

HAWKS AT HOME

BUILD YOUR OWN WORKOUT

Using the table below, design and chart your personal workouts weekly. Visit [Hawks.com/HawksatHome](https://hawks.com/HawksatHome) and click on the Skills & Drills section to view videos of fundamental drills focusing on footwork, ball handling, dribble moves, form shooting, passing and shooting with a hoop. Choose 10 skills and drills daily to practice at home.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Drill #1 | | | | | | | |
| Drill #2 | | | | | | | |
| Drill #3 | | | | | | | |
| Drill #4 | | | | | | | |
| Drill #5 | | | | | | | |
| Drill #6 | | | | | | | |
| Drill #7 | | | | | | | |
| Drill #8 | | | | | | | |
| Drill #9 | | | | | | | |
| Drill #10 | | | | | | | |

For more Skills and Drills, visit hawks.com/hawksathome