

Thank you for downloading FitDeck Basketball TEST-DRIVE. This will give you a taste of the hundreds of fun ways to use our growing family of FitDeck titles.

FitDeck Basketball is one of our first titles in the field of sports training and its focus is on basketball skill-development. FitDeck Sports titles help users to "practice with a purpose."

Each of these 3 workouts will take about 10 minutes. You will need a basketball and a basket (and a partner for #3). Select the number of repetitions to perform on each card based on your fitness level (e.g. beg, int, adv).

The next pages show 9 cards selected from the 56 actual FitDeck Basketball cards. They represent a cross-section of drills from each of the categories (e.g. inside moves, shooting, triple threat, competition, etc.).

- ### 1 JUST DO IT!

 1. Shuffle 9 cut-out cards
 2. Draw any card at random
 3. Flip card over and perform the exercise
 4. Repeat every 60 seconds (including rest) until you finish all 9 cards
- ### 2 GAME CONDITIONS

 1. Shuffle 9 cut-out cards
 2. Perform 10 push ups, 10 jumping jacks, and 10 squats
 3. Draw any card at random and perform the drill
 4. Repeat exercises in #2 before every card until you finish all 9 cards
- ### 3 PARTNER CHALLENGE

 1. Shuffle 9 cut-out cards
 2. Select a card for your partner to perform
 3. Defend your partner while he/she performs the selected drill
 4. Switch roles and repeat until you finish all 9 cards

Additional helpful cards from FitDeck Basketball:

Information Card Reading FitDeck Basketball Cards

Ability levels with suggested repetitions

Drill name ▶ **MIKAN DRILL**

Drill category ▶ **INSIDE MOVES** (8 12 16)

Drill movements ▶ 

Drill description ▶
• Shoot continuous hook shots from both sides of rim
• Alternate sides with each rep
Tip: Lift right knee on right side, lift left knee on left side

Wild Cards are included to mix up your workout.

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Information Card FitDeck Basketball Categories

FitDeck Basketball Cards are color-coded and divided into the following categories:

Inside Moves	(8 cards)
Triple Threat	(8 cards)
Off-The-Dribble	(8 cards)
Shooting	(8 cards)
Ball Skills	(8 cards)
Competition	(8 cards)
Wild Cards	(2 cards)

Use colors as a quick reference to create hundreds of unique workouts.

Shuffle cards to create a random sequence of drills.

Group cards to build custom practice routines based on specific goals.

Pre-arrange cards to create specific workout routines.

See other side

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Information Card Stretching - Upper Body

Neck

Shoulder

Back/Arms

Chest

Triceps

Back

See other side

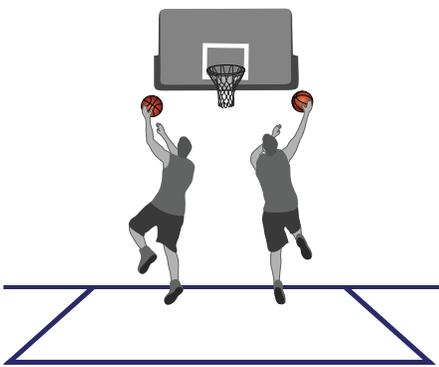
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FitDeck Basketball Sample Cards (1 of 2)

MIKAN DRILL

INSIDE MOVES

8 BEG 12 INT 16 ADV



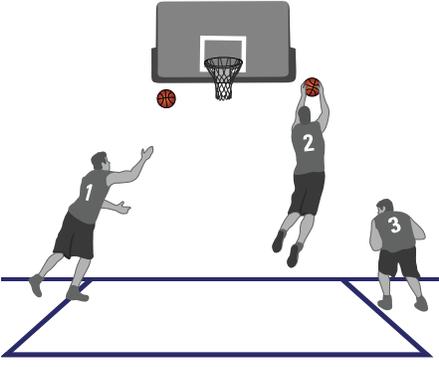
- Shoot continuous hook shots from both sides of rim
- Alternate sides with each rep

Tip: Lift right knee on right side, lift left knee on left side

SUPERMAN DRILL

INSIDE MOVES

2 BEG 4 INT 6 ADV

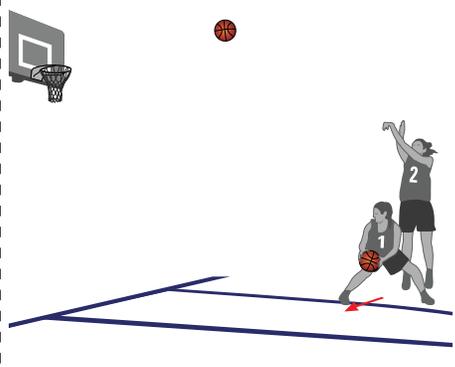


- Throw ball off backboard and rebound with two hands
- Land outside of lane on opposite side
- Alternate sides with each rep
- 3 consecutive rebounds equals one rep

JAB, STEP BACK, JUMPER

TRIPLE THREAT

2 BEG 4 INT 6 ADV



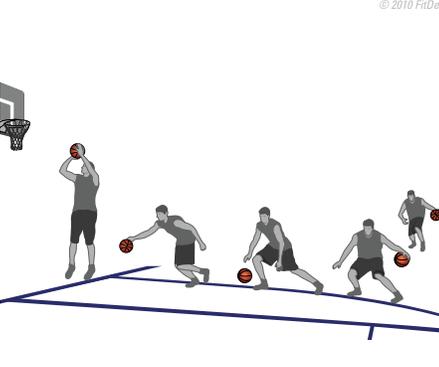
- From right side of floor, jab step toward rim with right foot
- Step back and shoot jump shot
- Repeat for suggested reps, then switch sides

Tip: Make the fake look real

CROSSOVER, DRIVE, JUMPER

OFF-THE-DRIBBLE

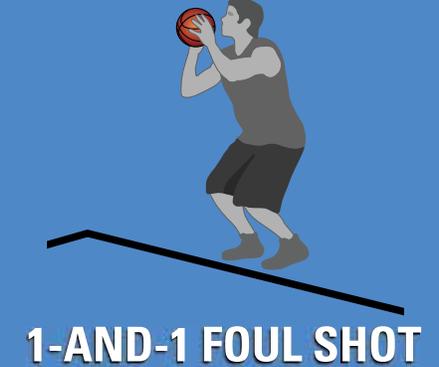
2 BEG 4 INT 6 ADV



- From right side of floor, dribble with left hand
- Crossover left to right
- Explode to rim with right hand for pull up jump shot
- Repeat for suggested reps, then switch sides

1-AND-1 FOUL SHOT

HOME 00:01 VISITOR 57 58
SCORE SCORE



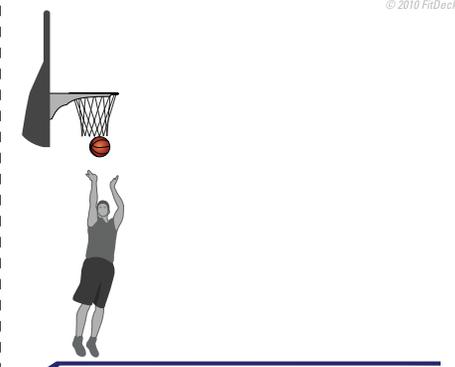
MAKE 2 = WIN THE GAME
MAKE 1 = FORCE OVERTIME
MAKE 0 = 5 PUSH UPS

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BASELINE JUMP SHOTS

SHOOTING

2 BEG 4 INT 6 ADV

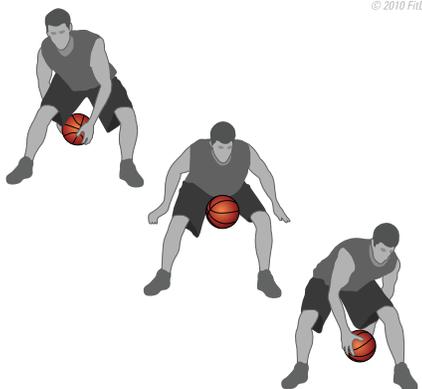
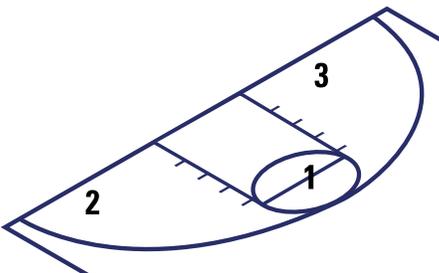


- Shoot continuous jump shots from the baseline area
- Repeat for suggested reps, then switch sides
- Focus on using legs during shot

Challenge: Make suggested number of reps. Be a shot maker - not a shot taker.

Before you Begin: Please check with your physician before beginning any new exercise or diet plan. As with any exercise plan, please warm up and stretch prior to your workout.

FitDeck Basketball Sample Cards (2 of 2)

BETWEEN LEGS CATCH BALL SKILLS 6 (BEG) 8 (INT) 12 (ADV)  <ul style="list-style-type: none">• Hold ball between legs (one arm in front, one arm behind)• Drop ball and quickly alternate hand positions• Catch ball before it bounces Tip: Perform with head up	WINDSHIELD WIPERS BALL SKILLS 8 (BEG) 16 (INT) 24 (ADV)  <ul style="list-style-type: none">• Dribble ball back-and-forth in front with left hand• Repeat for suggested reps, then switch sides Tip: Control ball and perform as quickly as possible	BEAT THE CLOCK COMPETITION 2 (BEG) 3 (INT) 4 (ADV)  <ul style="list-style-type: none">• Prepare to shoot from the three numbered spots• Make 2 shots in-a-row to advance to next spot• Time yourself and try to beat your personal best
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If you like this sample FitDeck Basketball workout, consider purchasing the full deck at www.fitdeck.com. Also check out the 30-minute [FitDeck Basketball Tutorial](#) that shows you each drill in slow-motion. Other titles in our FitDeck Sports Series include:

FitDeck Soccer

FitDeck Swimming

FitDeck Golf

FitDeck Lacrosse

Check out some of our other FitDeck titles that will help you improve your jumping ability, quickness, footwork, agility, and strength:

FitDeck Vertical Jump

FitDeck Plyometrics

FitDeck Speed, Agility & Quickness

For up-to-date information on new titles, interesting workout ideas, and all things FitDeck, please join Phil Black's Blog at fitdeck.com/connect

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