
Weeks 1-3

Workout 1**Ball Handling Warm Up**

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

2 balls—pound in sync

2 balls—pound alternating

2 balls—pound high with R/pound low with L

2 balls—pound low with R/pound high with L

2 balls—push/pull in front (same direction)

2 balls—push/pull on side (same direction)

2 balls—dribble in circle around body (crossover in front/crossover in back)

2 balls—crossover in front

Form Shots

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (feet squared, elbow tucked in, release point of shot, extension of arm, follow through)

Block to Block

Make 10 on each side (20 total)

After making 20 shots, do 3 lunge jumps for every missed shot during this drill

Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 6 at each spot

Sprint 1 down-and-back in under :11 for every make under 6 at each spot

3's (moving around perimeter, make 20 total 3's)

Shoot 20 FTs

Make at least 15

Sprint a :30 sideline (from sideline to sideline continuously for 30 seconds; you should get at least 8 court widths in 30 seconds) for any makes under 15

Workout 2**Ball Handling**

Full court; do each down and back; keep eyes up, dribble low and push your pace

Crossover

Behind back

Between legs

Hesitation

Inside out

Glide Back/Between Legs

Bank Shots

Facing basket, make 10 on each block (20 total)

After making 20 shots, do 3 tuck jumps for every missed shot during this drill

Baseline to Baseline

Make 15 shots moving from baseline to baseline. You should be moving quickly and continuously as you get your own rebound and quickly get to at least 15' on the baseline. Make sure you mix up how you square up (front pivot and reverse pivot).

Shoot 10 FTs

Make at least 7

Do 5 pushups for each make under 7

Wing to Wing

Make 15

Shoot 10 FTs

Make at least 7

Do 5 pushups for each make under 7

Elbow to Elbow

Make 20

Spot Shots (Reverse Pivots)

Catch ball with back to the basket and reverse pivot to square up

Shoot 10 (alternating pivot foot) at all 5 spots staying within your comfort range

Make at least 6 at each spot; 3 burpees for each make under 6

Make 15 FTs

Run 1 suicide for any shot attempt over 20. Run suicide in under :35.

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| Workout 3 | <p>Ball Handling</p> <p>Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace</p> <ul style="list-style-type: none"> 2 balls—pound in sync 2 balls—push/pull in front (same direction) 2 balls—push/pull in front (alternating direction) 2 balls—push/pull on side (same direction) 2 balls—push/pull on side (alternating direction) 2 balls—crossover in front <p>On the move; keep dribble low and controlled</p> <ul style="list-style-type: none"> 2 balls—halfcourt and back (in sync) 2 balls—halfcourt and back (alternating direction) 2 balls—halfcourt and back zigzags crossover in front <p>Mikan Layups</p> <ul style="list-style-type: none"> Make 18 off 1 foot Shoot 5 FTs Make 18 off 2 feet <p><i>Note: It should take you 30 seconds to make 18.</i></p> <p>Around the Horn—Layups</p> <p>Start at 3pt line and toss ball to self. Get into triple threat. Using <i>one</i> dribble, drive in and explode up for layup</p> <ul style="list-style-type: none"> Make 1 layup with R using long step (stepping hard and long towards hoop with R foot first) Make 1 layup with R using crossover step (stepping hard and across towards hoop with L foot first) Make 1 with L using long step (stepping hard and long towards hoop with L foot first) Make 1 with L using crossover step (stepping hard and across towards hoop with R foot first) <p>Do from 3 spots: wing, top of the key, wing [12 total]</p> <p>Mid-Post Shots</p> <p>Facing basket, make 20 from 2nd hash above block (10 each side)</p> <p>Shoot 20 FTs</p> <ul style="list-style-type: none"> Make at least 16 <i>Sprint to halfcourt and back for any make under 16</i> <p>Short Corner Shots</p> <p>Shoot 10 from each short corner; start with back to baseline; front pivot to square up for 5; reverse pivot to square up for 5</p> <p>Shoot 20 FTs</p> <ul style="list-style-type: none"> Make at least 16 <i>Sprint to halfcourt and back for any make under 16</i> |
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Week 4 (June 12-18)

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| Workout 1 | <p>Do aerobic activity (run, bike, elliptical) for 20 minutes without rest.</p> <p>Shoot 50 FTs</p> <p>Do aerobic activity for another 20 minutes without rest.</p> |
| Workout 2 | <p>Form Shots</p> <p>Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (feet squared, elbow tucked in, release point of shot, extension of arm, follow through)</p> <p>Spot Shots</p> <p>Shoot 20 at all 5 spots staying within your comfort range</p> <p>Shoot 20 FTs</p> <ul style="list-style-type: none"> Make at least 7 <i>Do 5 pushups for each make under 7</i> |
| Workout 3 | <p>Drop Steps (total 20 attempts)</p> <p>Catch ball on low block in wide/low stance. Drop step baseline for 5 shots. Drop step middle for 5 shots. Repeat on opposite block.</p> <p><i>Make sure you only use a power dribble that is low to the ground; explode up (be careful not to fade when you get tired). GET PAST YOUR DEFENDER WITH YOUR DROPSTEP.</i></p> <p>Front Pivot Stepthroughs (total 20 attempts)</p> <p>Catch ball on low block in wide/low stance. Front pivot toward the baseline, square up, shot fake, step through long and hard past imaginary defender (get to middle of paint in front of rim) for 5 shots. Front pivot toward the middle, square up, shot fake, step through long and hard past imaginary defender and go up for layup for 5 shots. Repeat on opposite block.</p> <p>Shoot 10 FTs</p> <p>3's (moving around perimeter, make 20 total 3's)</p> |