



HATFIELD

XL Shooting Academy Mock Workout:

Length: 60 minutes

Ages: 7-14 (Coed)

Dynamic Stretch Routine

Split Players Up by Age

* Two half court groups

10-14's: All-Star Shooting

7-9's: Four Spot Shooting

4x45 seconds

Basketball Squats 3x45 seconds

* Two half court groups

Chair Shooting Breakdowns 4x50 seconds

-Touch Shoot

-Shadow Guide Hand

-Add Guide Hand -Stand Up and Get Under Shot

-Range Building Shooting 15

*Two half court groups -From four spots

Sideline Shooting Breakdowns 3x50 seconds.

1-2 Step and Shooting Motion

1-2 Step & Bend Legs

1-2 Step & Jump

Water break 1 minute

Stationary Footwork

30 second sets

- head fake
- head fake & sweep through
- sweep through's

Footwork

- P1 rolls the ball out and catches ball
- Head Fake and Sweep Full

Rebel Drill 1v1 5 minutes

*Two half court groups

Workout Wrap Up

#NEVERSTOPPLAYING