

5 Day Basketball

Series 2

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5 DAY BASKETBALL

Series 2: Wednesday Warrior

COURSE DESCRIPTION

Sometimes knowing where you are going is better than knowing your destination. Wednesday is a pivotal day in the week as it is the day when you get to decide your strength which will become you. Things are not going to be easy, and sometimes the process will seem tedious. This course will help define what it takes to become the warrior inside of yourself.

#ConditionedMinds

You are at the “CENTER OF MY HEART”

Conditioned Minds Foundation wants to take a moment to thank all of the families and organizations who send their youth to our programs and camps. If you feel we have made a positive impact on your child, the Center of My Heart page is for you. We created the Center of our Heart page as a way to give back for your support. .

www.conditionedminds.com/center-of-my-heart

We hope that you enjoy our 5 Day Basketball - Series 2

DAY 1



See your potential in the classroom, on the court, on the field, in the community, and at home by understanding your courage to become a more rounded and motivated individual. Turn an ordinary you into an extraordinary you by leaning on experiences that emphasize stronger decision-making and critical thinking skills.

ACTIVITY

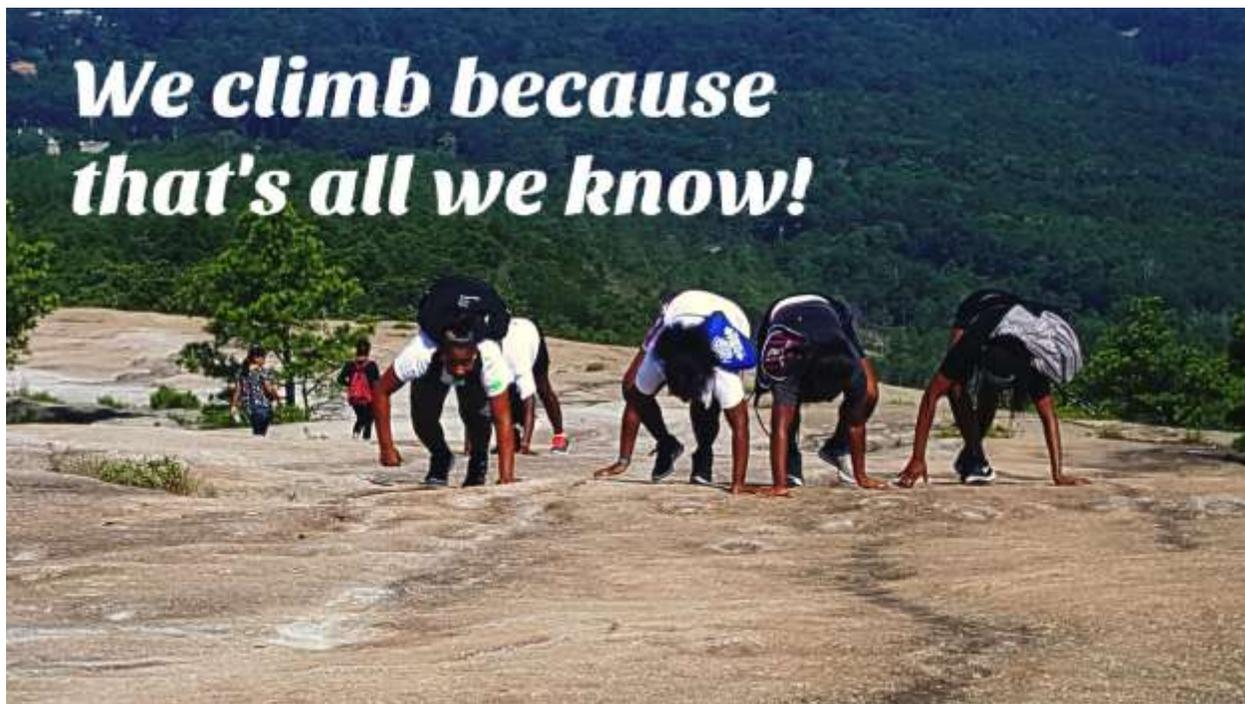
Attention to Basketball Preparation

Today you will begin preparing for excellence on the basketball court. In order to do this, you must prepare yourself mentally to challenge yourself. Nothing will be given to you; but if you create your destiny through your work habits and efforts, the process to reach success will become more visible.

Training #1

- 3 Laps around _____
- 100 Jumping Jacks or Jump Ropes while _____
- 200 Basketball Ball Wraps around the _____
- 250 Dribbles w/ Left Hand while _____
- 250 Dribbles w/ Right Hand while _____
- 250 Chest Passes to _____
- 250 Bounce Passes to _____
- 250 Overhead Passes to _____
- 50 Jump Shots (up close where?) _____
- 100 Jump Shots (every time I miss a shot what happens?) _____
- 25 Free Throws (every time I miss what happens?) _____
- 3 x 1min planks (with who?) _____
- Lay on your back and shoot in the air 100x envisioning _____

DAY 2



You tell yourself that you are climbing for excellence because you had a good day yesterday. The difference between yesterday and today is what you make of it. Today you must climb the mountain, through the pain, in order to reach a higher plateau of success. A little pain doesn't hurt because you know the result is positive based on effort. Reflecting on failure because you quit without trying is unacceptable.

ACTIVITY

Attention to the Basketball Shooting Process

It is time to set some higher challenges for yourself in shooting activities. This means that you will not only learn to focus on the process, but refocus on new processes to reach a different outcome. This is going to be very important in all areas of being a student-athlete.

Training #2

3 x 100 Jumping Jack Form Shot

- Shooting position, shoot the ball in the air, then bring arms down and do 1 jumping jack while the ball is in the air. Catch the ball immediately after finishing the jumping jack.

Lay-Ups (make 50 in a row with the right hand)

- Every time you miss 1, subtract 1 from the total.
- If you miss 2 in a row, subtract 5 from the total.
- If you are in the negative numbers, complete 25 push-ups and start over from 0

Lay-Ups (make 50 in a row with the left hand)

- Every time you miss 1, subtract 1 from the total.
- If you miss 2 in a row, subtract 5 from the total.
- If you are in the negative numbers, complete 25 push-ups and start over from 0

Jump Shots (pick 1 up close spot to make 15 in a row)

- Option 1: Every time you miss a shot, run $\frac{1}{2}$ court and back or 5 push-ups
- Option 2: Every time you miss a shot, start over at 0
- Option 3: Include both options 1 and 2
- Complete this 6x

Jump Shots (pick 3 mid-range spots to make 15 in a row)

- Option 1: Every time you miss a shot, run $\frac{1}{2}$ court and back or 5 push-ups
- Option 2: Every time you miss a shot, start over at 0
- Option 3: Include both options 1 and 2
- Complete this 6x

Jump Shots w/ partner (pick 3 mid-range spots to make 20)

- Every time you shoot, follow your shot and pass to your partner and go to the next spot on the floor.
- Harder Level: Both you and your partner need to make each shot for both of you to get credit for the shot.

DAY 3



Believe in the process as you continue to get better. Do not ever be afraid to raise your competitive level internally by challenging yourself through consequences. When you learn to push past fear, it is easy to become awesome.

ACTIVITY

Attention to the Basketball Ball Handling Process

It is time to set some higher challenges for yourself in ball handling activities. This means that you will not only learn to focus on the process, but refocus on new processes to reach a different outcome. This is going to be very important in all areas of being a student-athlete.

Training #3

5 x 50 Ball Wraps

- Get each set of 50 done in 1 minute 30 seconds
- If you don't complete it, go again on that set.

Sit Down Ball Pounds (Both Right and Left Hand)

- 50 short dribbles with right hand while sitting down. Continue dribbling and come up to your knees for 50 short dribbles. Continue dribbling and stand up for 50 short dribbles.
- If the ball stops, start the whole set over. Complete in 40 seconds
- 50 short dribbles with left hand while sitting down. Continue dribbling and come up to your knees for 50 short dribbles. Continue dribbling and stand up for 50 short dribbles.
- If the ball stops, start the whole set over. Complete in 40 seconds
- 50 pound dribbles with right hand while sitting down. Continue dribbling and come up to your knees for 50 short dribbles. Continue dribbling and stand up for 50 short dribbles.
- If the ball stops, start the whole set over. Complete in 40 seconds
- 50 pound dribbles with left hand while sitting down. Continue dribbling and come up to your knees for 50 short dribbles. Continue dribbling and stand up for 50 short dribbles.
- If the ball stops, start the whole set over. Complete in 40 seconds

Line to Line Dribbles (Both Right and Left Hand)

- Pick lines approximately 20 feet apart. Dribble to the line and back with the right hand in 10 seconds. Rest for 10 seconds and go again.
- If you did not make it in the 10 seconds, do not count that run.
- Complete line to line dribbles with the right hand a total of 10 times.
- Pick lines approximately 20 feet apart. Dribble to the line and back with the left hand in 10 seconds. Rest for 10 seconds and go again.
- If you did not make it in the 10 seconds, do not count that run.
- Complete line to line dribbles with the right hand a total of 10 times.

DAY 4



By creating good training habits, you are getting better possibly without even realizing it. What makes you see your effort is your attitude. Do not hesitate to have a great attitude about working hard. It takes the pain and makes it feel good.

ACTIVITY

Attention to the Process of Attitude

It is time to set some higher challenges for yourself through partner accountability exercises. This means that you will not only learn to focus on the process, but refocus on new processes to reach a different outcome. This is going to be very important in all areas of being a student-athlete.

Training #4

Line to Partner Dribble/Pass (Both Right and Left Hand)

- Pick lines approximately 10 feet apart from partner. Dribble to the line with your right hand, turn, take 1 dribble back and quick chest pass to partner. Run full speed to the partner, grab the ball out of their hands, and dribble again. 10x total and then switch with your partner. (Set a time limit if you want to challenge yourself)
- Pick lines approximately 10 feet apart from partner. Dribble to the line with your left hand, turn, take 1 dribble back and quick chest pass to partner. Run full speed to the partner, grab the ball out of their hands, and dribble again. 10x total and then switch with your partner. (Set a time limit if you want to challenge yourself)

Partner Passing (2 balls)

- Both people have a basketball. Partner #1 will bounce pass, and partner #2 will chest pass. Make 100 total passes each. If the balls collide, do 50 push-ups and then start over.

Partner Dribble & Shoot

- 1st partner dribbles to half court and back, then full court and back, then half court and back, then full court and takes a shot.
- If the shot is missed, start over. If the shot is made, the partner then goes.
- 5x each person. Choose a different spot to shoot from each time.

Spot Shooting & Rebound

- Person shoots the ball and must rebound their shot before it hits the ground.
- If they don't get it, they must dribble right back and shoot again.
- If they do get the rebound before it hits the ground, their partner shoots.
- Must make a total of 25 baskets.

DAY 5



Peel your mask of fear, lean forward, and you may just see a reflection of hope. For today's calm meets its inner peace at the whisper of your smile. Change your effort, and watch the whisper become a loud voice for others. Words will only set the stage. The true performance is outlined by truth in action.

ACTIVITY

Attention to the Mission

It is time to set some higher challenges for yourself through partner accountability exercises. This means that you will not only learn to focus on the process, but refocus on new processes to reach a different outcome. This is going to be very important in all areas of being a student-athlete.

Training #5

Laps

- Jog 1 lap, holding the basketball while doing finger taps with the basketball.
Timed: _____
- Run 1 lap while doing figure 8's Timed: _____
- Sprint 1 lap while dribbling with the correct hand depending on what side of the court you are on. Timed: _____
- Relay race while dribbling the basketball against a partner. The loser has a consequence. Consequence = _____

Rest Break

Partner Dribble, Explosive Passing Drill

- 1st partner dribbles to half court. The 2nd partner trails behind them as the defender. When the offensive person stops, the defensive person puts their arm on the back of the offensive person. The offensive person then turns and pushes forward with one dribble past the defender. (Note: if you have a 3rd person. The 1st partner passes to the 3rd person after their one dribble).
- If you have 3 people; Offensive person goes off and becomes the passer, the defense becomes the offense, and the passer becomes the defense.

Mid-Range Shooting & Rebound

- Partner 1 picks a spot and partner 2 throws the ball to them.
- Partner 2 has to run to where partner 1 shot from, then relocate to a different spot.
- Partner 1 rebounds their own shot (ball can only hit the ground once), and passes to partner 2. They do the same thing where they run to where their partner shot from and then relocates to another spot.
- First person to make 20 baskets wins.

Conditioning and Free Throws

- Run a conditioning series (i.e. a 17) and then have person make 4 out of 5 free throws. If they don't, then that conditioning pattern didn't count.