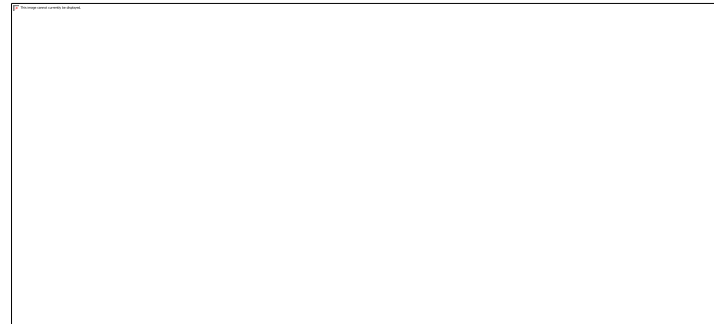


HIGH TECH HIGH CV GIRLS BASKETBALL PROGRAM

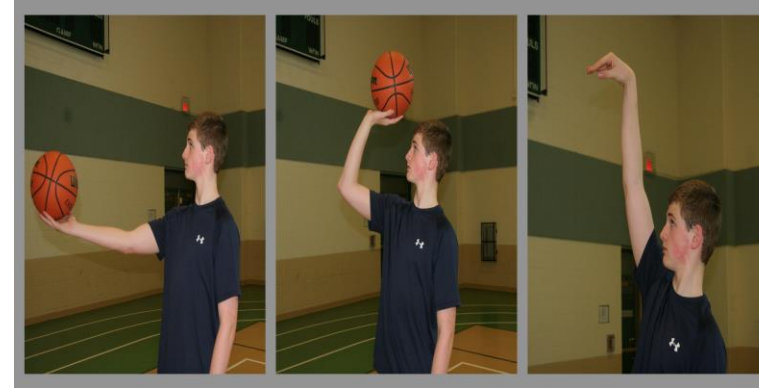
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	CARDIO 30-40 MINUTES + BALL HANLDES + SHOOTING TECHNIQUE (WALL SEATS (30 SEC) + PLANKS (30 SEC)	CARDIO (15 MIN) + BALL HANDLES + SHOOTING DRILL 1-3-4 + PLANKS (35 SEC)	DIBBLING WITH CARDIO (25 MIN) + SHOOTING DRILL 1-2 + LEG WORKOUTS + PLANKS (40 SEC)	DRIBBLING WITH CARDIO + DEFENSE + SHOOTING DRILLS + PUSH UPS/SIT UPS + PLANKS (45 SEC)
DAY 2	LEG WORKOUT + DIBBLING SITTING DOWN + SIT UPS / PUSH UPS + PLANKS (30 SEC)	CARDIO (15-25 MIN) + DIBBLING WORKOUTS + LEG WORKOUTS + FREE THROWS	DEFENSE WORKOUTS + BALL HANDLES + SUICIDES + SIT UPS / PUSH UPS	CARDIO (15-25 MIN) + LAY UPS + SHOOTING DRILLS + SUICIDES (3) + PLANKS (45 SEC)
DAY 3	CARDIO (30-45 MIN) + BALL HANDLES + WALL SEATS (30 SEC) + PLANKS (30 SEC)	CARDIO 30-40 MINS + DEFENSE DRILL + SHOOTING DRILLS 3-4-5 + PLANKS (35 SEC)	CARDIO (15 MIN) + SHOOTING DRILL 3-4 + LEG WORKOUTS + FREE THROWS + PLANKS (40 SEC)	DRIBBLING WITH CARDIO + DRIBBLING DRILLS + LEG WORKOUT + SIT UPS/ PUSH UPS
DAY 4	CARDIO (20-25 MIN) + DIBBLING WORKOUTS 1-2 + LEG WORKOUTS + PLANKS (30 SEC)	LEG WORKOUTS + BALL HANDLES + SIT UPS/ PUSH UPS + FREE THROWS + PLANKS (35 SECS)	DRIBBLING DRILLS + DEFENSE + SUICIDES (3) + FREE THROWS + PLANKS (40 SEC)	CARDIO (15-20 MIN) + SHOOTING DRILLS + LAY UPS + DEFENSE + SUICIDES + FREE THROWS + PLANKS (45 SEC)
DAY 5	CARDIO (25-35 MIN) + SHOOTING TECHNIQUE + DEFENSE DRILLS	CARDIO (15-25 MIN) + SHOOTING DRILL 3-4-5 + SUICIDES	DIBBLING DRILLS + SHOOTING DRILLS 3-4-5 + LEG WOROUT + FREE THROWS	DRIBBLING WITH CARDIO + SHOOTING DRILLS + FREE THROWS + SIT UPS / PUSH UPS

Ball Handles

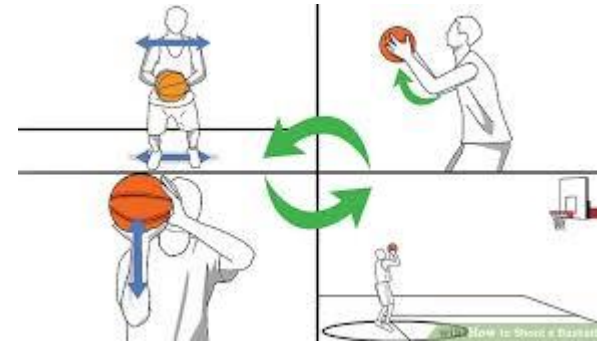
- **Around your head**
 - Right side = 15 times
 - Left side = 15 times
- **Around your waist**
 - Right side = 15 times
 - Left side = 15 times
- **Around your knees**
 - Right knee = 15 times
 - Left knee = 15 times
- **Around your legs**
 - Right leg = 15 times
 - Left leg = 15 times
 - Figure 8 = 15 times (Front and back)
- **Combine all of the above**
- **Feel the ball**
 - Hands in front, feel the ball with your fingertips
 - Go up and down with the ball, stand or walk around.



SHOOTING TECHNIQUES



- Shoulder straight
- 90 Degrees elbow
- when shooting extend The whole arm up and follow Through with your wrist.



- Other hand goes on the Side of the ball.

Leg workouts

- **Quick feet**
 - 30-35-40-45 sec.
- **Wide outs**
- **Lateral line hops**
 - 30 seconds
- **Vertical line hops**
 - 30 seconds
- **1 Leg lateral hops**
 - Right leg (30 sec)
 - Left leg (30 sec)
- **1 Leg vertical hops**
 - Right leg (30 sec)
 - Left leg (30 sec)
- **Lateral shuffles**
 - 45 sec
- **Side touches**
 - 30 touches right and left.
- **Split squats**
- **3 Slides with jumps**
 - Right and Left
- **Mountain climber**
 - 30 secs

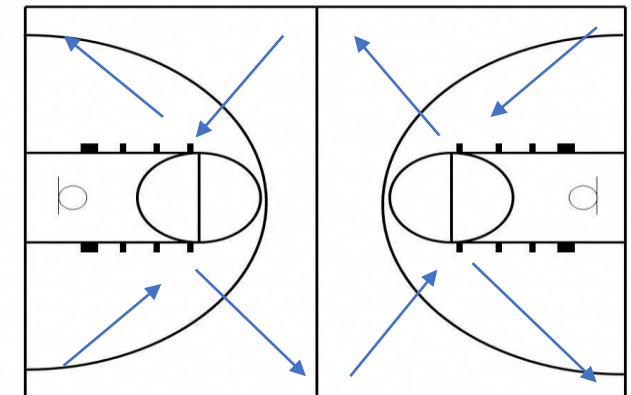
Dribbling sitting down

- **Sitting on the floor**
 - On the side of your body
 - Right hand (50 dribbles)
 - Left hand (50 dribbles)
- **Sitting on a chair**
 - Right hand (50 dribbles)
 - Left hand (50 dribbles)
 - Back of legs (50 dribbles)
 - Right-Left (50 dribbles)
- **Sitting on the couch watching a movie**

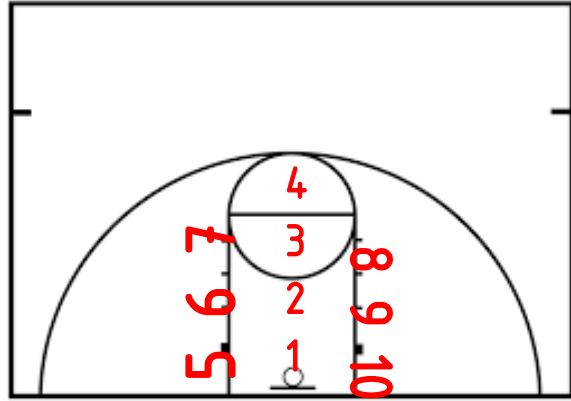
Dribbling Workouts

- **Standing with knees bend**
 - Right hand
 - 50
 - Left Hand
 - 50
 - Cross over
 - 50
 - Side to side (in front of you)
 - Right hand
 - Left hand
 - Front and back (side of you)
 - Right hand
 - Left hand
- **1) Running up and down the court**
 - Right hand
 - Left hand
 - Right – Left
 - Suicide
 - 1st right hand, way back
 - Left hand
 - Backpedaling

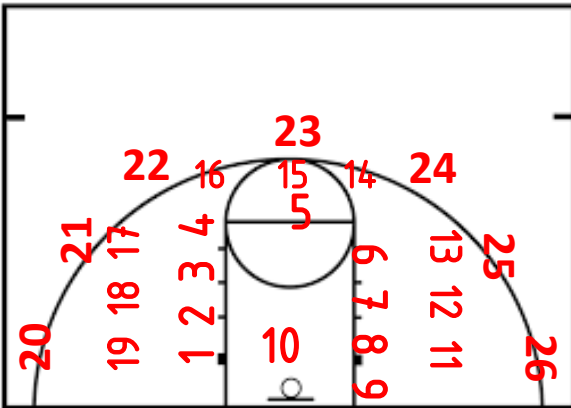
- **2) Full court drill (picture**
 - Zig zag
 - Cross over
 - Spin move
 - Jump stop
 - Behind the back



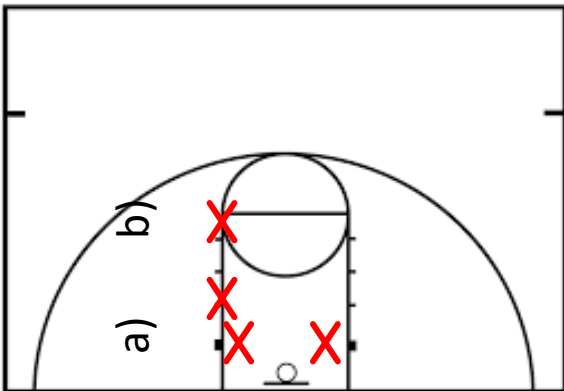
Shooting Drills



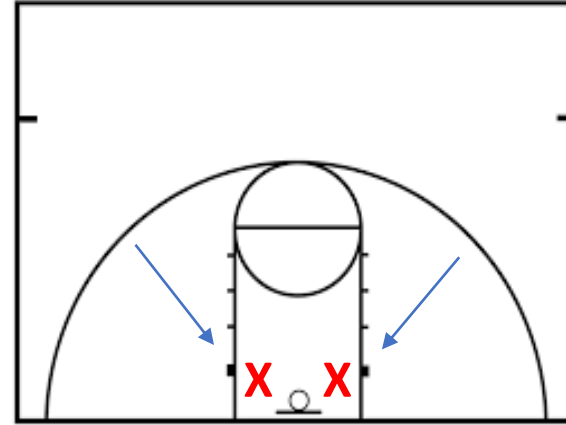
- 1) One hand shooting
 - Start under the rim make 5 shots without touching the rim then move to the next spot



- 2) Around the world
 - Shoot at all the spots make 5 shots then move to the next spot.

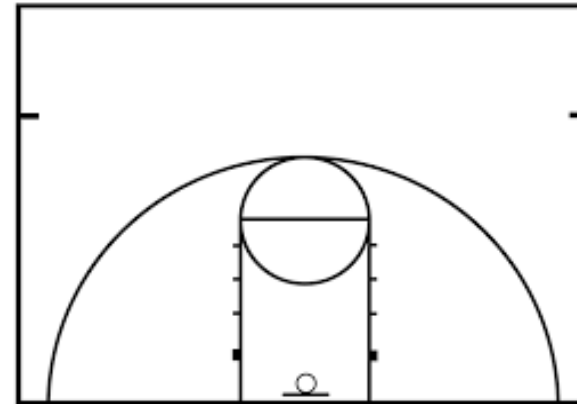


- 3) Backboard side to side
 - a) Make 10 shots using the backboard on each side (left side=left hand).
 - b) Make 5 each side.



4) Lay-Ups

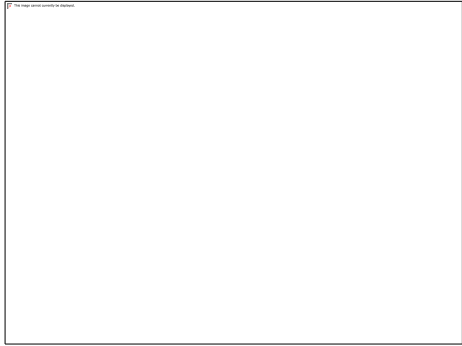
- When doing lay-ups make sure you dribble then when you get near the X – grab the ball and do 2 steps then shot
- Use the square on the backboard
 - Make 10 Right side
 - steps = Right-Left-Shot
 - Make 10 Left side (use Left hand)
 - Steps = Left-Right-Shot



5) Jump-Stop and Shot

- From the half court line dribble all the way to any spot from exercise #2. Jump stop and shot

Defense

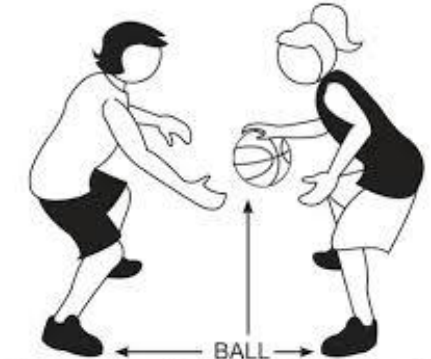


Defense Position



Chair exercise

DEFENSIVE STANCE Diagram 2

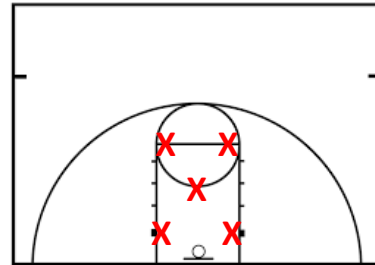


stays between offensive and defensive players

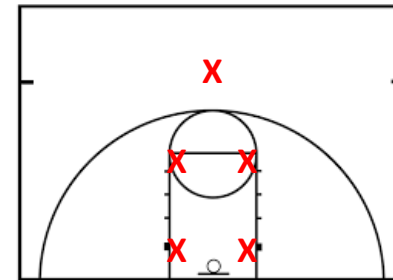
Zone Defense

Defensive Slides

- Slide to the right
- Slide to the left
- Back
 - Switch direction every 3 slides
- Run forward
- Kick feet (Defensive Position)



Zone 2-1-2



Zone 1-2-2



Man-to-Man