

JUNIOR RED RAIDER BASKETBALL WORKOUT

Preview the YouTube video demonstrating this workout. This can be found at: <http://www.youtube.com/watch?v=QOwKIR1Yeoo>

- 10 hard dribbles with each hand
- 10 push / pull dribbles with each hand
- 10 side to side dribbles with each hand
- 5 leg circles each hand
- 5 figure 8 dribbles
- 10 two ball dribbles same time
- 10 two ball dribbles alternating
- 10 two ball dribble cross-overs
- Make 5 lay ups with each hand
- Make 10 one hand shots from five feet
- Around the world - make the basket from each spot (5 spots 10 - 12 feet away)
- Make 5 spin and square up shots
- * Make two free throws
- Make 5 two dribble square up shots
- * Make two free throws
- Make 5 shot fake make a move shots
- * Make two free throws

Goal = Complete 15 workouts before camp on June 11th.
After each routine, cross off the number below:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15