



Patrick Johnsen
Evolution Sports Academy

April 14th, 2020

Evolution Sports Academy Online Training

**“YOU CAN'T FINISH
WHAT YOU DON'T START,
AND YOU SHOULD
NEVER START WHAT
YOU'RE NOT COMMITTED
TO FINISH.”**

———— GARY RYAN BLAIR ————

100DAYCHALLENGE 

100DAYCHALLENGE.COM

Today's Program

11:00 – Facebook Live

15:15 - Basketball Training (Basic Skills) ZOOM

16:00 – Physical Conditioning with Mattia Digno ZOOM

16:30 –Basketball Training (Advanced Skills) ZOOM

ZOOM LINK---<https://us04web.zoom.us/j/6439671193>



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Facebook Live

Abdominal Crossfit Workout for Time

2 sets:

- 50 Sit-ups
- 100 Jump ropes
- 100 Flutter kicks (each leg)
- 100 Jump ropes
- 50 Leg raises
- 100 Jump ropes
- 100 Mountain climbers (each leg)
- 100 Jump ropes



Basketball

Basic Skills

Warm up

3 Rounds

Jump Rope- 1 minute

High Knees- 20x

Hops on the spot -20x

March Steps – 20x

Shooting

Form shooting

Chair shooting

Line shooting

Catch and shoot

Turn and shoot

Game Shooting

Bounce in front

Dribble up

Jab step / pull up

Side dribbles/ pull up



Ball Handling

Pounds

Push & Pull (Right/Left)

Finger tip

Dribble Jabs

Between the legs

Behind the back

Hesi Dribble

Combo Mix



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Physical Conditioning

Mattia Digno

Bear plank x20"
Ankle mobility HK x10ea

Plank shoulder touch x8ea
Hip mobility x10ea

Bridgex20"
Floor slides x10

Side plank x20"ea
One leg w/ twist x10ea

Linear jumping jacks 5x20"work-20"rest



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Basketball

Advanced Skills

Warm up

Maravich Drills

Jump rope

Line Hops

Point Guard Challenge

- Pound and Cross
- Between the legs (pound and lunge)
- Half Court Pitino drills
- 2 free throws
- Curls with chair
- Off the dribble pull up jumper
- Catch and shoot
- Free throws

New offensive moves

Pro Hop Series

Mid

High

Spin move

1 dribble spin

2 dribble spin

Spin with counter pivot



Ball Handling

Pounds

Push & Pull (Right/Left)

Finger tip

Dribble Jabs

Between the legs

Behind the back

Hesi Dribble

Combo Mix

Double scissor

Double scissor plus hesi

2 high 2 low behind the back

Wrap

Pull back

Wrap to pull back