

DGIT FAM

[Home](#)

[About](#)

[Contact](#)

DAILY GRIND INDIVIDUAL TRAINING

LEVEL 1 COURSE

This free program is designed to help you put in extra work from Monday to Friday. Since we only train on weekends.

[Learn More](#)

[Get Started](#)

Overview for LEVEL 1 COURSE



HELLO, WELCOME TO LEVEL 1 COURSE

We encourage you to commit to weekday sessions to ensure success. As this is a LEVEL 1 COURSE, no rim needed. For more details, refer to our FACEBOOK page.

[Learn More](#)

OVERVIEW FOR LEVEL 1 COURSE



Level 1 course

Basic Fundamentals

In this introductory course, we'll focus on building the basic fundamentals of basketball. To keep it simple and accessible, we'll skip the rim for now and concentrate on developing essential skills.

10 SESSIONS

Master the basic fundamentals of basketball in 10 sessions! Progress depends on individual adaptation and dedication.

Rate

1,500 Pesos

Inclusion:

- TRAINING
- BADGE
- CERTIFICATES





INTRODUCTION

To pass the level 1 course, make sure to complete the workouts from MONDAY through FRIDAY. Consistency is the key.

[Learn More](#)





LUNGES

Lunges are a great workout for building a strong lower body, while also enhancing ball control. Aim for a minimum of 2 sets, but if you have the time and energy, go for 3 sets. For 1-ball drills, do 30 seconds per side with 1-minute rest in between. For 2-ball drills, go for 1 minute with 1-minute rest. **CLICK THE LINK BELOW FOR THE DETAILS AND DEMO VIDEO.**

[**WORKOUT LINK**](#)

LEVEL 1 COURSE





info

Aim for 2-3 sets with the following routine.

- ALTERNATE MOVEMENTS: 1 MINUTE, FOLLOWED BY 1-MINUTE REST.
- FOCUS ON ONE SIDE: 30 SECONDS PER SIDE, WITH 1-MINUTE REST IN BETWEEN.

POCKET DRIBBLE

[WORKOUT LINK](#)

This movement requires coordination with your feet, if you're struggling, don't worry! We have an alternative exercise option.

info

Pocket dribble is a fundamental skill for protecting the ball. This basic movement is perfect for beginners looking to develop ball security.



[ALTERNATIVE LINK](#)

LEVEL 1 COURSE



LEVEL 1 COURSE

BALL MANIPULATION

Ball manipulation differs from Pocket dribbling, as it focuses on controlling the ball without carrying and manipulating defenders. Aim for 2-3 sets with the following routine:

- Alternate movements: 1 minute, followed by 1-minute rest.
- Focus on one side: 30 seconds per side, with 1-minute rest in between

[WORKOUT LINK](#)

This movement requires coordination with your feet. If you're struggling, don't worry! We have an alternative option.

[ALTERNATIVE WORKOUT](#)



CHANGE OF DIRECTION LEVEL 1

This drill enhances not only your ball handling but also your ability to change angles when attacking the basket. Being able to change direction comfortably under defensive pressure is key. Aim for:

- 45 seconds per movement without errors or
- In tight spaces, complete 15 reps for 2-3 sets without mistakes, with 1-2 minutes break in between.

[WORKOUT LINK](#)





BALL & FOOT COORDINATION LEVEL 1

[PHASE 1 PART 1](#)[PHASE 2 PART 1](#)[PHASE 3 PART 1 & 2](#)[PHASE 1 PART 2](#)[PHASE 2 PART 2](#)

This program is designed to enhance your coordination between the ball and your feet while improving footwork and ball handling. To progress, you must perform each movement from PHASE 1 to PHASE 3 for 45 seconds straight without errors. If you make mistake, you'll restart from zero for that specific movement.

LEVEL 1 COURSE



SHOULDER DROP SERIES

[SDS LINK](#)

Introducing the SHOULDER DROP SERIES, a new program for our level 1 course!

In this program, you'll learn the importance of dropping your shoulder when attacking the basket, combined with high-volume finishing and foot replacement pull ups. Mastering this skill is crucial, as it will also be a key of your LEVEL 1 COURSE exam.

EXTRA WORKOUT IF YOU HAVE A RIM



BALL & FOOT LEVEL 1
FINISHING



BALL AND FOOT LEVEL 1
SHOOTING

EXTRA WORK FOR COD LEVEL 1

This is the introduction for LEVEL 2.

COD BTL SKIPS

[WORKOUT LINK](#)

COD BTB SKIPS

[WORKOUT LINK](#)

COD CROSS

[WORKOUT LINK](#)

COD LUKA STEP

[WORKOUT LINK](#)

COD SKIP STEP

[WORKOUT LINK](#)

COD HEAVY STEP

[WORKOUT LINK](#)



LEVEL 1 COURSE

DGIT FAM



G O W O R K !

HAVE FUN!

THANK YOU FOR TRUSTING DAILY GRIND INDIVIDUAL TRAINING.

