



# Elite Hooper Adult Skill Workouts

## Phase 3

Training Block Phase 3

Tuesday & Thursdays

7:15 am-8:15 am

November 29th-December 15th

<b>Weeks</b>	<b>Main Focus</b>	<b>Movement Focus</b>	<b>Skill Focus</b>
Week 1 11/23,11/25 (thanksgiving no training this day)	Scoring Off The Dribble Reaction Cues. Game Play	Side to side shifting, quick feet, mid foot push	Ball & Feet in rhythm
Week 2 11/29, 12/1	Scoring With Step Backs	Forward Lunge Iso, Deceleration	Make your drive believable, balance
Week 3 12/6, 12/8	Scoring Off Triple Threat	Lateral Hip Loading, Round Back	Ball on your hip, quick feet
Week 4 12/13, 12/15	Spot 1 on 1 (5 seconds)	Jumping, Lateral Plyo's, Hip Loading	Reading Your Defender/Scor ers Weakness

