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## Weeks 8-10

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**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)

**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 a down and back in under :11 if you don't make the goal.*

**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*

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

**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 back/Between legs
- Full speed

**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

**Back to the Basket Post Moves**

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.

Shoot 10 Turn Baseline/Power Up (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle/Power Up (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

**Shoot 5 FTs**

Shoot 10 Reverse Pivot Towards Baseline/Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle/Shot (5 each side)

Make at least 8

*10 lunge jumps if you don't make the goal*

**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 back 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)*

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<i>for any makes under 8</i>	
<b>Elbow to Elbow</b>	
Make 20	
<b>Make 15 FTs</b>	
<i>Run 1 suicide for any shot attempt over 18. Run suicide in under :32.</i>	
<b>Workout 3</b>	<b>Ball Handling</b>
	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
	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
	<b>Mikan Layups</b>
	Make 18 off 1 foot
	Shoot 5 FTs
	Make 18 off 2 feet
	<i>Should be able to make 18 in 30 seconds</i>
	<b>Back to the Basket Post Moves (Step Throughs)</b>
	With your back to the basket and <b>feet straddling the first hash above the block, body sitting low</b> , toss ball to yourself. <b>Chin the ball</b> before doing any move.
	Shoot 10 Turn Baseline/Step Through (5 each side)
	Make at least 8
	<i>Run a down and back in under 11 seconds if you don't make the goal</i>
	Shoot 10 Turn Middle/Step Through (5 each side)
	Make at least 8
	<i>Run a down and back in under 11 seconds if you don't make the goal</i>
	<b>Shoot 5 FTs</b>
	Shoot 10 Reverse Pivot Towards Baseline/Step Through (5 each side)
	Make at least 8
	<i>Run a down and back in under 11 seconds if you don't make the goal</i>
	Shoot 10 Reverse Pivot Towards Middle/Step Through (5 each side)
	Make at least 8
	<i>Run a down and back in under 11 seconds if you don't make the goal</i>
	<b>Around the Horn—Layups</b>
	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, wing [12 total]</i>
	<b>Shoot 20 FTs</b>
	Make at least 16
	<i>Sprint fullcourt and back (:11) for any make under 16</i>

## Week 11 (July 31-August 6)

<b>Workout 1</b>	<b>Block to Block</b>
	Make 15 on each side (30 total)
	<b>MidPost to MidPost</b>
	Make 15 on each side (30 total)
	<b>Shoot 75 FTs</b>
<b>Workout 2</b>	<b>Form Shots</b>
	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)
	<b>Make 12 FTs in a Row</b>
<b>Workout 3</b>	<b>Drop Steps (total 20 attempts)</b>
	Catch ball <b>straddling the first hash above the block</b> in <b>wide/low stance</b> and <b>chin it</b> . Drop step baseline for 5 shots. Drop step middle for 5 shots. Repeat on opposite block.
	<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>
	<b>Spot Shots</b>
	Make 4 shots <i>in a row</i> from 15' at all 5 spots
	<b>Shoot 30 FTs</b>