



# COLONELS DOMINATE COVID19 CHALLENGE

## How to DOMINATE your Challenge!

1. Complete each section up to 4 times for Round 1. Mark the date of completion then add the total number of days that you dominated each section.
2. On the final day of each round, send a picture of this printout to your team leader.
3. Drawing for winners will be chosen at 12:00pm on the first day of the next round. May 19 is the first drawing. We'll send a reminder!

## ROUND 1, May 6-18 ADD CONTACT WHENEVER POSSIBLE. MAKES not TAKES. G=Your Grade.

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### 1 POINT FOR EACH DATE

SECTION ONE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ = Total # \_\_\_\_\_

4:00 **Wall Touches** 1:00 each; Crossover, Right leg, Left leg, Behind the back

2:00 **Line Shooting**

3FT **3 Free Throws**

SECTION TWO: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ = Total # \_\_\_\_\_

8x2 spots **Power 2-Foot Finish** Outside foot then inside foot

8x2 spots **Jousting 1-Foot Finish** Create separation with forearm

3FT **3 Free Throws**

SECTION THREE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ = Total # \_\_\_\_\_

G:00 **Kenny SP:** Shoot or Pass. 2 rounds - Ex: 4th grader will do (2) 2:00 rounds.

3FT **3 Free Throws**

SECTION FOUR: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ = Total # \_\_\_\_\_

G:00 **Kenny SPB:** Shoot, Pass or Bounce. 2 half rounds - Ex: 8th grader will do (2) 4:00 rounds

3FT **3 Free Throws**

SECTION FIVE: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ = Total # \_\_\_\_\_

Gx3 spots **3-Pass + Hip Turn** @ Left wing, FT line, Right wing - Ex: 6th grader will do 6 reps in 3 spots

3SFT **SWISH 3 Free Throws**

**GRAND TOTAL # OF POINTS FOR ROUND 1 = \_\_\_\_\_**

+1 BONUS POINT for sending an action picture to joel.steczynski@kenton.kyschools.us

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**ROUND 1**

May 6-18

**ROUND 2**

May 19-31

**ROUND 3**

June 1-12

**ROUND 4**

June 13-24

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## DRILL DETAILS

Video Examples on Coach Steczynski's Youtube Channel

### DRIBBLING

**Wall Touches** 1:00 each; Crossover, Right leg, Left leg, Behind the back

**Magic 7 (Beginners)** 50 of each; Right hand, Left hand, Right inside out, Left inside out, Right push & pull, Left push & pull, crossover

### FORM SHOOTING

**Line Shooting** Shooting foot on line, then foot, shooting eye and shooting hand should all be inline on shot. Good rotation of the ball on follow through will bring the ball back to you.

### SHOOTING with CONTACT

**Power 2-Foot Finish** Finish outside foot then inside foot, use your lower body and shoulder to create contact keeping the ball on your outside shoulder to protect from defender

**Jousting 1-Foot Finish** Create separation with inside arm, using your forearm as a jousting stick

### DECISION MAKING

**Kenny SP (Shoot or Pass)** VARY SHOOTING SPOT & DISTANCE between rounds.

1st round short range, 2nd round midrange. You may move farther out as you become more comfortable but never lose your proper shooting form! Take your grade (in school) and split into 2 rounds. An example would be a 4th grader will shoot (2) 2:00 rounds for a total of 4:00. You may also move to different shooting spots on the court keeping the same distance so older players are not shooting for 4:00 from the same spot/angle. Our varsity players are usually approximately 12' on the 1st round. Oftentimes we'll be approximately 15' for the 2nd round but you may extend farther as you do more shooting.

### **Kenny SPB (Shoot, Pass or Bounce)**

This is just like Kenny SP but you're adding bounce decision making. On passbacks, eventually work up to a quick stab dribble then 1-handed pass. Alternate passback with right and left.

**3-Pass + Hip Turn** @ Left wing, FT line, Right wing - Ex: 6th grader will do 6 reps in 3 spots

The quicker the offense makes a (good) decision, the more of an advantage she'll have. Make sure you're catching the ball with an athletic stance and making a move without traveling.