

WEEK 7 DEFENSE

30min - twice a week

COACHES: Drew Solewicz & Jess Block



LIZ CAMBAGE

Defense & Rebounding

Liz Cambage - currently dominating the WNBA. Holds the record for most points in a WNBA game 53pts

FITNESS

Interval training

1min wall sits – 1min rest

1min plank – 1min rest

Repeat x5

This will be 30 minutes

Aim for twice a week

NOTE: Try and incorporate Maccabi ballhandling challenge once a week.

When done with great intensity you should feel tired thus requiring more frequent drink breaks.

EQUIPMENT

ball plus backboard/ring

wall/side of house or large tree

Timer/Phone

Hold the defensive stance. Feet slightly wider than shoulder width, arms out wide and shoulders back not falling forward. Hold the stance for 30seconds - 5 rounds

Keep the stance and pita pata (feet up and down on the spt fast as you can) - aim to keep the effort going for 30seconds for 3 rounds.

Complete a defensive slide workout asking someone to call out: left/right/jump... you will slide to the direction they call for 30 seconds for 5 rounds.

Complete 10 closeouts along your driveway or back yard. Throw a basketball against a wall, backboard if you have or side of the house. Aim to leap off the ground and catch the ball at your highest point. Bring the ball down under your chin with 2 hands protecting the ball."

