

## **Summer Shooting & Strength/Conditioning Workouts**

Workout objectives	<ol style="list-style-type: none"><li>1. Increase strength and conditioning. Turning weaknesses into strengths and strengths into WEAPONS!</li><li>2. Learning the proper shooting fundamentals to ensure rapid improvement.</li><li>3. Learning proper shooting footwork on all the types of shots in a game - spot up shots, shooting off screens, shooting off the dribble, etc</li></ol>
Workout duration:	1 hour 30 minutes
Times available:	9am-10:30 10:30am-12
Workout description:	<p><u>20%</u> dedicated to strength and conditioning (when available with T.E.A.M. @ Duke, Dr. Hegedus, a doctor of physical therapy and specialist in athletic enhancement.</p> <p><u>80%</u> of the time will be spent on shooting with the goal of getting up 200-400 shots depending on the needs of the player.</p>
Workout requirements:	Players will be allowed to participate in these morning workouts only if they demonstrate a dedication to working out on their own. Each player will receive a shooting (6x/week) and an athletic enhancement workout (3x/week).
Player accountability:	Players must email the coaches after they complete a workout so that we can make sure they are putting in the work to get better. 1 or 2x a week with the coaches will not get it done. This is a serious program designed for serious players who want to maximize their abilities. Players who do not complete their workouts will not allowed to participate.
Costs:	\$100 1 on 1 instruction \$50 group of 2 workout \$40 group of 3 workout \$30 group of 4 workout
To sign up:	Email Coach Z at <a href="mailto:coachzbasketball@gmail.com">coachzbasketball@gmail.com</a> or call at 919-602-4667