



Develop One

9 Phase Nutrition Plan & 1st Practice

ABOUT

Mentoring on a personal level that develops the necessary skills needed to compete on the court and in life by allowing players to reach their maximum potential in sports while developing integrity outside of sports.

Never Give Up



Breakfast: Fruits. Fruits. Fruits

Lunch: Stay away from greasy foods such as French Fries and Hamburgers

Snack: Nuts, Peanut/Almond Butter, raisins, cranberries

Dinner: Baked or grilled with plenty of vegetables

WATER

Drinking water is important in being healthy. Water helps us to regulate our body temperature and helps carry the necessary nutrients to our cells and organs. Water helps protect our breathing and cushions our joints.

Our body is made up of majority of water:

- Brain 75%
- Blood 83%
- Bones 22%
- Muscles 75%

Challenge: During your training at Develop One, we challenge you to drink at minimum 33 oz of water each day.

STRETCHING

Stretching allows you to become more flexible allowing you to perform at a higher level for longer periods. To prevent fatigue, muscle loss and injury it is important to stretch.

Some Benefits to Stretching:

- Increase Circulation
- Improves Posture
- Increase Energy

Challenge: Stretch first thing in the morning and before any type of workout. After the day has ended, stretch before going to bed. (feet together, feet apart, Lean left/right, Lunge left/right, sumo – hold each position for 20 seconds 2 times)



Date: Practice 1
Time: Athlete Requested
Facilitator: Coach Mike
Athlete:

Theme
 NEVER GIVE UP

Duration	Skill/Drill		Coach
10 minutes	Warm-Up / Stretch		Mike
<u>Ball Handling</u>			
15 minutes	Leg Wraps (all directions)	Slow then pick up pace; control ball with finger pads	Mike
	Ball Slaps/Rubs	Warm up the hands	
	High Dribble	Pound on the ground	
	High Dribble w/ CROSS	Bounce in 1 spot	
	3 x 3 Dribble	Finger pad control	
BREAK (2 minutes)			
<u>Ladder Drills</u>			
15 minutes	Hop-Scotch	Alternating Feet (3 sets)	Mike
	Single / Double	Quick Feet (3 sets)	
	Single Jab	Stay on toes (3 sets)	
	Scissors	Bounce in 1 spot	
BREAK (2 minutes)			
<u>Ball Movement</u>			
10 minutes	Full Court Weave	Alternating Feet (3 sets)	Mike
	Attack/Retreat	Quick Feet (3 sets)	
END			