
Weeks 12-14

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 :32; 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

Shoot 5 FTs for any make under 8

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

5 in 5 Suicides

Sprint 5 suicides in 5 minutes. You will start each suicide on the minute mark, so if you sprint a suicide in :35, you will have :25 rest before your next suicide. If you finish a suicide in :50, you will have :10 before your next suicide.

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

Drop Steps (total 20 attempts)

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.

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.

Slides and Obliques (3 times down and back)

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. Do three times down and back.

Front Pivot Stepthroughs (total 20 attempts)

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.

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

1 Minute Sideline

Get at least 15 court widths.

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

Make at least 8 at each spot; shoot 5 FTs for any make under 8.

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 *one* dribble, drive in and explode up for layup

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)

Do from 3 spots: wing, top of the key, wing [12 total]

Shoot 20 FTs

Make at least 16

Sprint to halfcourt and back for any make under 16

Around the Horn—Pull Ups

Start at 3pt line and toss ball to self. Get into triple threat. Using *one* dribble, drive towards hoop and explode up for jump shot

Make 1 jump shot with R using long step (stepping hard and long towards hoop with R foot first)

Make 1 jump shot with R using crossover step (stepping hard and across towards hoop with L foot first)

Make 1 jump shot with L using long step (stepping hard and long towards hoop with L foot first)

Make 1 jump shot with L using crossover step (stepping hard and across towards hoop with R foot first)

Do from 5 spots [12 total]

Shoot 20 FTs**2-30 Second Sidelines**

Get at least 8 court widths each time. Rest 1 minute between each rep.