

Coach Abby's Basketball "Word Challenge" Workout

See Demo Video for full instructions

(Do your best with what you have. If you don't have a ball, think of something else you could do)

- A = Fast feet 30 seconds
- B = 30 second running on the spot
- C = 30 second plank
- D = 10 figure of 8s
- E = 30 cross overs
- F = 1-minute dribbling with weak hand
- G = 30 Defensive slides (15 Each side)
- H = 10 tap ball between finger tips
- I = 10 around the world
- J = 10 monkey legs
- K = 30 second running on the spot
- L = 5 Left and right leg rotations
- M = 10 reverse monkey legs
- N = Fast feet 30 seconds
- O = 1-minute dribbling with weak hand
- P = 30 second plank
- Q = 10 around the world
- R = 10 figure of 8s
- S = 30 cross overs
- T = 5 left and right leg rotations
- U = 5 tuck jumps
- V = 10 monkey legs
- W = 30 defensive slides (15 each side)
- X = 5 tuck jumps
- Y = 10 Tap ball between finger tips
- Z = 10 reverse monkey legs

Week 2 Words

Team
Bounce
Throw
Catch
Fun
Champions
Players