

# ■ Super Skills Weekly Training Plan (Age 10)

## ■ DAY 1 — Ball-Handling + Footwork (20–25 min)

### ■ Warm-up (3 min)

- Light jog or jump rope
- 20 jumping jacks

### ■ Ball-Handling (10 min)

- Pound dribble RIGHT — 30 sec
- Pound dribble LEFT — 30 sec
- Crossovers — 30 sec
- Between-the-legs — 30 sec
- Behind-the-back — 30 sec

Repeat 2 rounds

### ■ Footwork / Agility Ladder (7 min)

- 1-in-1-out — down & back
- Lateral shuffle — down & back
- Hopscotch pattern — down & back

Repeat twice

### ■ Fun Challenge (2–3 min)

- Tennis-ball toss + dribble (goal: 10 catches!)

## ■ DAY 2 — Shooting & Form (20–30 min)

### ■ Form Shooting (8–10 min)

- 25 close-range “perfect form” shots

### ■ Shooting Ladder (10–15 min)

- 10 makes — 3 feet
- 10 makes — 6 feet
- 10 makes — 8–10 feet
- 5 free throws

### ■ Bonus Game (3–5 min)

- Around the World (5 spots)

### ■■ DAY 3 — Game Moves + Finishing (20–30 min)

#### ■ Warm-up Dribbling (5 min)

- In-and-out → crossover
- Crossover → behind-back
- Hesitation → drive

#### ■ Cone Zig-Zag Drives (10 min)

- Dribble through cones and finish RIGHT
- Dribble through cones and finish LEFT

#### ■ Finishing Against Defender (5 min)

- 5 right-hand layups
- 5 left-hand layups
- 5 floaters
- 5 power finishes

#### ■ Weekly Hero Challenge

Pick one!

- 20 perfect layups in a row
- 50 crossover dribbles without losing the ball
- Beat your zig-zag time!

- **Reminder:** Practice makes superpowers! Have fun and level up each week! ■■