

BLUE WATER EXPRESS

(FUNDEMENTALS AND SHOOTING)

DO THESE ON A DAILY BASIS AND YOUR GAME WILL GO TO ANOTHER LEVEL!

1. ***WARM-UP***: HIGH KNEES, KICK BUTT, SPRINT-BACKPEDAL (2X EACH)

2. ***STRETCH*** FULL BODY (12 COUNT FOR EACH). **TAKE THIS VERY SERIOUS!!!!!!**

3. ***LAYUP SERIES***: MIKAN, FREE THROW LAYUPS BOTH WAYS,

4. ***BALLHANDLING***: 2 BALLS TOGETHER, MACHINE GUN AND CROSSOVERS.

5. ***REBOUNDING***: TOSS BALL OFF BOARD 10X EACH SIDE WITH POWER LAYUPS (BOTH HANDS).

6. ***CONE SHOOTING***: 3 CONE PULL UPS (CROSSOVERS, BEHIND BACK, BETWEEN LEGS). 5X EACH.

7. ***PARTNER OR WALL PASSING***: (25X EACH) CHEST PASS, BOUNCE PASS AND OVER HEAD. THAN RIGHT HAND AND LEFT HAND.

8. ***LEVEL SHOOTING***: 5 SPOTS 10 SHOTS EACH, WITH 3 LEVELS OF RANGE (1. 10 FEET 2. 15 FEET 3. 20 FEET OR 3'S).

REMEMBER JUMPERS ON **ALL SHOTS!!!!!!**

**9. *FREE THROWS*: AFTER EACH DRILL MAKE 2 FREE THROWS.
AND WORK AND MASTER YOUR ROUTINE!**

REMEMBER HARD WORK IS NOT EASY. QUITTING IS!!!

DO THIS EVERYDAY!!

ANY QUESTIONS: COACH RODNEY (810-937-6407).