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1. Ball Handling/Driving Workout
2. Shooting Workout
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4. Weight-Lifting Workout
Ball Handling/Driving Workout

1) Weak Hand warm up
   a. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

2) Stationery Ball Handling
   a. See how many of the below skills you can complete in 1 minute (both directions):
      - Waist Wrap Arounds
      - Double into Single leg Wraps
      - Single hand dribbling
      - Behind Back dribbling
      - Leg Wrap Arounds
      - Figure 8’s
      - Crossover dribbling
      - In & Outs
      - Single Leg Wrap Arounds
      - Spider Dribbling
      - B/w Legs Dribbling
      - Combos

3) Drive Series
   a. Start at a starting spot with a ball; spin the ball to yourself and execute a move—make 3 of each move
   b. Starting Spots: Corner, Wing, Slot
   c. Actions: Catch & Go, Off Down Screen, Off Cross Screen
   d. First Step: Rip Through, Jab, Shot Fake
   e. Moves:
      i. Layup; Reverse Layup
      ii. Jump Stop; Jump Stop-->Ball Fake; Jump Stop-->Step Through
      iii. Floater; Step Through; Step Under
      iv. Spin Move; Spin Move-->Step Through; Spin Move-->Step Under

4) Half Court Dribbling (1 dribble between action) STRAIGHT LINES/SHARP CUTS
   - Crossover
   - In & Out Right/Left
   - B/w legs → 2 cross
   - B/w legs
   - In & Out→cross
   - Wrap around→2 cross
   - Wrap around
   - In& Out→b/w legs
   - b/w legs→2 wraps

4) Explosion Series
   a. Start with ball near half court; dribble towards a cone (around 3 pt line); execute move at cone—make 3 of each move
   b. Explosion (Left & Right Hand):
      i. Hesitate & Go; Hesitate to Cross
      ii. In & Out; In & Out to Cross
   c. Moves:
      i. Layup; Reverse Layup; Shield Layup
      ii. Jump Stop; Jump Stop-->Ball Fake; Jump Stop-->Step Through
      iii. Floater; Step Through; Step Under
      iv. Spin Move; Spin Move-->Step Through

5) Zig Zag dribbling
   a. Start with ball in corner; do one trip down and back of each move; game speed (change your pace!)
   b. Dribble to elbow (move)→half court corner (move)→opposite elbow (move)→opposite corner
   c. Moves: crossover, between legs, wrap around, spin move, pull back

7) Challenge someone to a game of 1v1 if available. MAKE IT, TAKE IT
Shooting Workout

1) Weak Hand warm up
   d. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

5) Make 5 Free Throws

6) 35 in 6 drill
   a) Put 6 minutes on clock
   b) Make a 3 (or midrange) from each of the 5 standard spots (corners, wings, top of key)
   c) Repeat step b; but make your way back around perimeter (corners, wings, top of key)
   d) Pump fake the 3, one dribble with strong hand pull up starting at each of the 5 spots
   e) Repeat step d, except dribble with weakhand
   f) Pump fake the 3, two dribbles with strong hand into floater starting at each of the 5 spots
   g) Repeat f, except dribble with weakhand
   h) Repeat step b
   i) If make all 35 shots in < 6 minutes = success! If not, move on to next drill (can return later)

6) 7’s in 4 drill
   a. Put 4 minutes on the clock
   b. Start on a sideline; sprint to 3 point line for catch and shoot 3
      i. Repeat until 7 shots are made
   c. Repeat step b, except start at halfcourt
   d. Repeat step b, except start from opposite sideline
   e. If make all 21 shots in < 4 minutes = success! If not, move on to next drill (can return later)

7) Levels in 2
   a. Put 2 minutes on the clock
   b. See how many levels you can finish in 2 minutes
   c. A level = one block shot, one floater, one midrange, one 3 pointer

6) Celtic Drill
   a. Put 2 minutes on the clock
   b. Must make two 3’s (or midrange) in a row from each of the standard shooting spots
   c. Once reach opposite corner, repeat as you come back the other way
   d. Goal is to complete all 10 spots in 2 minutes

8) FT Swish
   a. Shooting from the FT line
   b. Swish=1 pt; Make that touches the rim=0 pts; Miss= -1;
   c. Get to 3 for win; if get to -3; run a ladder

“It’s easy to be confident when you make your first few shots. True confidence comes when you miss your first few shots.”
Post Workout

1) Weak Hand warm up
   a. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

7) Post Up Series
   a. Player spins ball to self in post, then execute a move—make 5 of each move
   b. Moves (always start middle; right of left block):
      i. Hook Shot/Turn Around Shot
      ii. Ball Fake→Hook Shot/Turn Around
      iii. Ball Fake→Step Through
      iv. Ball Fake→Step Under
      v. Shaq Move
      vi. Shaq Move→Step Under
      vii. Face Up→Ball Fake→Explode
      viii. Face→Jab→Explode
      ix. Face→Jab→Spin

8) Half Court Mikan Drill
   a. make 5 Mikan layups; SPRINT to half court and back (leave ball under hoop)
   b. 5 trips (down and back)—make 5 each trip

9) Hooks in 2
   a. Start at block or 1st hash
   b. Turn over inside shoulder and make as many hook/turn around shots as possible in 2 minutes
   c. Repeat from both sides

10) Half Court Touch and Finish
    a. touch backboard 5x with ball then finish
    b. SPRINT to half-court and back (leave ball under hoop)
    c. 5 trips (down and back)—make 5 each trip (switch up sides of the goal)

11) Challenge someone to a game of 1v1 in the post if available. MAKE IT, TAKE IT

12) FT Swish
    a. Shooting from the FT line
    b. Swish=1 pt; Make that touches the rim=0 pts; Miss= -1;
    c. Get to 3 for win; if get to -3; run a ladder

“To get what you’ve never had, you must do what you’ve never done.”
Basketball Weight-Lifting Workout

*Fight for that inch!*

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Weight</th>
<th>Reps</th>
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<tbody>
<tr>
<td>1) Power Clean: 3 sets (10, 8, 6)</td>
<td>________</td>
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<tr>
<td>2) Squats: 4 sets (10, 8, 6, 4 reps)</td>
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<tr>
<td>2) Complex II: 2 sets (25 reps)</td>
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<tr>
<td>3) Hamstring Curls: 3 sets (10 reps)</td>
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<td>4) Curl Circuit: 2 sets (30 reps)</td>
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<thead>
<tr>
<th>Day 2</th>
<th>Weight</th>
<th>Reps</th>
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<tbody>
<tr>
<td>1) Complex I: 2 sets (25 reps)</td>
<td>________</td>
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<tr>
<td>2) Bench Press: 4 sets (10, 8, 6, 4 reps)</td>
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<td>3) Pull Ups/Push Ups: 3 sets (max reps)</td>
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<td>4) Chest Flys/Incline Press: 2 sets (20 reps)</td>
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<td>5) Calf Raises: 3 sets (50 reps)</td>
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<thead>
<tr>
<th>Day 3</th>
<th>Weight</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Hang Clean: 3 sets (10, 8, 6 reps)</td>
<td>________</td>
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<tr>
<td>2) Squats: 4 sets (10, 8, 6, 4 reps)</td>
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<tr>
<td>3) Military Press/Dips: 3 sets (10/15 reps)</td>
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<tr>
<td>4) Dunk Circuit: 2 sets (raises, 1 leg squat)</td>
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<tr>
<td>5) Jumps: 3 sets (20 reps)</td>
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*Your weight x 25 = # of calories you need to GAIN WEIGHT*

“Don’t let your competition work harder than you!”