

Dear OTA Spring League Basketball Player,

Do you have 15 minutes? The best thing that you can do in the off season of any sport that you enjoy playing is to give it some attention every so often. We believe in participating in multiple sports and athletics have a way of connecting skill sets from one sport to the next. The fact of the matter is that sports have symmetry to them and playing basketball will ultimately make you a better soccer player. And playing lacrosse will increase your ability as a football player and so on and so forth. But come tryout time, the players that are uncomfortable with the ball in their hands are the ones that struggle the most. So give the game some attention. Don't ever become unfamiliar with the fundamentals of basketball and if you have a few minutes to spare each week, give the below a try!

### **Off Season Practice**

"The 15 Minute Workout"

\*Set up obstacles in a driveway/parking lot

1. **3 minutes** of high intensity dribbling
  - Run through the obstacles (one end to the other) using a variety of dribble moves
    - Left and Right Hand
    - Cross-Over, Spin, Hesitation, Retreat
  - Be Sure to pause at the each end of the 'course' and begin again in triple threat
2. **3 Minutes** of Foul Shots
3. **2 Minutes** of Around the Wheel Lay Ups – Right Hand
4. **2 Minutes** of Around the Wheel Lay Ups – Left Hand
  - Start at "Top of the Key" and attack basket with a good angle to finish the layup
  - Retrieve Rebound, return to top of the key and start again
5. **1 Minute** of Foul Shots
6. **4 Minutes** of "Top of the Key" Shooting
  - Begin at the Top of the Key
    - Rip ball through, one dribble and jump shot at elbow
    - Alternate going to your left and right
    - Pump fake, one dribble and jump shot at elbow
    - Alternate going to your left and right
    - Jab step, one dribble and jump shot at elbow
    - Start with back to the basket, spin/dribble and jump shot at elbow
    - Alternate going to your left and right
    - Start facing the basket, spin the ball to the side, step into shot, quick release
    - Alternate going to your left and right
  - Remember to follow your shot
  - Rebound and finish if shot doesn't go in
  - Walk to top of the key to start after each shot (slow down and focus on the next repetition)