

NAME: _____

Jr Zephyrs Basketball Club's

10,000 TOUCHES



Basketball Offseason Program

Boys/Girls Entering Grades 3-5

WHAT? The ZBC's 10,000 touches program is a basketball skills plan designed to improve ball handling and shooting over the offseason. This incentive program aims to advance players skills in static and dynamic ball handling drills while also improving shooting fundamentals. Through multiple repetitions, muscle memory takes hold and the players should see significant improvement after completion of the program.

HOW? All the drills in this program are individual and will only require 2 basketballs, a hoop and some open space. Each drill is described on the next page while the third page is where the player will record the date of when the drill is completed. When each drill has been completed on 20 different dates, you have met the goal of 10,000 touches and have completed the program! The offseason program runs from May 1st to October 15th.

Upon completion of the program please email the name of the player and a picture of the verification form (last page) to Caela Brenn, caelamclone@yahoo.com.

If completed, the player will be recognized at halftime of a Varsity game and will receive a very special prize!

Go Zephyrs!



Static Ball Handling Drills - Do each stationary drill 20 times in one day to complete drill.

| | |
|---------------------|--|
| Circles | Move ball around your head, waist and ankles. One full circle at each counts as one. |
| Figure 8 | Move ball around both legs in figure 8 motion. One figure 8 counts as one. |
| Ball Flips | Starting with both hands on ball in front of legs, flip ball between legs front to back. Younger players may let ball dribble once before catching while older players should catch ball before it bounces. 2 catches counts as 1. |
| Dribble Right Leg | Circle right leg while dribbling. One circle counts as 1. |
| Dribble Left Leg | Circle left leg while dribbling. One circle counts as 1. |
| Dribble Figure 8 | Dribble ball around both legs in figure 8 motion. One figure 8 counts as one. |
| Form Shots | Shoot ball straight up, ensuring elbow is in a line with front toe and knee. Ball should spin backwards with proper wrist flick. Front foot of dominant hand should be ~4" ahead of other foot. 1 shot counts as 1. |
| 2 Ball Simultaneous | Dribble 2 balls with both hands simultaneously (balls hit at the same time). Each hand dribbles 20 times. |
| 2 Ball Alternate | Dribble 2 balls with both hands alternating dribbles (balls hit at different times). 20 times each hand for total of 40 dribbles. |

Dynamic Ball Handling Drills - Set up 5 marks (cones/chairs/chalk/etc) about 10 yards apart in zig-zag pattern. Hit all 5 marks and return going opposite direction. Repeat 3 times in one day to complete drill.

| | |
|------------------|---|
| Cross Over | Start at 1st mark and go to 2nd mark while dribbling. At marks 2 - 4 switch hands with low and hard dribble and go to next mark. At the fifth mark do jump stop, turn around while pivoting and do crossover dribble again at each mark upon returning to starting spot. Repeat 3 times. |
| Back-Up Dribble | Start at 1st mark and go to 2nd mark while dribbling. At marks 2 - 4 stop and back up with two shuffle steps while keeping ball back & low then switch hands to go to next mark. At fifth mark do jump stop, turn around while pivoting & do back-up shuffle dribble again at each mark upon returning to starting spot. Repeat 3 times. |
| Pivot Dribble | Start at 1st mark and go to 2nd mark while dribbling. At marks 2 - 4, do pivot dribble (turn back while changing direction). When pivoting, try to make sure player pivots feet (front foot pivots, 2nd on spins) before changing hands when moving to next mark. Front foot will change at each mark. At final mark do jump stop, pivot and do pivot dribble again at each mark upon returning to starting spot. Repeat 3 times. |
| Behind the Back | Start at 1st mark and go to 2nd mark while dribbling. At marks 2 - 4 dribble behind the back when changing direction. At the final mark do jump stop, turn around while pivoting and do behind the back dribble again upon returning to starting mark. Repeat 3 times. |
| Between the Legs | Start at 1st mark and go to 2nd mark while dribbling. At marks 2 - 4 dribble between the legs when changing direction. At the final mark do jump stop, turn around while pivoting and do between the legs dribble again upon returning to starting mark. Repeat 3 times. |
| 2 Ball Dribble | Start at 1st mark and go to 2nd mark while dribbling 2 balls with both hands. Keep dribbling with 2 balls while going from mark to mark. At the final mark turn around while dribbling and go from mark to mark upon returning to starting mark. Repeat 3 times. |

Shooting Drills - Advanced players should challenge themselves to make 20 shots.

| | |
|--------------------|--|
| Right Hand Layups | From at least 15 feet from the hoop on right side, dribble to the basket with right hand and do right handed layup. Make sure to shoot with right hand. Get rebound and repeat 20 times. |
| Left Hand Layups | From at least 15 feet from the hoop on left side, dribble to the basket with left hand and do left handed layup. Make sure to shoot with left hand. Get rebound and repeat 20 times. |
| Block to Block | Shoot ball while alternating from right and left side (about 2 - 5 feet). Advanced players should shoot with right hand from right side and left hand from left side. |
| 1 Dribble Right PU | Starting at top of key (~20 feet from center of basket), player should rip ball across body from left to right and take 1 to 2 dribbles towards the basket on the right side before doing a jump stop and shooting jump shot. Get rebound and repeat 20 times. |
| 1 Dribble Left PU | Same drill as above but ripping from right to left and shooting on left side of hoop. Get rebound and repeat 20 times. |
| Around the World | Shoot 5 jump shots at 7 different locations around the perimeter (3 on right side, 3 on left side, 1 in middle) for a total of 35 shots. Having a rebounder helps speed this drill up! |
| Free Throws | Shoot Free Throws using proper form (see Form shots). Make sure free throw distance is close enough where player can ensure elbow is in and still be able to make basket. Shoot 20 shots. Set Goals & Keep Track! |

Static Ball Handling Drills - Stationary Drills; Enter date in box when drill was completed

| | | | | | | | | | | | | | | | | | | | |
|---------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Circles | | | | | | | | | | | | | | | | | | | |
| Figure 8 | | | | | | | | | | | | | | | | | | | |
| Ball Flips | | | | | | | | | | | | | | | | | | | |
| Dribble Right Leg | | | | | | | | | | | | | | | | | | | |
| Dribble Left Leg | | | | | | | | | | | | | | | | | | | |
| Dribble Figure 8 | | | | | | | | | | | | | | | | | | | |
| Form Shots | | | | | | | | | | | | | | | | | | | |
| 2 Ball Simultaneous | | | | | | | | | | | | | | | | | | | |
| 2 Ball Alternate | | | | | | | | | | | | | | | | | | | |

Dynamic Ball Handling Drills - Movement Drills for Change of Direction; Enter date in box when drill was completed

| | | | | | | | | | | | | | | | | | | | |
|------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Cross Over | | | | | | | | | | | | | | | | | | | |
| Back-Up Dribble | | | | | | | | | | | | | | | | | | | |
| Pivot Dribble | | | | | | | | | | | | | | | | | | | |
| Behind the Back | | | | | | | | | | | | | | | | | | | |
| Between the Legs | | | | | | | | | | | | | | | | | | | |
| 2 Ball Dribble | | | | | | | | | | | | | | | | | | | |

Shooting Drills - Emphasis on Proper Footwork and Shooting Form; Enter date in box when drill was completed

| | | | | | | | | | | | | | | | | | | | |
|--------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Right Hand Layups | | | | | | | | | | | | | | | | | | | |
| Left Hand Layups | | | | | | | | | | | | | | | | | | | |
| Block to Block | | | | | | | | | | | | | | | | | | | |
| 1 Dribble Right PU | | | | | | | | | | | | | | | | | | | |
| 1 Dribble Left PU | | | | | | | | | | | | | | | | | | | |
| Around the World | | | | | | | | | | | | | | | | | | | |
| Free Throws | | | | | | | | | | | | | | | | | | | |

I verify that each drill has been completed on 20 different dates:

Parent/Guardian Signature: _____

Please contact Caela Brenn (caelamclone@yahoo.com) upon completion.

