



# COLONELS DOMINATE COVID19 CHALLENGE

## How to DOMINATE your Challenge!

1. Visit [www.DixieGirlsBasketball.com](http://www.DixieGirlsBasketball.com) for video examples of drills (click on name of drills).
2. Complete each section up to 4 times for Round 4. Mark the date of completion.
3. Send a picture of this printout **to your team leader** when finished.
4. Drawing for winners will be chosen at 12:00pm on June 26.

## ROUND 4, June 15-25 **FINISH THE 4th QUARTER STRONG!**

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NAME: \_\_\_\_\_ **1 POINT FOR EACH DATE**

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

2:00 **Wall Touches** :30 each; # of DRIBBLES you completed: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

5 **Compass Dribbling** thru legs or behind back with every change of direction

8x2 spots **Scissor Dribble + Floater Finish** Scissor dribble, when defense moves, attack & use floater

3FT **3 Free Throws**

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

8x2 spots **Skip Attack + your choice of Finish** Vary types of finishes (joust, power, floater)

8x2 spots **Post Moves: 1. Drop step 2. Dribble drop step 3. Up & under 4. Shimmy** Make 64 total

3FT **3 Free Throws**

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

½ G:00 **Kenny SP off Dribble:** Shoot or Pass OFF 1 BOUNCE (alternate R/L).

½ G:00 **Kenny SPB:** Shoot, Pass or Bounce OFF 1 BOUNCE (alternate R/L).

3FT **3 Free Throws**

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

10:00 **32's WATCH VIDEO** Average score for each day completed: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

3SFT **3 Free Throws**

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

2/3 **Hesi Game WATCH VIDEO** 2 out of 3. 1st to 7pts wins. HS players at FT, younger move closer.

BLOCKS are the same as missed shots - you simply switch from offense to defense.

3SFT **SWISH 3 Free Throws**

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

+1 BONUS POINT for sending an action picture to [joel.steczynski@kenton.kyschools.us](mailto: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 15-25**

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## DRILL DETAILS

Video Examples on Coach Steczynski's Youtube Channel

### DRIBBLING

**Wall Touches** :30 each; Crossover, Right leg, Left leg, Behind the back

**Compass Dribbling** Use either scissor or behind the back to change directions. Start on south, go center, west, center, north, center, east, center, back to south, and reverse direction to complete.

**Skip Attack** A simple skip gets defender on heels. If you skip with your left leg, start with the ball in your right hand, making a fake to the right. You may crossover as well.

### POST MOVES

**Drop step, Dribble drop step, and Up & under just to name a few.** It's not just for "post players." Some of the most effective players in the post are guards. If nothing else, it helps improve footwork and the reps are similar to power layups. Every rep counts!

**Shimmy** This is a simple move similar to "air'em" where you are attempting to get the defender up in the air. You fake the shot in motion, then hold your pivot foot and finish going toward the rim.

### SHOOTING with CONTACT

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

**Floater Finish** It's really just a simple running layup as you attempt to get over the defender's arm. Use your dominant hand (right-handed for most of us) inside 14 feet.

### DECISION MAKING

**Kenny SP off Dribble (Shoot or Pass)** VARY SHOOTING SPOT & DISTANCE.

Rebounder hands go up = pound dribble + pass back

Rebounder hands stay down = shoot

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

Rebounder hands go up = pound dribble and 1-handed pass back (alternate L/R)

Rebounder hands stay down = shoot

Rebounder hands 1 up and 1 side = dribble the direction rebounder is pointing then shoot

**32's** See video on Round 4 page @ [www.dixiegirlsbasketball.com](http://www.dixiegirlsbasketball.com)

**Hesi Game** See video on Round 4 page @ [www.dixiegirlsbasketball.com](http://www.dixiegirlsbasketball.com)