



WELLBEING

JOURNAL

TODAY I am grateful for:

1. _____
2. _____
3. _____

____ / ____ / ____

” QOTD “

3 things I'm **proud** of from yesterday:

_____	_____
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Today I'm going to care for my body by:

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My motivation today:



Part 1 - Warm up: Footwork/Defense/ Leg Strength & Balance			
1. Line Drill - Game speed	Round 1	Round 2	Round 3
Youth: 20-30 seconds	Check if completed	Check if completed	Check if completed
Middle School: 30-45 seconds			
Right Leg - side to side			
Left Leg - side to side			
2 Feet - front to back			
2 Feet - side to side			
Alternating Right/Left - Front to back			
2. Box Drill - Game speed	Round 1	Round 2	Round 3
Youth: 20-30 seconds	Check if completed	Check if completed	Check if completed
Middle School: 30-45 seconds			
High School: 30-1:00 minute			
3. Wall sits with dribble	Round 1	Round 2	Round 3
Youth: 20-30 seconds	Check if completed	Check if completed	Check if completed
Middle School: 30-45 seconds			
High School: 30-1:00 minute			
4. Bicycle abs with basketball / or	Round 1	Round 2	Round 3
Youth: 20-30 seconds	Check if completed	Check if completed	Check if completed
Middle School: 30-45 seconds			
High School: 30-1:00 min			



Part 2 - Dribbling

1. Wall Touches - Game speed

Youth: 20-30 seconds Middle School: 30-45 seconds High School: 30-1:00 minute	Record # of touches	Record Time
Crossover		
Between the legs (facing right)		
Between the legs (facing left)		
Behind the back		

2. Two hard bounce moves - Game Speed

Youth Players: 20-30 seconds Middle school: 30-45 seconds High school: 30-1:00 minute	Record # of moves	Record Time
R/L: 2 pounds + 2 cross = 1 move		
R/L: 2 pounds + 2 double between legs		
R/L: 2 pounds + 2 double behind back		
R/L: COMBO: 2 pound + 2 cross + 2		

3. Exercise: tennis ball

Youth Players: 20-30 seconds Middle school: 30-45 seconds High school: 30-1:00 minute	Record # of catches	Record Time
a) Right pound + left hand toss		
a) Right pound + left hand wall toss		
Youth Players: 3-5 toss's left and right Middle school: 5-7 toss's left and right High school: 7-10 toss's left and right	Check if completed	
Chase down:		
4. Free style number game		
Youth Players: 20-30 seconds Middle school: 30-45 seconds High school: 30-1:00 minute	Check if completed	
Step 1: Pick 3 moves & number them in any order <i>Example:</i> 1) crossover 2) Between the legs 3) behind the back		



Part 3 - Shooting

1. Form Shooting - take your time

Youth: 3-5 made shots Middle School: 6-8 made shots High School: 8-10 shots - nothin' but net	Record # of shots made	Record # of shots taken
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One Hand

Right Side		
Front of hoop		
Left side		

Two hands

Right Side		
Front of hoop		
Right Side		

2. Mikan - Game speed

Youth: 30 seconds Middle School: 30-45 seconds High School: 30-1:00 minute	Record # of shots made	Record # of shots taken
Alternating right and left hand layup		

3. Block to Block - Game speed		
Youth: 30 seconds Middle School: 30-45 seconds High School: 30-1:00 minute	Record # of shots made	Record # of shots taken
Alternating shots from R/L block		

4. X out lay ups		
Youth: 30 seconds Middle School: 30-45 seconds High School: 30-1:00 minute	Record # of shots made	Record # of shots taken
Alternating L/R layup		

4. Five spot shooting		
Youth: 3-5 shots per spot Middle School: 5-7 shots per spot High School: 7-10 shots per spot	Record # of shots made	Record # of shots taken

Spin the ball to yourself, catch and shoot		
1. Right Corner		
2. Right Elbow		
3. Free Throw		
4. Left Elbow		
5. Left Corner		

Spin the ball to yourself, rip below knees, one dribble pull up		
1. Right Corner		
2. Right Elbow		
3. Free Throw		
4. Left Elbow		
5. Left Corner		

Spin the ball to yourself, shot fake, one dribble pull up		
1. Right Corner		
2. Right Elbow		
3. Free Throw		
4. Left Elbow		
5. Left Corner		