

Basketball practices and games might be temporarily on hold, but not working on your basketball skills - AKA - player development.

Trying to stay positive with regards to the 2020 basketball season is definitely the way to go. I know the reality is schools are temporarily closed, gym facilities are closed, restaurants and places of business are closed. This doesn't mean individually working on your own is closed. As I tell the Wizards players, "Always STAY ready so there's no wait for you to GET ready". You don't need an elaborate in-home gym or very much space to be productive. You simply need some creativity, discipline, drive, and determination to get some basketball work done.

## **Daily work out plan for Wizards basketball:**

### ***For Conditioning:***

- Nonstop 30 minutes of jumping rope OR Nonstop 30 minutes of treadmill conditioning.

### ***For Ball Handling, I recommend the following drills – 30 minutes per day:***

[Ball Handling Workout For Beginners](#)

[Inside Out Ball Handling Workout With 13 Drills](#)

[Advanced Ball Handling Workout With Double & Triple Moves](#)

### ***For Shooting, I recommend the following drills – 30 minutes per day:***

[Kevin Durant Shooting Workout](#)

[Perimeter Shooting Workout for Guards](#)

[Free Throw Shooting Workout](#)

[Advanced Shooting Workout - Make 2](#)

### ***For Defense (of course Coach Dunc didn't forget this) - 30 minutes per day:***

[https://www.youtube.com/watch?v=M1\\_2bJZXeF0](https://www.youtube.com/watch?v=M1_2bJZXeF0)

The good thing about the drills listed, you can split them up as such...30 minutes of conditioning early morning, 30 minutes of dribbling before noon, 30 minutes of shooting mid-afternoon, and 30 minutes of defense work late evening. And even better, for the conditioning, defense drills, and ball handling no basketball rim/court/facility is needed, so no excuses. All one needs is a space, inside or outside – garage, sidewalk, parking lot, or driveway.

If it's mentioned cones are needed, grab some old towels, shoes, cups or whatever. The work can still be done individually, in your own quarters, without increasing the health concern.

Best to all,

Duncan (Coach Dunc)  
Wizards Basketball Director

