

IKEGBB WORK FROM HOME

PLAYER NAME: _____ **2020-21 GRADE:** _____

| INDIVIDUAL WORKOUT CHALLENGE | | | | | |
|---|----------------|------|----------------|------|----------------|
| Complete 33 workouts by October 1, 2020 | | | | | |
| Stationary Dribbling (SD) – Active Dribbling (AD) – Form/Footwork Shooting (FFS) – Finishing Series (FIN) – Catch & Attack (CA) | | | | | |
| DATE | WORKOUT SERIES | DATE | WORKOUT SERIES | DATE | WORKOUT SERIES |
| 1 | | 12 | | 23 | |
| 2 | | 13 | | 24 | |
| 3 | | 14 | | 25 | |
| 4 | | 15 | | 26 | |
| 5 | | 16 | | 27 | |
| 6 | | 17 | | 28 | |
| 7 | | 18 | | 29 | |
| 8 | | 19 | | 30 | |
| 9 | | 20 | | 31 | |
| 10 | | 21 | | 32 | |
| 11 | | 22 | | 33 | |

SHOOTING DRILL GOAL TRACKERS

| 5 SPOT GAME | | | | | | | |
|--|----|----|----|----|----|----|----|
| Set a baseline number in Box 1 by completing the 5 Spot Game. Each time you set a new high, mark it in the next box. See how many times you can beat your all-time high! | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |

| GOLD 100 SHOOTING DRILL | | | | | | | | | | | |
|---|----|----|----|----|----|----|----|----|----|----|----|
| Each time you do the Gold 100 Drill write down how many of the 100 shots you made. Track your progress and see how many times you can beat your previous score. | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |

| 3 MINUTE SHOOTING CHALLENGE | | | | | | | | | | | |
|---|----|----|----|----|----|----|----|----|----|----|----|
| Each time you do the 3 Minute Shooting Challenge write down how many spots you were able to complete in 3 minutes. Track your progress and see how many times you can beat your previous score. | | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |