PHX AT HOME

Follow us on social and post your #PHXatHome photos and videos!

@jrsunsjrmercury

@jr.sunsjr.mercury

PHX AT HOME

WELCOME TO PHX AT HOME

To our PHX Families,

To help support our community and fans during the coronavirus (COVID-19) pandemic, the Phoenix Suns and Phoenix Mercury have introduced PHX at Home, a new effort to engage and connect through online activations, health awareness, physical and educational activities and more. This initiative is designed to align with the NBA's league-wide campaign — to help the global NBA community during these unprecedented times.

We are excited to provide basketball drills and workouts that can be completed individually and in limited space to help young Suns/Mercury fans stay active and develop your game in a safe and healthy way.

PHX at Home is a free, online platform that will allow you to access instructional videos and digital resources to help you work on your game, stay physically active and continue to develop character.

What next?

It's time to get to work using the items provided in your PHX at Home Kit. Follow the workouts on the sample workout sheet and check out even more drills online at our youth basketball specific YouTube page. Search PHX Youth Basketball on YouTube.

Let us know what skills you're working on:

Post on Twitter, Instagram or Facebook and tag #PHXatHome.

We can't wait to see how you improve your game through PHX at Home.

LET'S GO PHX!

PHXATHOME

BASKETBALL SKILLS & DRILLS

WARM UPS

30 sec, 3x each

Ball Slaps

- Continuously slap the basketball from left to right hand.

Finger Taps

- Sit down on the ground, tap the basketball with each finger switching fingers every 5 seconds.

Ankle Wraps

- Wrap the ball around your ankles without the basketball touching the ground.

Waist Wraps

- Wrap the ball around your waist in a circular motion.

Head Wraps

- Wrap the ball around your head in a circular motion.

Figure 8 (no dribble)

- Wrap the ball around your legs in a figure 8 motion.

Right Leg Wraps

- Start with your right leg forward and wrap the ball solely around your right leg, challenge yourself to go faster with each set.

Left Leg Wraps

- Start with your right leg forward and wrap the ball solely around your right leg, challenge yourself to go faster with each set.

BALL HANDLING

30 sec, 3x each

Right Hand Ankle Height Pound Dribbles

- Dribble the basketball close to the ground using your right hand.

Left Hand Ankle Height Pound Dribbles

- Dribble the basketball close to the ground using your left hand.

Right Hand Waist High Pound Dribbles

- Start off in a stance. Dribble the basketball as hard as you can at the level of your waist with your right hand.

Left Hand Waist High Pound Dribbles

- Start off in a stance. Dribble the basketball as hard as you can at the level of your waist with your left hand.

Right Hand Shoulder Height Pound Dribbles

- Dribble the basketball as hard as you can at the level of your shoulders with your right hand.

Left Hand Shoulder Height Pound Dribbles

- Dribble the basketball as hard as you can at the level of your shoulders with your left hand.

Right Leg Dribbles

- Start off in a wide stance, dribble the basketball in a circular motion around your right leg with your right hand only.

Left Leg Dribbles

- Start off in a wide stance, dribble the basketball in a circular motion around your left leg with your left hand only.

Figure 8 (with dribble)

- Start off in a wide stance, dribble the basketball in a figure 8 motion around both legs while using both hands.

Crossover Dribble

- Start off in a stance. Cross the ball continuously in front of your body, make sure the basketball reaches the outside of your leg before you cross over to the other side.

Between the Legs

10x right/10x left (3x)

- Dribble between the legs. Right to left, then left to right. Stay low, knees bent, eyes up.

In & Out

10x right/10x left (3x)

- This is a fake crossover. The ball stays in the same hand. Fake inward dribble and push ball outside.

Behind the Back Dribble

- Start off in your stance like you are sitting in a chair, cross the ball continuously behind your back, make sure the basketball reaches the outside of your leg before you cross over to the other side.

2 Ball Pound Dribbles Ankle Height

- Dribble both basketballs close to the ground at the same time.

2 Ball Pound Dribbles Waist Height

- Dribble both basketballs as hard as you can at waist level.

2 Ball Pound Dribbles Shoulder Height

- Dribble both basketballs as hard as you can at shoulder level.

2 Ball Alternating Pound Dribbles

- Dribble both basketballs close to the ground at the same time. The basketballs at waist level, alternate the dribbling of each basketball.
- One High/One Low – Dribble one basketball at the height of your shoulder, the other at your ankle.

PHXATHOME

BASKETBALL SKILLS &DRILLS

DEFENSE

30 sec, 3x each

Defensive Stance

- Athletic stance, bend knees, feet shoulder width apart, back straight, arms out wide and hold

Defensive Slide

- Position two cones 12-15 ft. apart. Slide from side to side. Touch cone with outside hand

Box Drill

- Position four cones in a square. (8-12 ft. apart) Run Straight - Slide Right - Back Pedal - Slide Left

FOOTWORK

Toss-Catch-Pivot

30 sec, 3x each

- Toss the ball out using backspin. Catch the Ball and Jump stop (land on 2 feet). Make a reverse or front pivot. Repeat.

Triple Threat

30 sec, 3x each

- Get into triple threat position (Athletic Stance) with ball in dominant hand. 1- Shot fake 2- pass fake 3-make 1 hard dribble forward. Repeat. Jab Step
- Place a cone 3 feet in front of your feet. Take a quick, hard step toward the cone then pull the same foot back.

REBOUNDING

Backboard Toss

20 reps (3x)

- Beginner: Toss the basketball off the backboard & retrieve it using two hands. Repeat.
- Advanced: 20 consecutive touches without a drop

Board Taps

10 reps (3x)

- Beginner: Hold the ball above your head with two hands and jump to the sky 10x
- Advanced: Toss ball of backboard, jump and tap the ball off backboard 10x. Touch and Go.

PASSING

30 sec, 3x each

Chest Pass

Bounce Pass

Overhead Pass

- For each (Chest, Bounce, Overhead), make 10 of each pass to a wall or partner. Step to the target. Practice accuracy.

SHOOTING

Form Shooting

50 Shots

- Stand directly under the basket and take 50 shots. Tips: Balance-Eyes-Elbow-Follow Through *try 1 handed

Mikan Drill

30 sec, 3x each

- Right hand lay-up jumping off of left leg-rebound-into left hand lay-up jumping off of right leg. Continuous.

Toss-Square-Up-Shot

30 sec, 3x each

- Spin the ball out with back spin. Step into receiving the ball. Square shoulders to the hoop and shoot.

Progression Shots

50 Shots

- 10 shots at 1 ft , 10 shots at 5 ft, 10 shots at 10 ft, 10 shots at 15 ft, 10 shots at 18 ft

Free Throws

50 Shots Per Day

- Take 50 free throws per day. Chart your shots. Practice the same routine daily.

PHXATHOME

BASKETBALL TIPS

REBOUNDING TIPS

- Make contact with opponent and box out
- Attack the offensive glass
- Chin the ball after the rebound
- Rebound with two hands
- Play physical and go after the basketball
- Anticipate the angle of the miss
- Contest shots and box out

DEFENSE TIPS

- Stay low & balanced
- Back straight, arms out & hands active
- See the opponent & see the ball
- Stay between the opponent & the goal
- Give multiple efforts
- Talk on defense
- Help your teammates
- Take the charge
- Dive on loose balls
- Study the opponent
- Watch your opponent's midsection

DRIBBLING TIPS

- Eyes up to see teammates and defenders
- Stay lower than your opponent
- Use your body to protect the basketball
- Change pace and change direction
- Do not waste dribbles-move the ball
- Why dribble? To attack defense, escape pressure, improve pass
- Cover ground when making a dribble move
- Crossover below the knee
- Attack the paint off the dribble
- Use retreat dribble to avoid a trap

FOOTWORK TIPS

- Always maintain balance
- Play the game in an athletic stance
- Change pace and change direction
- Practice jumping off both legs
- Land on two feet
- Practice pivots off of both feet
- Run the floor on every possession
- Attack the defenders top foot
- Re-space after a drive and pass

SHOOTING TIPS

- Legs bent and on balance
- Shoulders square to the target
- Eyes on the goal
- Elbow under the ball (make an "L")
- Guide hand on the side of the ball (not on top)
- Ball on finger pads (no palm on the ball)
- Follow through on the shot
- Use your legs and finish forward
- Practice game shots
- In a game, take the shots you practice

PASSING TIPS

- Make eye contact with your teammate
- Use the dribble to improve passing angles
- Make the extra pass= "one more" and "good to great"
- Fake a pass to make a pass vs. pressure
- Attack the paint to collapse the defense
- Do not leave your feet to pass
- Step to receive the pass
- Show your hands to the passer
- Pass the ball side to side & inside-out to move the defense

PHX AT HOME

EQUIPMENT-FREE WORKOUTS

Jumping Jacks

Beginner: 20 | Advanced: 40

- Stand tall with your feet together and arms by your side.
- Jump while moving your hands to end in a position over your head, with your feet spread wider than your hips.

Wall Sits

Beginner: 30 sec | Advanced: 1 min

- Start with your back flat against the wall.
- Set your feet shoulder-width apart and about 2 ft away from the wall.
- Slide your back down the wall, bending your legs until they are parallel with the ground.

Plank

Beginner: 20 sec twice
Advanced: As long as you can hold it

- Start in push-up position, stabalizing your body and holding the form with your legs and back straight.
- Hold the position for given time.

Squats

Beginner: 15 | Advanced: 30

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
- Bend at your knees and hips, sticking your backside out like you're sitting into an imaginary chair, while keeping your back straight.
- Squat down as low as you can, keeping your head and chest up.
- Keep your body tight and push through your heels to bring yourself back to the starting position. (Repeat)

Lunges

Beginner: 25 | Advanced: 40

- Stand with your feet shoulder-width apart, spine long and straight, shoulders back, and your eyes looking forward.
- Step forward with one leg into a wide stance (about one leg's distance between feet) while maintaining spine alignment.
- Lower your hips until both knees are bent at approximately a 90 degree angle. Your front knee should not extend over your ankle, and your back knee sould hover above the ground.
- Keep your weight in your heels and push back up to starting position. Repeat on both sides.

Side Planks (both sides)

Beginner: 30 sec per side
Advanced: 45 sec per side

- Lie on your right side, legs extended and stacked from hip to feet. The elbow of your right arm is directly under your shoulder. Ensure your head is directly in line with your spine. Your left arm can be aligned along the left side of your body.
- Lift your hips and knees from the floor. Your back is straight in line with no sagging or bending. Hold the position. Change sides and repeat.

Push-ups

Beginner: 10 | Advanced: 25

- Start on your hands and knees, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs, lifting your hips up.
- Lower your body with your arms, until your chest almost touches the floor.
- Push yourself back up into the starting position, keeping your back straight the entire time. (Repeat)

High Knees in Place

Beginner: 30 sets | Advanced: 45 sets

- Start standing with feet at hip-width.
- Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so the left knee is up before the right foot lands. This is one set.
- Repeat without stopping until completed.

Crunches

Beginner: 25 | Advanced: 60

- Lie down on your back. With your feet on the floor in front of you, bend your knees and hold your arms straight out in front of you.
- Lift your upper body, keeping your head and neck relaxed.
- Return to the starting position. (Repeat)