



COLONELS DOMINATE COVID19 CHALLENGE

How to DOMINATE your Challenge!

1. Visit www.DixieGirlsBasketball.com for video examples of drills (click on name of drills).
2. Complete each section up to 4 times for Round 2. Mark the date of completion.
3. Send a picture of this printout **to your team leader** when finished.
4. Drawing for winners will be chosen at 12:00pm on June 1.

ROUND 2, May 19-31 ADD CONTACT WHENEVER POSSIBLE. MAKES not TAKES. G=Your Grade.

NAME: _____ **1 POINT FOR EACH DATE**

SECTION ONE: _____ | _____ | _____ | _____ = Total # _____

2:00 **Wall Touches** :30 each; Crossover, Right leg, Left leg, Behind the back

1:00 **4 Corner #Pound Dribbles** (# thru leg, # behind back, # crossover, repeat all)

1:00 **4 Corners No #Pound Dribbles** (thru leg, behind back, crossover, repeat all)

1:00 **Through the Legs Dribbling** (moving forwards & backwards)

3FT **3 Free Throws**

SECTION TWO: _____ | _____ | _____ | _____ = Total # _____

8x2 spots **Skip Attack + Power Finish** Left leg + right hand, Right leg + left hand

8x2 spots **Scissor Dribble + Jousting 1-Foot Finish** Scissor dribble, when defense moves, go JOUST!

3FT **3 Free Throws**

SECTION THREE: _____ | _____ | _____ | _____ = Total # _____

6x2 spots **Post Moves: 1. Drop step 2. Dribble drop step 3. Up & under**

Each player will make 48 total post move shots.

3FT **3 Free Throws**

SECTION FOUR: _____ | _____ | _____ | _____ = Total # _____

½ G:00 **Kenny SP:** Shoot or Pass. 1 round - Ex: 7th grader will do one 3:30 round

½ G:00 **Kenny SPB:** Shoot, Pass or Bounce. 1 round - Ex: 7th grader will do one 3:30 round

3FT **3 Free Throws**

SECTION FIVE: _____ | _____ | _____ | _____ = Total # _____

Gx3 spots **Hot Potato** @ Left wing, FT line, Right wing - Ex: 7th grader will make 7 reps in 3 spots

3SFT **SWISH 3 Free Throws**

GRAND TOTAL # OF POINTS FOR ROUND = _____

+1 BONUS POINT for sending an action picture to joel.steczynski@kenton.kyschools.us

ROUND 1

May 6-18

ROUND 2

May 19-31

ROUND 3

June 1-12

ROUND 4

June 13-24



DRILL DETAILS

Video Examples on Coach Steczynski's Youtube Channel

DRIBBLING

Wall Touches :30 each; Crossover, Right leg, Left leg, Behind the back

Magic 7 (Beginners) 50 of each; Right hand, Left hand, Right inside out, Left inside out, Right push & pull, Left push & pull, crossover.

Through the Legs Dribbling Move forward and backwards dribbling between legs.

Skip Attack A simple skip gets defender on heels. If skip with left leg, start with ball in right hand.

POST MOVES

Drop step, Dribble drop step, and Up & under just to name a few. It's not just for "post players." Some of the most effective players in the post are guards. If nothing else, it helps improve footwork and the reps are similar to power layups. Every rep counts!

SHOOTING with CONTACT

Power 2-Foot Finish Finish outside foot then inside foot, use your lower body and shoulder to create contact keeping the ball on your outside shoulder to protect from defender

Jousting 1-Foot Finish Create separation with inside arm, using your forearm as a jousting stick

DECISION MAKING

Kenny SP (Shoot or Pass) VARY SHOOTING SPOT & DISTANCE.

Rebounder hands go up = pass back

Rebounder hands stay down = shoot

Kenny SPB (Shoot, Pass or Bounce)

Rebounder hands go up = pound dribble and 1-handed pass back (alternate L/R)

Rebounder hands stay down = shoot

Rebounder hands 1 up and 1 side = dribble the direction rebounder is pointing then shoot

Hot Potato @ Left wing, FT line, Right wing. Scissor dribble until the defender gives a cue below:

Defender puts arms out = 1 handed pass back

Defender steps backward = shoot

Defender steps toward your right side = drive left

Defender steps toward your left side = drive right