

Bloomington Jefferson Traveling Basketball Summer Workout Plan

Week	Jun 12	Jun 19	Jun 26	Jul 3	Jul 10	Jul 17	Jul 24	Jul 31	Aug 7	Aug 14	Aug 21	Aug 28
<ul style="list-style-type: none"> • Jump Rope (3 m) • Lunges (20r / leg) • Wall Sits (45s x3) 												
<ul style="list-style-type: none"> • Sprints (15s on 10s off - 2 m) • Sit Ups (20r x 3) • Push Ups (20r x 3) 												
<ul style="list-style-type: none"> • Play 1 on 1 • Play 2 on 2 												
<ul style="list-style-type: none"> • Shoot (20 m) • Free-throws (25 r) 												
<ul style="list-style-type: none"> • Dribble 2 Balls Same Time (5 m) • Dribble Off Hand Only (5 m) 												
<ul style="list-style-type: none"> • 10 Minute YouTube Ball Handling Workout • Play Around the World 												
<ul style="list-style-type: none"> • Mikan Drill (2 m) • Reverse Mikan Drill (2 m) • Dribble 2 Balls Around Block (sidewalk!) 												
<ul style="list-style-type: none"> • HORSE Around the World • Left Handed bounce pass x 30 • Right handed bounce pass x 30 												
<ul style="list-style-type: none"> • Dribble 2 Balls Same Time (5 m) • Dribble Off Hand Only (5 m) • Dribble Blindfolded (5 m) 												
<ul style="list-style-type: none"> • Form Shooting: One-handed shots from right in front of the rim (goal is perfect swish) X 30 • Free-throws X 25 • Shoot for 20 Minutes 												
<ul style="list-style-type: none"> • Run 1 Mile • Free-throws (X25) • Mikan Drill (2 m) • Reverse Mikan Drill (2 m) 												
Tryouts – September 9 th and September 10 th												

"Hard work outweighs talent — every time." Dedication makes dreams come true Kobe Bryant

Check Each Box as Complete Each Week

r = repetitions (reps)

m= minutes

s = seconds