
Weeks 8-10

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 15 on each side (30 total)

After shooting 30 shots, sprint 2 suicides (each suicide should be completed in under :33; rest 30 seconds between each suicide)

Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 8 at each spot

Sprint 1 down-and-back in under :11 for every make under 8 at each spot

3's (moving around perimeter, make 30 total 3's)

Shoot 20 FTs

Make at least 16

Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 16

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/Between legs

Full speed

Mikan Layups

Make 18 off 1 foot

Shoot 5 FTs

Make 18 off 2 feet

For any misses, do a 30 second lane slide (staying in a low defensive stance, slide as quickly as you can across the FT lane for 30 seconds); if doing multiple lane slides, rest 30 seconds between reps

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 8

Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 8

Wing to Wing

Make 15

Shoot 10 FTs

Make at least 8

Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 8

Elbow to Elbow

Make 20

Spot Shots (Reverse Pivot)	
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	
<i>Make at least 8 at each spot; do a defensive slide/oblique for any make under 8 (start in corner of court, in low defensive stance slide to elbow, drop step and sprint to sideline at halfcourt, drop step and return to defensive stance, slide to elbow, drop step and sprint to baseline corner; walk the baseline and repeat coming back)</i>	
Make 15 FTs	
<i>Run 1 suicide for any shot attempt over 18. Run suicide in under :32.</i>	
Workout 3	Ball Handling
	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—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
	2 balls—situps
	On the move; keep dribble low and controlled
	2 balls—halfcourt and back (in sync)
	2 balls—halfcourt and back (alternating direction)
	2 balls—halfcourt and back zigzags crossover in front
	2 balls—halfcourt and back zigzags crossover in front and back
	X-Out Layups
	Start under the hoop, speed dribble to 3 point line on wing, touch 3 point line with your foot, speed dribble in for layup (keep ball in your outside hand), repeat on other side
	Make 8 layups
	Around the Horn—Layups
	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
	<i>Make 1 layup with R using long step (stepping hard and long towards hoop with R foot first)</i>
	<i>Make 1 layup with R using crossover step (stepping hard and across towards hoop with L foot first)</i>
	<i>Make 1 with L using long step (stepping hard and long towards hoop with L foot first)</i>
	<i>Make 1 with L using crossover step (stepping hard and across towards hoop with R foot first)</i>
	<i>Do from 3 spots: wing, top of the key, wing [12 total]</i>
	Shoot 20 FTs
	Make at least 16
	<i>Sprint to halfcourt and back for any make under 16</i>
	Around the Horn—Pull Ups
	Start at 3pt line and toss ball to self. Get into triple threat. Using <i>one</i> dribble, drive towards hoop and explode up for jump shot
	<i>Make 1 jump shot with R using long step (stepping hard and long towards hoop with R foot first)</i>
	<i>Make 1 jump shot with R using crossover step (stepping hard and across towards hoop with L foot first)</i>
	<i>Make 1 jump shot with L using long step (stepping hard and long towards hoop with L foot first)</i>
	<i>Make 1 jump shot with L using crossover step (stepping hard and across towards hoop with R foot first)</i>
	<i>Do from 5 spots [20 total]</i>
	Shoot 20 FTs
	Make at least 16
	<i>Sprint fullcourt and back (under :11) for any make under 16</i>

Week 11 (July 31-August 6)

Workout 1	Shoot 75 FTs Shoot 50 3's
Workout 2	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) Make 12 FTs in a Row
Workout 3	Spot Shots Make 4 shots <i>in a row</i> from 15' at all 5 spots Shoot 30 FTs