



# Hawks At Home

*A training program to be done from your own home!  
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**WEEK 3**

Skill Level:  
**Expert**

## Warm-Up

- 10 Jumping Jacks
- 5 Arm Circles (each direction)
- Running on the spot for 30 seconds
- Stretching

### **THEMES:**

- Ball control while moving.

### **TIP:**

Doing the most basic exercises repeatedly will help you improve all aspects of your game!

Do these simple exercises 2-3 times throughout the week wherever you can in your house, your garage or your yard.

## **Exercise 1**

### Yard Sticks

- Place 2 cones/items in front of you, 1 stick length apart.
- Drag the ball back and forth between the two items, turning your stick over the ball each time (Indian dribble)
- Do 20 drags then take a break. Repeat 3 times.
- **Challenge:** See how many drags you can do without losing control!

## **Exercise 2**

### 1-Handed Figure 8s

- Place 2 cones/items in front of you, 1 stick length apart
- Using only your left hand, drag the ball around the cones in the shape of a number 8, trying to keep the ball on your stick at all times.
- Do this for 40 seconds then take a break. Repeat 3 times.

Same exercise as in Week 1, except we're **only using one hand** to make it even harder!

Remember to move any breakable objects away from your practice area!

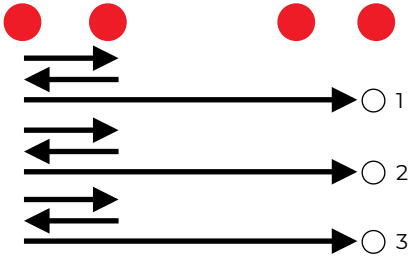
For video demonstrations of each exercise, visit [www.vancouverhawks.com/hawksathome](http://www.vancouverhawks.com/hawksathome)



## Exercise 3

### 3 Ball Small-Small-Big Drags

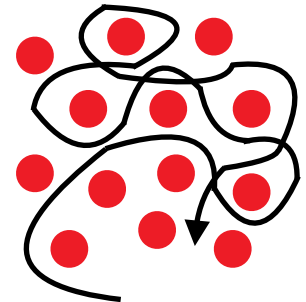
- Place 2 sets of cones/items in front of you, with 1 stick length between the 2 sets.
- Starting with 3 balls in front of one of the sets, do 2 small drags, then one big drag to the other set of cones, making sure the ball comes to a complete stop.
- Then, using the second ball, do the same thing and try to stop the ball at the exact same spot as the first.
- Do the same with the third ball.
- Do this 10 times each way then take a break. Repeat 3 times.



## Exercise 4

### Landmines

- Place as many cones/items as you have on the ground in front of you, randomly spaced out.
- Keeping control of the ball and practicing different types of dribbling, move through the “minefield”, trying not to touch any of the cones!
- Do this for 40 seconds then take a break. Repeat 3 times.
- **Challenge:** See how long you can go without touching a cone!



Don't add another item until you can go all the way there and back without touching anything!

## Exercise 5

### Straight Line Dribbling

- Start by placing 5 cones/items in a straight line in front of you, each about 1 foot apart.
- Without touching any of the cones/items, dribble the ball between them all the way to the end, and then backwards on the way back.
- Then add an extra cone/item at the end and do it again.
- Keep adding items until you have no more space!

Remember to move any breakable objects away from your practice area!

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