
Weeks 5-6

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 making 30 shots, do 3 tuck jumps for every missed shot during this drill

MidPost to MidPost

Make 15 on each side (30 total)

After making 30 shots, do 3 tuck jumps for every missed shot during this drill

Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 7 at each spot

Sprint 1 down-and-back in under :11 for every make under 7 at each spot

Make 8 at all 5 spots extending slightly beyond your comfort range

Shoot 20 FTs

Make at least 16

Sprint a :30 sideline (from sideline to sideline continuously for 30 seconds; you should get at least 8 court widths on 30 seconds) 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

Drop Steps (total 40 attempts)

Catch ball **straddling the first hash above the block in wide/low stance and chin it**. Drop step baseline for 10 shots. Make at least 8. Drop step middle for 10 shots. Make at least 8. 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.

Sprint to halfcourt and back for any makes less than 8.

Bank Shots

Facing basket, make 15 on each block (30 total)

After making 30 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 8

Do 5 pushups for each make under 8

Wing to Wing

Make 15

Shoot 10 FTs

Make at least 8

Do 5 pushups for each make under 8

Elbow to Elbow

Make 20

Make 15 FTs

Run 1 suicide for any shot attempt over 19. Run suicide in under :33.

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 <i>Should be able to make 18 in 30 seconds.</i> <p>Back to the Basket Post Moves</p> <p>With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move.</p> <ul style="list-style-type: none"> Shoot 10 Turn Baseline/Power Up (5 each side) Make at least 8 <i>Run a down and back in under 12 seconds if you don't make the goal</i> Shoot 10 Turn Middle/Power Up (5 each side) Make at least 8 <i>Run a down and back in under 12 seconds if you don't make the goal</i> <p>Shoot 5 FTs</p> <ul style="list-style-type: none"> Shoot 10 Reverse Pivot Towards Baseline/Shot (5 each side) Make at least 8 <i>10 Tuck jumps if you don't make the goal</i> Shoot 10 Reverse Pivot Towards Middle/Shot (5 each side) Make at least 8 <i>10 lunge jumps if you don't make the goal</i> <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"> <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> <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 7 (July 3-9)

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>Short Corner Drives</p> <p>Catch, square up, drive baseline, square shoulders with backboard and power layup (off 2 feet)</p> <p>Make 10 each side</p> <p>Make 8 FTs in a Row</p>
Workout 3	<p>Drop Steps (total 20 attempts)</p> <p>Catch ball straddling the first hash above the block in wide/low stance and chin it. 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>Reverse Pivot Stepthroughs (total 20 attempts)</p> <p>Catch ball straddling the first hash above the block in wide/low stance and chin it. Reverse 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. Reverse pivot toward the middle, square up, shot fake, step through long and hard past imaginary defender and go up for layup for 5 shots.</p> <p>Repeat on opposite block.</p> <p>Shoot 30 FTs</p>
