees, Duck Walk, Handstand

Pillar 4 Upper Body Pushing/Medball

1. Medball Pushup 1 arm> Alternate Arm. 2.) Over/Under Twists 3.) Standing Slams 4.) V throws to Partner 5.) Russian Twist in V

Pillar #5 Stall Bar Work

Walkover, Lean pull and Push, Single Leg Squat Front, Back, Side

**\*Ball Handling** (Choose 1 Daily)

Alley Ball 1 vs 1 full court

Pit Drill 1 Versus 1 + 1

Dribble Tag

Knock Away

**\*Passing** (Choose 1 Daily)

Monkey in Middle ( 3 Person Line)

Monkeys in the Middle (Circle)

**Ready to Start Team Practice**

**References**

Gambetta Athletic Improvement Network.

Athletic Development: The Art and Science of Functional Sports Conditioning by Vern Gambetta