

Perimeter Player Workout:

DRILL	Min	Shots	DESCRIPTION
Jump Rope	5		
Form Shooting 1	2	30	Nose under rim, nothing but net. One hand only. Focus on releasing up.
Ball Handling	4		Dribbling; stationery and moving, 1-on-1 moves, etc.
Free Throws 1	2	10	
2 Ball Handling	2		Work w/ two basketballs on the move.
Form Shooting 2	2	30	Same as above, except start from about 3 feet out. Make 2 in a row and back up one step. Continue going back as far as you can while shooting with one hand and keeping form
Free Throws 2	2	10	
Footwork Drills	4	30	Back to basket at 15" on wing. Pivot into triple threat. Alternate sides w/ jump shots, fake and dribbles, fake and drives, and step backs.
3 Pointers w/o Dribble	2	20	Shoot 3 Pointers.
Dribble Penetration	2	20	Work on quick, 1 st step dribble penetration.

Free Throws 3	2	10	
Pull Up Jumpers	2	20	Start at mid-court, drive hard into lane and pull up for a jump shot.
Pull Up Bank Shots	2	20	Start at mid-court on side, drive hard to wing and pull up for a jump shot.
3 Pointers w/ Dribble	2	20	Shoot 3 pointers.
Step Back Jump Shots	2	20	Start at mid-court on side, drive hard to wing then step back for jumper.
3 Pointers	2	20	
Individual Choice	3	30	Work your favorite shots and moves.
Game Simulations	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Free Throws 4 w/ Pressure	2	10	Do pushups 3x number of misses.
Pressure Game	3	30	<p>Choose 1 of 3:</p> <p>a. 10 on a string: You must hit 10 shots in row from the same spot. A miss doesn't count if you catch your rebound <u>before</u> it hit's the ground.</p> <p>b. 21: Jump shots are worth 2 points, misses are -1. Consecutive misses double in value</p> <p>(-2, -4, etc) See how quickly you can score 21.</p>

			c. Golf: Choose 9 spots on the floor to choose from. You need to hit shots from each spot. Par is 27.
Free Throws 5	2	10	
Totals	54	370	Time and shots are approximate

Post Player Workout:

DRILL	Min	Shots	DESCRIPTION
Jump Rope	5		
Form Shooting 1	2	30	Nose under rim, nothing but net. One hand only. Focus on releasing up.
Ball Handling	4		Dribbling; stationery and moving, 1-on-1 moves, etc.
Mikan Drill	1	20	Alternate left and right hand layups.
Free Throws 1	2	10	
Mikan Drill	1	20	Alternate left and right hand layups.
Block-to-Block	2	30	Alternate bank shots from blocks.
Free Throws 2	2	10	

Turnaround Jumpers from Right Block	2	20	Toss ball to self on block, turn and shoot. Alternate turning right and left.
Turnaround Jumpers from Left Block	2	20	Same as above, only on left block
Hooks Shots from Right Block	2	20	Pass to self on right block, turn and shoot hook.
Hooks Shots from Left Block	2	20	Pass to self on left block, turn and shoot hook.
Bank Shots	2	20	Alternate bank shots from 10 feet out.
Free Throws 3	2	10	
McHale's	2	20	Fake and duck under, alternate blocks.
Garnett's	2	20	Step back, fake dribble and drive to lane. Alternate blocks.
Shaq's	2	20	Drop-step, power dribble, and power up.
Individual Choice	3	30	Work your favorite shots and moves.
Game Simulations	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Free Throws 4 w/ Pressure	2	10	Do pushups 3x number of misses.

Pressure Game	3	30	<p>Choose 1 of 3:</p> <p><i>a. 10 on a string:</i> You must hit 10 shots in row from the same spot. A miss doesn't count if you catch your rebound <u>before</u> it hit's the ground.</p> <p><i>b. 21:</i> Jump shots are worth 2 points, misses are -1. Consecutive misses double in value</p> <p>(-2, -4, etc) See how quickly you can score 21.</p> <p><i>c. Golf:</i> Choose 9 spots on the floor to choose from. You need to hit shots from each spot. Par is 27.</p>
Free Throws 5	2	10	
Totals	54	410	Time and shots are approximate

Basic Shooting Workout:

DRILL	Min	Shots	DESCRIPTION
Jump Rope	5		
Form Shooting 1	2	30	Nose under rim, nothing but net. One hand only. Focus on releasing up.
Ball Handling	4		Dribbling; stationery and moving, 1-on-1 moves, etc.

Form Shooting 2	2	30	Same as above, except start from about 3 feet out. Make 2 in a row and back up one step. Continue going back as far as you can while shooting with one hand and keeping form
Free Throws 1	2	10	
Footwork Drills	4	30	Back to basket at 15" on wing. Pivot into triple threat. Alternate sides w/ jump shots, fake and dribbles, fake and drives, and stepbacks.
Free Throws 2	2	10	
3 Pointers	2	20	Shoot 3 pointers.
Jumpers w/o Dribble	4	30	Toss ball and catch it like pass. Immediately shoot jumper, working quick elevation and release.
Jumpers w/ Dribble	4	30	Catch ball, fake, and make 1-2 hard dribbles into jump shot. Use shot fakes, head fakes, ball fakes, and jab steps.
Bank Shots	2	20	Alternate sides shooting bank shots from 10-15 feet.
Free Throws 3	2	10	
Individual Choice	3	30	Work your favorite shots and moves.
Game Simulations	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Free Throws 4 w/	2	10	Do pushups 3x number of misses.

Pressure			
Pressure Game	3	30	<p>Choose 1 of 3:</p> <p><i>a. 10 on a string:</i> You must hit 10 shots in row from the same spot. A miss doesn't count if you catch your rebound <u>before</u> it hit's the ground.</p> <p><i>b. 21:</i> Jump shots are worth 2 points, misses are -1. Consecutive misses double in value</p> <p>(-2, -4, etc) See how quickly you can score 21.</p> <p><i>c. Golf:</i> Choose 9 spots on the floor to choose from. You need to hit shots from each spot. Par is 27.</p>
3 Pointers	2	20	
1 Dribble layups from 3-pt. Range	1	10	Start with the ball outside 3-pt. range. Work on getting to the rim with only 1 dribble.
Free Throws 5	2	10	
Totals	54	350	Time and shots are approximate

The Jump Rope Workout

Jumping rope is a great cardiovascular [exercise](#). It's one of the foundations of a boxer's conditioning program, and you've got to be in shape to box. The tennis champ Jimmy Connors used to skip rope as part of his conditioning routine.

Wear supportive cross-trainers, tennis or basketball shoes while skipping rope. Running shoes won't give you enough forefoot support and are not intended for bouncing on the balls of your feet. **Avoid jumping on concrete, floors laid over concrete, and other hard surfaces like tile. If you don't have a springy wooden or carpeted floor, place a thin exercise mat on whatever surface you do have and jump on that.**

Jumping rope is strenuous and may be hard to sustain for the 30 minutes that you need for a good aerobic [workout](#). Try this routine, used in boxing classes:

- ***Skip rope for three minutes. (A round in boxing is three minutes long.)***
- ***Take a minute off, and do as many crunches as you can.***
- ***Skip rope for another three minutes.***
- ***During the next minute between rounds, do as many push-ups as you can.***
- ***Back to skipping for three minutes***
- ***Do crunches for another minute. Repeat.***

You can alternate rounds of skipping with crunches and push-ups until you've completed 30 minutes or more of exercise. After the second or third round of skipping, your heart rate won't drop that much during the crunches and push-ups.

You might not be able to do more than a few intervals of push-ups. Use any exercise you want during the minute between rounds. Try doing squats and lunges (with or without weights) to give your larger leg muscles added work. Do upper-body exercises with dumbbells during that minute. (Use proper form. Don't rush.) One more thing: Skipping rope emphasizes your calves, so be diligent about stretching them.

Another advantage of skipping rope is that you can take one anywhere. If you're traveling and the place you're staying doesn't have a gym, you can bring your own.

Vertical Leap Exercises - How to Jump Higher

Don't do jumping exercises 7 days a week. Four or five days per week is enough. If you do it every day, you may give up after a week or two. The idea is to keep exercising for months, or years, consistently. Note that we have not organized an actual jumping program. Inside Hoops is providing exercises that should help your fitness and leaping ability.

WARMING UP

Before starting the exercises, warm up your muscles. Stretch properly, and jog around for a few minutes.

If you have a jump rope, use it. Jumping rope definitely helps your conditioning.

Running up and down stairs for a while is very useful as a warm up, or a full exercise. Don't do too much or else you may wear out your legs. Use it as a quick warm up, or a full exercise.

JUMPING EXERCISES

Body Weight Squats --- Be standing. Slowly bend at the knees while keeping your back straight. Slowly crouch down as low as possible (it shouldn't hurt) and slowly rise back up. Do this 15 times. Over time increase to 20, 30, etc.

Squat Jumps --- Be standing. Crouch down as described above but fairly quickly, almost touching your bottom to the ground, then explode upwards as high as you can. The moment you land, immediately crouch and launch back up again. Do this 15 times, and when you can, increase to 20, 30, etc.

Toe Raises --- Stand regularly, then raise up onto the tips of your toes. Lower back down. Don't just rock up and down, do it slowly (not too slowly) but steadily. Repeat 30-50 times.

Toe-Raise with Weights --- If you have any sort of weights, holding/wearing them while doing these toe raises will help. Use small weights (a mere 5 or 10 pounds is fine) and work your way up.

Stomach Crunches --- We believe that sit-ups are bad for your back. Stomach crunches, where while lying on your back, using your ab muscles and keeping your back straight, you rise up just enough to lift your shoulders off the ground, are better. Do them often - perhaps for 10 minutes in the morning and 10 minutes at night.

Jumping Rope--- Jumping rope definitely helps your vertical leap. Jump rope while watching TV or something. Make it a habit.

45-Minute Basketball Workout

Offseason conditioning is a key element in being a successful Division I athlete. The coaching staff leads their team through a series of fundamental workouts with and without the [basketball](#).

Within the spring and summer the team spends up to four hours a week in the gym and four hours in the weight room improving their physical strength. The following 45-minute [workout](#) should be performed 5 days a week. Developing confidence, coordination, strength, timing, and stamina is the athlete's main focus throughout the workout.

I. Defensive Slides/Three minutes - (width of free throw line) three sets: 30 seconds on/off (27 is great)

II. Backboard Taps/Six Minutes - (with ball) 40 in a row: 10 right/left/alternating/both, rest 30 seconds, repeat three sets

III. Backboard Touch/Three minutes -- Start at free-throw line, sprint and slap backboard with both hands (net), sprint back and touch free throw line, repeat: 30 seconds on/off: 3 sets (11-plus is great)

IV. Mikan/Three minutes - (Hook right and left) 30 seconds on/off: three sets (17-plus is great)

V. Shooting Drill "10"/Six minutes - Begin at court 10 feet inside sideline; sprint and receive pass at one of 10 spots; if make, sprint out and touch court on opposite side and then come back for second [shot](#) on that side; repeat side to side until you follow shot and get your own rebound-shoot until you make it; then sprint out to touch court. If it is made, passer will rebound for you. Rest one minute and repeat, for three sets. Shoot with in your range; vary spots.

VI. Heavy Rope or Regular Rope/Five minutes -- Alternate skips after 25 repetitions...run the rope...begin with right foot only/left/both/alternate/scissors/cross feet/twice under/crossover with arms: then repeat everything with rope in opposite direction (jump backwards) Note: Follow heavy rope directions only for regular jump rope

VII. Square Pick Ups/Three minutes -- One ball placed on first line up from block on each side of free throw lane. Begin picking up one ball and shoot a power lay-up. Your partner will rebound and put ball back on the line.

You will get the other ball and shoot another power lay-up. Your rebounder will get that ball and put it back on the line. Repeat. Go 30 second and rest 30 seconds. Repeat three sets. (18-plus is good)

VIII. Hot Shots/Five minutes-- Tape the floor at these spots: 5 is 20 feet, 4 is 15 feet, 3 is 10 feet, 2 is lay-up. Shoot for one minute and keep up with the buckets you make and add up your score. Keep up with your best score. You must dribble as you go to each spot-can't run with the ball. Three sets--one minute each.

IX. Speed Lay-ups/Three minutes -- Begin under bucket, dribble out to "T" and come back in for a lay-up. Repeat to other side. Try to use only one dribble out and one dribble back...30 seconds on/off: three sets

X. 5 Sprints in 5 Minutes/Five minutes-- Work toward 30-32 seconds per sprints. Begin baseline, sprint to nearest free throw line and back to base line, then to court and back to baseline, then to the opposite free throw line and back, now to the opposite baseline and back. (Under 30 seconds is great) If it takes you more than that, rest until one minute is up. Remember, you want to complete five in five minutes.

XI. Around the Waist/Three minutes-- Take ball around waist in one direction for 30 seconds (50-plus is good) Change directions next time three sets of 30 seconds on/off

XII. Summary

- **A. 45-Minute Workout.**
 - **B. Be creative: develop confidence, coordination, strength, timing, and stamina**
 - **C. Work on dribbling, ball handling, or other specifics 10-15 minutes per day**
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4 Line Drills for Quick Feet

By Mike Mahon

Do you want to have an extra edge over your competition? Do you wish you were a step quicker? Would you like to start blowing by your [defender](#)?

Here are some of my favorite foot-quickness drills that you can do anywhere as long as you have a decent pair of shoes, a stop watch, some tape or a line, and a whole lot of heart.

If you practice these drills two or three times a week, with one day of rest in between, I guarantee you will develop quicker feet and become a more explosive basketball player. Keep this in mind for all of these drills: Select three of your favorites and perform two sets of 5-10 second intervals. Your focus must always be quick ground contacts--not conditioning.

Double Leg Forward And Backward Line Hops

1. Stand with both feet behind a line/piece of tape on a soft surface or gym floor.
2. Explosively and quickly jump backwards and forward over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
3. Repeat pattern for desired amount of time.
4. Use a 1:3 work to rest ratio.

Double Leg Side To Side Line Hops

1. Stand with both feet on the side of a line/piece of tape on a soft surface or gym floor.
2. Explosively and quickly jump side to side over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
3. Repeat pattern for desired [amount of time](#).
4. Use a 1:3 work to rest ratio.

X Hops Over The Line

1. Stand with one foot on the left side and one foot on the right side of a line/piece of tape on a soft surface or gym floor.
2. Explosively and quickly cross right foot over left foot in an X pattern over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals). Be sure to alternate feet each set.
3. Repeat pattern for desired amount of time.
4. Use a 1:3 work to rest ratio.

Muhammad Ali Line Shuffle

1. Stand with both feet behind a line/piece of tape on a soft surface or gym floor.
2. **Explosively** and quickly alternate the left and right foot over the front of the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).
3. Repeat pattern for desired amount of time.
4. Use a 1:3 work to rest ratio.

Remember, reading these drills will not make you quicker. But actually **performing them** regularly two or three times a week will provide you with great results and a noticeable increase in your foot quickness and explosion.

If you have trouble at first on some of the drills, don't worry. Just slow yourself down until you master the movement. Always remember form before speed. It takes over 17,000 times to build a new habit so be persistent.

Training Tips for Proper Ball Handling

Here are a number of important points that will lead to better and more efficient ball handling:

1. Spread the fingers wide and make your hand as big as possible. This gives you more coverage and control on the basketball. It also allows your finger pads to maintain contact with the ball and keeps the ball out of the palm of your hand.

2. Dribble the ball as hard as possible. The longer the ball is in the air, the more exposed it is to the defender. By dribbling the ball hard, it stays in your hand longer and gives you more control.

3. Protect the ball at all times. Keep your free arm in an "arm bar" position; with your elbow bent and your forearm flexed and in front of the ball. Many defenders will not attempt to steal the ball or try to disrupt your dribble if you are protecting the ball.

If the defender does attempt to disrupt your dribble while you are protecting it, the defender has no access to the basketball and will get out of position when trying to get a steal or deflection. Also, the defender might pick up a cheap foul trying to come through your arm bar.

4. Keep your eyes up. See the floor. This gives you opportunities to see double teams coming and time to make the quick pass to avoid traps. You will see open teammates and be able to get them the ball at the appropriate time. This also allows you to fake out defenders with your eyes, which can freeze help-side defenders and allow you a clearer path to the basket on dribble penetration.

5 Exercises to Improve Power

By Mike Mahon

If I could show you five exercises that will noticeably improve your total body power and performance on the basketball court, these would be it. These exercises are great because they can be done on your own, are quick, effective and produce great results. Power is important on the court, so let's make you a force to reckon with when the games start.

Basketball Plyo Push Ups - This exercise will help basketball players learn how to give and absorb force effectively and efficiently. Mastery of this exercise will translate into quicker, more explosive hands and a powerful upper body ready to dominate the hardwood.

How to Perform It:

1. Place yourself in a push-up position, straddling the basketball with both of your hands.
2. Lower yourself down halfway to the ground.
3. Violently explode off the floor and catch and stabilize yourself on your basketball and hold for a one count.
4. Toss yourself off and land softly on the floor.
5. Repeat for desired repetitions.

Medicine Ball Wall Throws - This drill is great for hand-eye coordination, and the nature of the motions will dramatically improve your ability to pass, catch and control the basketball. That will drastically transfer to more precise passing and catching abilities on the court along with your new greater sense of power.

How to Perform It:

1. Face a wall with a medicine ball in your hands around chest height.
2. Violently fire the medicine ball at a predetermined target at the wall.
3. Have your hands out in front of you ready to absorb the rebound of the ball off the wall.
4. Catch the ball.
5. Fire it back at the wall for desired repetitions or time.

Medicine Ball Rotational Side Wall Throws - This drill is another great power exercise that every [basketball](#) player should learn to perform. I love it because just like all the previous exercises, it improves your hand-eye coordination, which is vital to becoming a successful basketball player. It also dramatically improves your body core strength, and ability to explosively change direction. Talk about a bang-for-your-buck exercise.

How to Perform It:

1. Stand in an athletic stance with your feet shoulder-width apart facing the wall sideways.
2. Hold the **medicine ball** with both hands and arms only slightly bent on the side of your hip farthest away from the wall.
3. Swing ball over to your hip and violently toss the ball underhand and forward against the wall.
4. Have your hands up and ready to receive the rebound of the ball back to you.
5. Catch ball on the bounce from your wall and make sure that you repeat it again and again.
6. Make sure you work on the drills with both sides of your body.

Medicine Ball Slams - Medicine ball slams are a tremendous upper-body strength and power builder for basketball player. This exercise is great because it can be done in a relative small area of space, it improves your sports performance, and players really enjoy doing it.

How to Perform It:

1. Stand in an athletic stance with your feet shoulder-width apart and the medicine ball tucked behind your head.
2. Explosively and forcefully slam the medicine ball into the ground as hard as you can.
3. Squat down and pick up the medicine ball and repeat for desired repetitions.

Medicine Ball Squat Throws - Of all the great basketball explosion exercises, squat throws is by far my favorite exercise. I like this exercise because it teaches you how to transfer the energy from the ground and explosively release it through your hands. Many players have trouble mastering this concept, but after regularly performing this exercise, they become much more explosive from head to toe.

How to Perform It:

1. Stand in an athletic stance with your feet shoulder-width apart while you are holding a medicine ball and chest level.
 2. Quickly **squat** down to parallel
 3. Explosively jump straight up and explode the medicine ball above your head as high as you can.
 4. Let the medicine ball drop to the ground, pick it up and repeat steps 1-3 for desired reps.
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5 Crossover Dribbling Techniques

By Jeff Haefner

This basketball drill provides repetitions of key dribbling techniques. The idea is to establish automatic and correct fundamentals.

Start at a sideline/baseline corner. On the sound of a whistle, dribble at a 45-degree angle toward the middle of the court. On the next whistle, do a crossover and dribble at 45 degrees back toward the sideline.

Obviously, it is critically important to dribble without looking at the ball. This back-and-forth pattern on the whistle continues all the way to the opposite baseline. You could start players at each baseline corner to get two kids involved per rep.

Depending on your level, you may want to repeat this drill using the following techniques:

Crossover: Change directions by pushing off with the "outside" foot and dribbling the ball low and hard with the corresponding hand over to the opposite dribbling hand.

Spin Move: Change directions by reverse-pivoting off of the "inside" foot to perform a reverse pivot. The quickest way to do this is to start the pivot when the "inside" foot is forward. That way, the "outside" leg is already part of the way to the new direction. If you start the pivot when the inside foot is back, then your outside leg has to cover far more distance in the spin and it will be easier for a defender to get a back tip. As you reverse pivot, pull the ball with your dribbling hand over into position to be dribbled by your other hand. The more you can get the ball pulled over toward that hand and protected by your body, the less chance there will be for a back tip.

The spin move has the disadvantage of being more vulnerable to blind double teams than other change-of-direction techniques, but it can be an effective weapon when used with adequate court vision.

Behind-the-Back: Change directions by dribbling the ball the ball behind your back. Footwork is critical here. The behind-the-back dribble begins as the outside leg is back and just beginning to move forward, and the ball needs to be dribbled all the way over to the opposite hand. The key to an effective behind-the-back dribble is to continue moving forward rather than just dribbling sideways. For this to happen, the arms and legs need to be coordinated so that the ball can get where it needs to go. This is an advanced skill, but most effective point guards have it.

Between-the-Legs: Change directions by dribbling the ball between your legs to your other hand. There are two ways to do this:

- You dribble the ball backwards between your legs while your inside leg is forward. This move will create some space for you to change directions, but it will slow you down a step or two, too. This is by far the most common form of dribbling between your legs.
- You dribble the ball forward between your legs while your outside leg is forward. You will push off that same leg in the new direction. The ball is momentarily exposed in this technique, so it is best used when you have a good cushion from the defender. With this technique, you don't lose forward momentum. Though it has limited applications, this move does allow for an element of surprise.

Between-the-Legs Followed by Behind-the-Back: This is a combo technique that ends up with you going in the same direction after a momentary decoy move. First, you perform the 'inside leg forward' version of the between-the-legs dribble; as soon as the ball reaches your other hand, you immediately use that hand to dribble behind your back over to your initial dribbling hand. It's a good change-of-pace technique.

Once your players master these techniques, they will have great tools for putting the ball on the floor against pressure. The two main goals should be to perform the skills well in both directions and to perform them without looking at the ball.

The Definitive 6 Week Guard Workout

By Alan Stein, CCS, CSCS

Here is a six-week training program for a point guard or 2-guard that emphasizes first-step speed and overall strength and explosiveness. Below is the weekly schedule, followed by the specific exercises that correspond with the schedule:

Monday: Upper Body Lift No. 1 and Conditioning

Tuesday: Agilities and Lower Body Lift No. 1

Wednesday: Off

Thursday: Upper Body Lift No. 2 and Conditioning

Friday: Agilities and Lower Body Lift No. 2

Strength Training

Sets: 1-2 sets per exercise

Reps: Reach muscular fatigue between 8-12 reps

Rest: Rest one minute between exercises

Upper Body Workout No. 1

- Chest fly
- Bench press
- Pullover
- Pull-ups
- Lateral raise
- Shoulder press
- Rear delt raise
- Seated row
- Tricep extension
- Bicep curl

Upper Body Workout No. 2

- Pull down
- Shoulder press
- High row
- Incline press
- Seated row
- Chest press
- Low row
- Decline press
- Upright row
- Dip

Lower Body Workout No. 1

- Squat
- Leg curl
- Walking lunge
- Hip adduction (groin)
- Lower back extension
- Calf raise
- Abs

Lower Body Workout No. 2

- Leg press
- Straight Leg dead lift
- Step-ups
- Hip abduction
- Wall sit
- Calf raise
- Abs

Agility

Here are some drills that will help improve agility, quickness and reaction time.

Drills: Pick 3 drills each workout

Time: Perform each drill for 20 seconds

Reps: Perform 5 reps for each drill

Rest: Rest 60 seconds between drills

Ball Drop

Benefits: Footwork, hand quickness, eye-hand coordination

Reps: 30 seconds

Sets: 4-6

Rest: 60-90 seconds

Instructions:

- Stand arms length away from partner in defensive stance
- Partner holds tennis ball in each hand
- Sprint to ball after partner's throw
- Catch ball before second bounce
- Toss back to partner and sprint back to starting position
- React and sprint to next throw from partner
- Partner should vary distance, direction and speed of throws

Coaching Point: Your partner should vary the hand he uses on throws and constantly change-up the pattern. For example, throw left hand, left hand, left hand and then right

hand because it's much more unpredictable than throwing left hand, right hand, left hand. This forces you to react faster and improve your first-step.

Block to Block

Benefits: Lateral quickness and agility

Reps: 12-15 seconds

Sets: 4-6

Rest: 60-90 seconds

Instructions:

- Stand in lane in athletic position between the blocks
- Partners kneels at top of key behind three point line with two basketballs
- Partner rolls one ball to either block
- Defensive slide to block, tap ball back to partner, slide back to starting position
- React to next roll and repeat

Coaching Point: Don't ever cross your feet and make sure to stay low with your chest up and your hands up and active. You have to stay low to the ground so you can reach the ball and tap it back to your partner. Your hands should be in front and active like they are in a game so you can catch a pass or grab a rebound. If your hands are in by your sides you can't do these things in a game and you can't perform this drill. And most importantly, work hard. Your intensity of effort during this drill is crucial.

Star Drill

Benefits: Reaction and short burst quickness

Reps: 15 seconds

Sets: 4-6

Rest: 60-90 seconds

Instructions:

- Place five cones around three point line
- Perform athletic movement such as backboard taps, or defensive slides from block to block
- When partner calls number of cone, sprint to cone and sprint back to starting spot
- Continue performing original movement
- React to partner's next call and sprint to and from cone
- Repeat

Coaching Point: Adjust the drill by sprinting to the cone as if you are closing out on a shooter. Chop your feet as you get close to the cone, get low and keep a hand up to put a hand in the imaginary shooter's face. Then sprint back to the start. You can also change the movement pattern used such as sprinting to the cone and then backpedaling back to the start. Each different movement helps work another part of your game.

Highest Point

Benefits: Focus and explosiveness

Reps: 1 jump

Sets: 10-12

Rest: 5-10 seconds

Instructions:

- Player stands in a solid box out position as if about to rebound
- Partner tosses two (to four) different colored balls into the air (you can use painted whiffle balls, racquet balls, or tennis balls for this drill.)
- Partner calls out a color
- Player vertically jumps to catch the corresponding colored ball at its highest point

Coaching point: Player should stay in a low athletic stance and keep their hands up and active. They should try and keep the caught ball above their shoulders once caught and return to their original stance as quickly as possible.

2 Ball Pick Up

Benefits: First step and lateral quickness

Reps: 1 sprint (plus additional ball pick-ups)

Sets: 10-12

Rest: 30-60 seconds

Instructions:

- Player faces forward and assumes a push-up position (with partner behind)
- Partner rolls tennis balls (in the direction the player is facing) one at a time (with about a one second delay in between rolls) at varying angles and speeds
- Player sprints to the first ball, picks it up and turns around (to face partner), assumes a defensive stance and then slides laterally to pick up the second oncoming ball

Coaching point: Player should spring to his/her feet as quickly as possible and sprint directly towards the first ball rolled. They should pick it up with the closest hand and turn to survey the next ball.

Color Match Up

Benefits: Concentration and agility

Reps: 1 series of match ups

Sets: 6-8

Rest: 15-30 seconds

Instructions:

- Four different colored cones (red, blue, green, and yellow) are arranged in a square about 5-10 yards apart

- A non-matching colored ball is placed on each cone (red ball with yellow cone, green ball with blue cone, etc.). You can use painted whiffle balls, racquet balls, or tennis balls for this drill.
- The player is placed in the middle of the square with eyes closed
- Partner says "Go" and tosses the player a 5th ball (any color)
- Player opens his/her eyes, catches the colored ball, and sprints to the same color cone
- Player then takes the colored ball from that cone and sprints to the same color cone, etc.
- Continue until all of the colored balls match the colored cones

Coaching point: Players should stay low and in an athletic stance and use short choppy steps to close out to the cone. To make competitive see who can match up the correct balls and cones the quickest.

Conditioning

The primary goal of your conditioning program should be to get in peak **basketball** shape. There is a huge difference between being fit and being in basketball shape. Being able to run three miles is great for cross-country but not necessarily for basketball. Basketball is a game of starting and stopping and jumping with varying bouts of very high intensity activity. Your conditioning workouts should mimic this. You should aim for each workout to incorporate drills that include sprinting, cutting, back pedaling, defensive sliding, and jumping. The more game-like the drill, the better. You must go all out every rep of every drill in every workout to truly reach your conditioning potential.

There are two reasons why you should participate in a comprehensive conditioning program; the first is for injury prevention. It is important acclimate your body's muscles and joint structures through the specific motions used in basketball. If your conditioning program only incorporates straight-ahead sprinting (a typical track workout), you will not sufficiently prepare the hip, groin, and ankle areas, all of which are high-risk areas for basketball players. The second reason you need to condition is for performance enhancement. A proper conditioning program establishes a solid fitness foundation and will reduce your mental and physical fatigue toward the end of a game.

A good portion of every game is played in a defensive stance and thus a well-designed conditioning workout should reflect this. You must be trained to stay in, and move from, a solid defensive position for several minutes at a time. Sprints are only a part of the overall program. To get into great basketball shape, your conditioning program must be:

1. **Energy system specific.** Your conditioning drills need to be short to medium in duration (15 seconds to two minutes) and very intense with limited rest.
2. **Movement specific.** Utilize **basketball** movement patterns: sprinting, back pedaling, defensive sliding, and jumping (limit jumping and emphasize defensive position).

Stress changing direction (agility) and the importance of being able to plant off of either foot. Emphasize being in a low and athletic stance at all times with hands up.

3. **Progressive.** You need to increase intensity, increase volume, and/or decrease rest. Your workouts should get progressively harder.

Drills: Pick 4 drills each workout

Time: Perform each drill for 45 seconds

Reps: Perform 4 reps for each drill

Rest: Rest 60 seconds between drills

Zig Zag - Start in one corner of the court. Sprint to the closest elbow, reverse pivot, and defensive slide to where mid-court and the sideline intersect. Then drop step and sprint to the next elbow, reverse pivot, and defensive slide to the corner baseline. Lastly back pedal (hands held above your head) back to the starting point. Repeat for the desired time or reps.

Full Court Z - Start in one corner of the court. Defensive slide (facing away from the court) up the sideline to mid-court, drop step, and sprint diagonally to the opposite corner (on the same baseline) from where you started. Then back pedal (hands held above your head) to the corner of the far baseline. Then jog the baseline and begin the drill again from this corner.

Hourglass - Start in one corner of the court. Sprint diagonally across the court to the opposite corner, drop step, and defensive slide (facing the court) to the other corner. Sprint diagonally across the court to the opposite corner, drop step, and defensive slide (facing the court) back to where you started.

Up the Alley - Start at one elbow. Sprint straight ahead to the far baseline, defensive slide to the close sideline, back pedal (hands held overhead) the length of the court, and then defensive slide to the lane and repeat for desired reps or time.

3 Keys to Athletic Success

By Alan Stein, CCS, CSCS

If you want to be successful at anything in life, especially basketball, you need to work hard every single day. Are you rolling your eyes? Sound cliché? Sound redundant? Probably, but nevertheless it is true. One of the best coaches and motivational speakers I have ever heard speak was **Jim Valvano**. I have an old grainy video clip of him speaking in which he said something that changed my life forever:

"Every morning when you wake up, you have only two choices. The choice to work hard or the choice to not work hard. That's it, no other choices. Either you work hard or your don't; it's pretty simple. If you choose not to work hard, you will fail. If you choose to work hard, you still might fail! How is that for a deal? Success is never guaranteed, but it is impossible without hard work."

While I firmly believe hard work is the backbone of success in any endeavor, I believe there are several other factors that contribute to whether or not you are successful. I am going to focus on three of them:

Find Positive Influences - It is very rare for anyone to be successful without any help. So a key to being successful is finding someone who pushes you. Someone who pushes you to be the best you can be. Find someone who holds you accountable - someone who motivates you - someone who tells you what you need to hear; not what you want to you hear - someone who gives you energy - someone who encourages you - someone who coaches you.

Everyone needs someone like this in their life. If you are really lucky, you will find several people like this and surround yourself with them as often as possible. And don't wait for this to happen by chance, go find this person! You have a much better chance of being successful if you do.

This person can be a sibling, a parent, a friend, a teammate, a [coach](#), a trainer, or a mentor. Who they are is not as important as what they are. Are they someone who makes you better? Are they helping you become more successful?

Tiger Woods is one of the most dominant athletes on the planet. He has natural ability, a tremendous [golf](#) IQ and a relentless work ethic. He has already attained astronomical success. So why does Tiger Woods need a coach?

He doesn't. Tiger Woods doesn't need a coach. He wants a coach.

He wants someone to make him better. As good as Tiger is, arguably the greatest golfer of all time, he wants to find areas where he can improve. He studies film on his swing hoping to find a flaw. Why would the best golfer of all time want to find a flaw in his swing? Because it will mean he can still get better. Tiger humbly recognizes this and uses a coach. But it is not just the fact he uses a coach that is important. It is the fact he has found someone in his life to push him; every day, every practice, every match. Tiger's success is not an accident.

Do you have a person like this in your life?

Be Willing to Learn - Another important ingredient to being successful is gaining access to developmental resources. Whether you are a [basketball](#) player or coach, you have to make sure you are constantly progressing and developing. Either you are getting better or you are getting worse; there isn't anything in between.

As a veteran basketball strength & conditioning coach, I spend a good deal of time on my own professional development and am constantly seeking both people and resources to broaden my scope and assist in my success. I read the latest training books and manuals, watch the latest training DVDs, attend numerous coaching clinics, and network with dozens of collegiate and NBA strength coaches. I know part of my success is making sure I am on the cutting edge with my training techniques, concepts, and equipment. This commitment to my professional development takes time and effort, but it is well worth it.

What resources do you use to get better?

Strengthening Your 'Want To' - A third ingredient of being successful is strengthening your "want to." Everyone has a want-to list. If you are a basketball player your want to's probably include "I want to jump higher" or "I want to gain 10 pounds." Most times people's want to's are just lip service. They just say they want something but they don't work as hard as they can to get it.

Think your want to is strong? Let's say your goal is to gain 10 pounds over the summer. If I weighed you on June 1 and told you on September 1 I would weigh you again and if you were 10 pounds heavier I would give you \$1 million in tax-free cash, would you accept my offer? Of course you would! Think you would attain your goal? I guarantee you would. Heck you would probably exceed it and gain 15-20 pounds. because your want to would be unstoppable!

One way to gauge the strength of your "want to" is by seeing how many times you give in to the little voice in your head. The voice that says, "I am too tired to work out today."

I don't want to get up early. My legs are too sore to get up extra shots. I can't do that drill, it is way too hard." If you let that little voice win, your want to is not strong enough If you let that voice win, you won't be successful.

How strong is your "want to?" Do you really want something or just say you do?

Quickness and Agility Drills

Rope Jumping Drills:

Basketball Agility Drill #1) *Speed Rope Jumping* - Jump as quickly as possible for one minute. Rest 30 seconds and start again. Do 3 sets while keeping track of how many jumps you make in each set.

Basketball Agility Drill #2) *Square Rope Jumping* - As you jump rope, jump in the shape of a square. Do 2 one minute sets with a 30 second rest in between.

Basketball Agility Drill #3) *Line Rope Jumping* - Jump over a line both forward and backward as you jump rope for one minute. Keep count of how many jumps you make. Next, place your feet parallel to the line and jump over it going from side-to-side for a minute. Keep count once again.

Basketball Agility Drill #4) *Alternate Feet* - Jump as quickly as you can for one minute by jumping twice on your right foot and then twice on your left foot. Do 2 sets with a 30 second break in between.

Basketball Agility Drill #5) *3 Jumps, then Double Jump* - Jump 3 times, then do a double jump. Do 2 sets of one minute with a 30 second rest in between.

Foot Quickness Workout: (Do each of the following drills for 30 seconds with a 15 second break in between each one. Go through the whole workout twice)

Basketball Agility Drill #6) *Slalom* - Tape a letter "V" on the floor with a width of three to four feet at the top of the "V". Keep your hands up in a ready position as you do this drill. Starting at the base, jump from side-to-side with your feet close together and always land outside the tape. Jump forward to the top of the "V" and then jump backward to the base of the "V".

Basketball Agility Drill #7) *"U" Jump* - Tape the shape of a cross on the floor. Start in the upper right-hand corner. Jump down, across and up without touching a line. From the upper left-hand corner, jump down, across and up. As you jump in this "U" letter shape, keep your hands up in the ready position.

Basketball Agility Drill #8) *Heel Clicks* - Tape two parallel lines on the floor one to two feet apart. Begin with your right foot outside the right line and your left foot outside the left line. Jump in the air, click your heels together (**there's no place like home, there's no place like home!**) and land outside the tape. Keep your hands up and concentrate on quickness rather than height as you jump.

Basketball Agility Drill #9) *Toe Touch* - Keep the same two lines from #8 and start in the same position. Jump in the air and land inside the lines with your feet next to each other. Quickly jump again so your feet land outside the lines. Keep your hands up and always land inside and outside the lines.

Basketball Agility Drill #10) *Long Jump* - Tape a six-foot strip on the floor. Start at the base of the tape and long-jump as far as you can. Use your arms to provide additional power. After landing, shuffle backward to the base of the tape and repeat.

Agility Drill 11) *Lateral Jumps* - Tape a strip to the floor. Jump over the line going from side-to-side using your right foot. Repeat using your left foot. Do not touch the line and always keep your hands up. -Basketball – Plays – and - Tips

Shooting Workout

by Basketball-Connect.com

TOTAL DAILY SHOOTING AND WORKOUT

250 – 3-pointers (shoot in increments of 20 or 30 throughout your time at a gym)
250 – Pull-up jumpers (15-17 feet)
50 Free Throws (emphasis on shooting consecutive shots in a row)
Length of the court lay-ups (emphasis on ball handling with a variety of dribbles)
Play games (half, full court, 3 x 3)
Track running (sprints, etc – 3x a week)

STANDSTILL SHOOTING

Stand 10 to 15 ft from the hoop and take 5 shots at a time from five different spots on the perimeter.

Change five spots each time you do the drill

DO NOT move to another spot until you have made 3-5

TWENTY-FIVE (25) JUMP SHOT DRILL

Good for everyday shooting to develop consistency

Shoot - 5 Jump Shots

Shoot – One Power Dribble, Jump Shot (with lift on extension)

Shoot – Head Fake, One Dribble, Jump Shot

Shoot – Combination of all dribble moves then shoot

Note: You will need a partner to receive the ball in order to face the basket and receive in motion/quickly

SHOT FAKE, ONE DRIBBLE, PULL UP

Fake go right

Fake go left

Use the chair or object as defense

Concentrate on going by the defense to the basket close and not wide to skim past the defender

BEAT THE PRO (Classic Shooting) – Score 12 points before the Pro

Start game with a foul shot

If you make it you get one point, if you miss the pro scores 3pts

You then take jump shots from various spots on the floor and each basket you make, you get 1pt

Each time you miss, the pro scores 2 points

Whoever gets to 12 points first WINS.

Perimeter Player Workout

- Workouts must be at game speed.**
- Sell each ball fake, head fake, and foot fake.**
- Always be in triple threat position.**
- Attack the basket in straight lines.**
- Keep the pivot foot planted until ball leaves your hand.**
- Put in all misses**
- Play the game against the best players and teams in your mind. See yourself executing and dominating.**

20 shots Form shooting right underneath the basket, right hand

10 shots Form shooting 2 feet from the basket. Right block

10 shots Form shooting 2 feet from the basket. Left Block

10 shots Form shooting 5 feet from the basket. Middle of Key

10 shots Form shooting 10 feet from basket. Free Throw line

Ball handling Drills, Speed Dribbling Drills

Do it moving from baseline to the Left wing and Then the Right wing

10 shots Toss, Catch, Square-up and Shoot 2 Free Throws

10 Shots Toss, Catch, Square up, Ball Fake, Attack basket lay-ups. 2 free throws

10 shots Toss, Catch, Square-up, Ball Fake, Move Right One dribble bank shots. 2 Free Throws

10 shots Toss , Catch, Square-up, Ball Fake, Move Left One dribble bank shots 2 free throws

10 shots Toss, Catch, Square-up, Ball Fake, Step Backs. 2 free throws

Use a chair or cone to represent defense

10 shots Dribble from half court to wing, attack Crossover: Shot Free Throw Line. 2 free throws

10 shots Dribble attack Between legs: Shot Free Throw Line. 2 free throws

10 shots Dribble attack Behind back: Shot Free Throw Line. 2 free throws

10 shots Dribble attack spin: Shot Free Throw Line. 2 free throws

10 shots Dribble attack hesitation: Shot Free Throw Line. 2 free throws

10 shots Dribble attack Pull-ups: Top of Key. 2 free throws

10 shots Dribble attack Pull-ups: Right Wing 3 point Line 2 free throws

10 shots Dribble attack Pull-ups: Left Wing 3 point Line 2 free throws

30 shots Mikan Drill

Do the following from the Left side and then the Right Side

20 shots Rebound, Put backs (**Toss ball off the back board, Rip down rebound and put back up. Work on keeping ball high .**) Work on right and left hand side (10 each side)

20 shots Rebound, Ball Fake, Head Fake, Put backs

(Toss ball off the back board, Rip down the Rebound with two hands, Keep the ball High, give head fake/ball fake and put back up)

3D Basketball
Dedication - Discipline - Determination

Perimeter Skill Development Workouts

Northern State Basketball

PERIMETER WARM-UP (Approximately one minute on each of these, SIT INTO YOUR GAME)

Two ball dribbling sequence + Shelton drills, Sendek drill, Hardaway between legs crossover

Dribbling and juggling

Back dribble technique, pullback crossover progression, and pullback crossover on circle

Imaginary Defense (Talk your defense, yell it out)

Moving without the ball (Work independently, work in pairs, work in groups of 3, 4, 5)

Break Package Sprints (To rim for crunch)

Shooting Progression

REMEMBER

***Keep it straight, aim for the BACK HALF OF THE BASKET.**

***Get it up. Top of the shot; top of the board (WE WANT A CONSISTENT ARC ON EACH SHOT)**

***Hold a one second high follow through**

***Land six inches closer for body balance**

- 1. Spin yourself a pass moving out from behind the arc to practice ball in air, feet in air.**
- 2. Catch facing in triple threat. CALL OUT RIM, POST, ACTION.**
- 3. You may dribble, dribble bust out to the arc, quick stop, rear turn and execute the move.**
- 4. Respect the three-point arc.**
- 5. Put 60% of your weight on your permanent pivot foot.**
- 6. Visualize going against your opponent's momentum. DRIVE THE FRONT HAND.**
- 7. All drives are preceded by a one inch shot fake.**
- 8. Explode with the circle tight movement of the ball. MEDIUM CENTER OF GRAVITY TO A LOW CENTER OF GRAVITY**

9. Direct drive; put him in jail on the second step.
Cross over drive; put him in jail on the first step.

GUIDELINES

If you have trouble with a move, break it down and spend extra time on just that move.

BE A SKILL COACH/PLAYER NOT A DRILL COACH/PLAYER.

The technique and the quick and proper execution at game speeds is what we care about.

Periodically check players heart rates with a ten second count and multiply by 6.

220-Age=Maximum Heart Rate Get to 90% of maximum heart rate. E.g.
180+

1. All lay-ups must be clean to be a make, worth 2 points
2. Mix up power and one foot lay-ups
3. Swished jump shots you add a point (2=3, 3=4)
4. Call out your score on every shot attempt, made or missed.
5. Put back all misses. Long rebounds are usually jump shots. These put backs do not count.
6. Use free throw swish rules in counting your free throws
Swish=+1 Make Hitting Rim=0 Miss=-1

MOVES FROM EACH WING (Middle drive is our drive of preference)

Three

Middle drive to rim (Cross rim)

Baseline to rim (Ten toes to baseline power shot)

Middle drive, quick stop and quick shot

Middle drive, quick stop, step across and power shot

Middle drive pull-up

Baseline drive pull-up

Middle drive hop back separation

Baseline drive hop back separation

Middle drive hesitation or rocker off hop back move to rim

Baseline drive hesitation or rocker off hop back move to rim

Jab step to a three

Free throw (4) Swish=+1 Make With Rim=0 Miss=-1

Swish Everything=64 Points

MOVES FROM THE TOP

Three

Direct drive to rim

Crossover drive to rim

Direct drive to a quick stop and quick shot

Crossover drive to a quick stop and quick shot

Direct drive to a quick stop, step across, power

Crossover drive to a quick stop, step across, power

Direct drive pull-up

Crossover drive pull-up

Direct drive hop back separation

Crossover drive hop back separation

Direct drive hesitate or rocker off hop back to rim or quick shot

Crossover drive hesitate or rocker off hop back to rim or quick shot

Jab step to a three

Free throws (4) Swish=+1 Make With Rim=0 Miss=-1

Swish everything=52 Points

FREE THROW SWISH +2/-2

If you lose (-2), do push-ups or a down and back sprint

If you win (-2), shoot a string of made free throws. If you miss, a swish lets you continue on.

PARTNER PASSING AND SHOOTING with one, two, and three passes is excellent. Six makes on one pass, six makes by each player on two passes, and six makes on three passes.

50 POINTS FOR TIME

Shoot from inside the arc and count a two as three if it is swished **PLAY**
FREE THROW

Shoot from the arc and count a three as four if swished **SWISH**
BETWEEN

Two games of twos and two games of threes gives a chance to improve scores
GAMES

THREE OR MORE PLAYERS WORKING OUT TOGETHER

THREE PERSON ONE ON ONE

The extra guy plays help side defense. Play from various spots on the floor.

Be explosive, read your defender's front hand, beat him and then play the helper

FULL COURT ONE ON TWO DEFENDERS (Full-court pick-up and one man at half line)

HALF COURT ONE VERSUS TWO TRAPPERS (If four or more, use a high post release man)

TWO BALLS AND THREE CLOSERS OUT

MAKE 25 THREES WITHOUT MISSING TWO IN A ROW

If you miss two in a row, you can keep the streak by swishing the next shot.

Record when you went out in each sequence. E.G. 7, 16, 4, 25.....Keep going if you hit 25!!!!

This is very tough and will greatly improve your three point shooting ability.

ENDING WORK-OUT

1. X-Lay-ups and reverse X-Lay-ups versus time.....20 seconds
2. You can choose to end with two five pound weight plates and do one minute segments of
 - a. Imaginary defense
 - b. Moving without the ball

c. Break package sprints

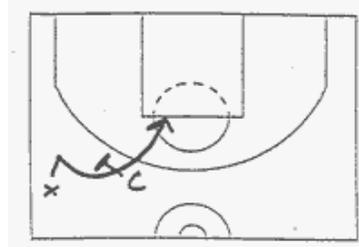
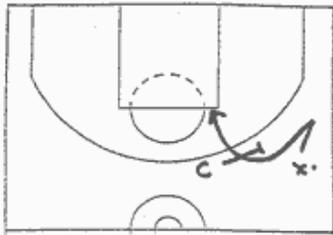
YOU CAN'T DO ALL THE DRILLS EACH DAY BUT YOU CAN DO ALL THE SKILLS

- BE A PRACTICE PLAYER FIRST. PROPERLY AND QUICKLY EXECUTE THE FUNDAMENTALS OF THE GAME FOR THE WELFARE OF THE TEAM
 - PRACTICE AND PLAY WITH THE INTENSITY, AND POISE OF A CHAMPIONSHIP TEAM
-

Perimeter Player Workout

Perimeter Player Work-out #7

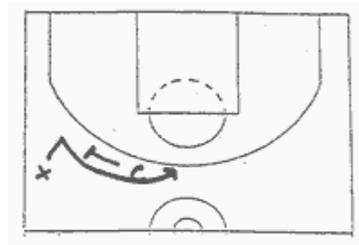
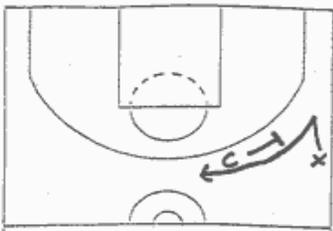
- **Pick & Roll Shooting (15 footers)**



1. Coach sets screen at elbow.
2. Player dribbles to level of screen & goes off body to body for a pull up jumper.

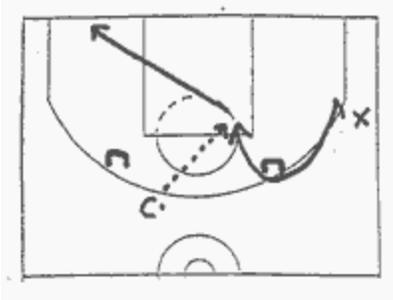
- Same on each sides

- **Pick & Roll Shooting (3's)**

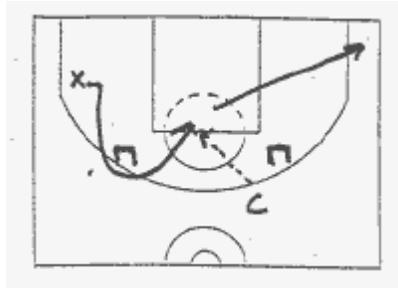


1. Same as above, only shooting 3 pointers.

- **Screen Shooting**

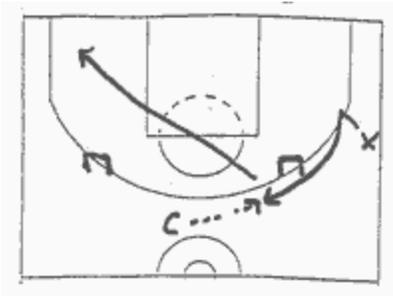


1. Set 2 chairs up at the elbows extended.
2. After the player shoots he will go to the opposite short corner.

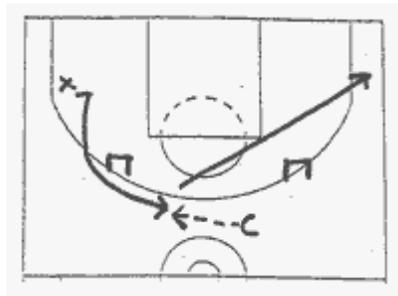


1. Curl off the chair on this side now
 - Go side to side until you achieve your goal.
- Ex. 8 out of 10 or 6 in a row.

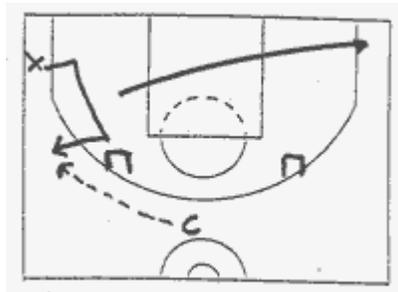
• **Screen Shooting**



1. Same drill as above, but now the player will shoot 3's



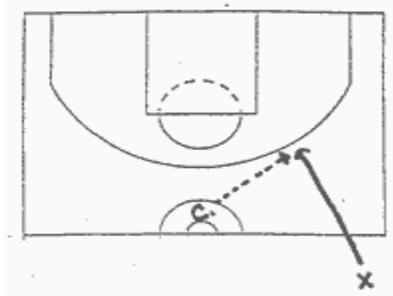
1. Same drill as above, but this time the player will bump back as if his defender went under the screen.



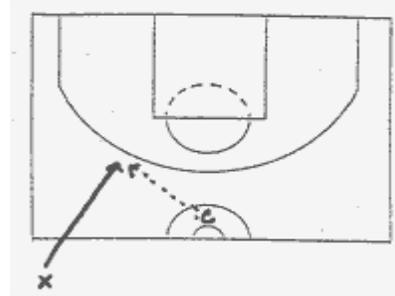
- Same on this side

Perimeter Player Work-out #6

• **Transition Shooting**

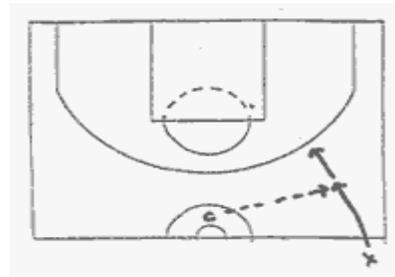


1. Player will sprint in from 3/4 court & receive pass from coach on the run
2. Player will shoot with no dribble

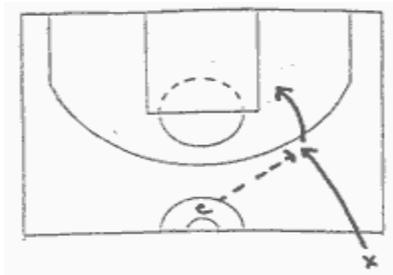


- Same thing on both sides

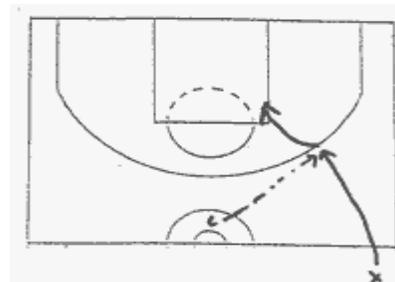
1. Same drill, but now the player can take a dribble



• **Transition Shooting with Ball Fake**



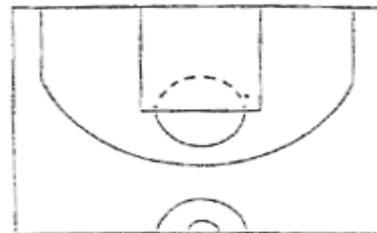
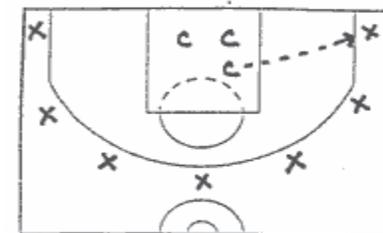
1. Same drill as above, now the player will ball fake, take one dribble right and pull up for a jumper



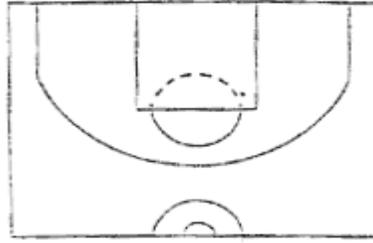
- Same thing, only this time the player will ball fake & go left.

Perimeter Player Work-out #5

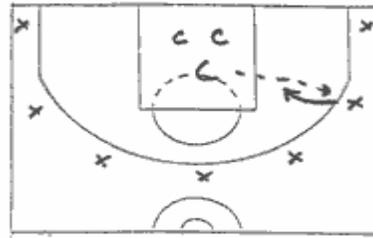
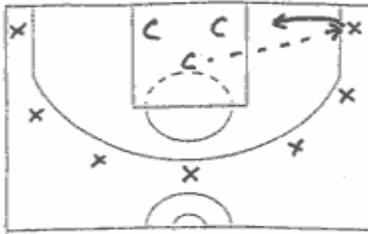
• **Spot Shooting**



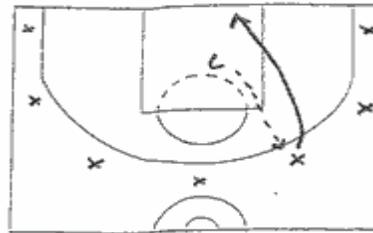
1. Player is in one spot at a time. He can shoot for a minute at a time, or until he makes 10, whatever you want to do.
2. Make sure to keep track of everything to set goals & records to measure improvement.



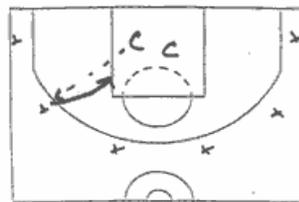
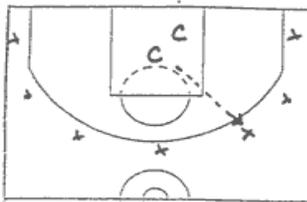
• **1/2 Court dribble moves & pull ups**



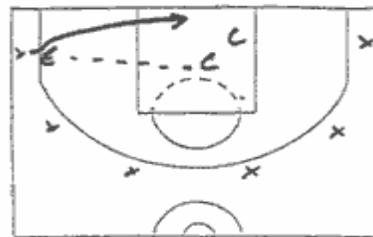
1. In this drill, the player will receive the pass, and then ball fake & go right for a pull up jumper. In the same spot he will ball fake & go left for a pull up. Then he will do 2 more ball fakes, right & left, but now getting to the rim.
- Once again keep track of everything!

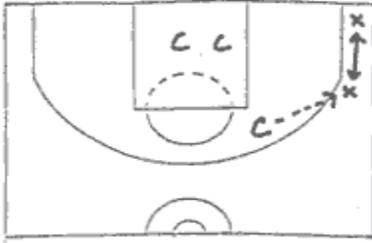


• **"21" Shooting Game**

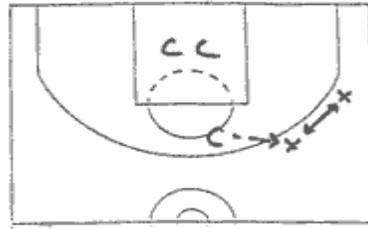


1. Player has to move all around the perimeter. He can't shoot from the same spot twice or shot the same shot twice in a row. 3's are worth 3, ball fake pull-ups are worth 2, and a lay-up is worth one. Go all the way up to 21.

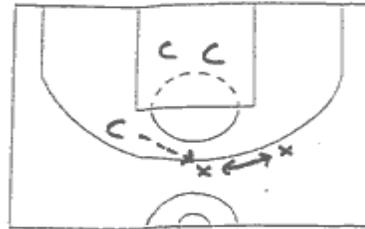




1. Player will move from spot to spot for 1 minute.



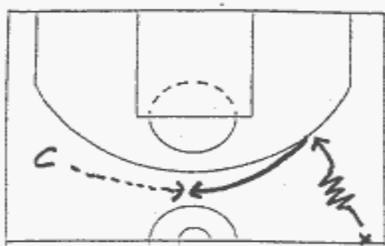
- Next spot



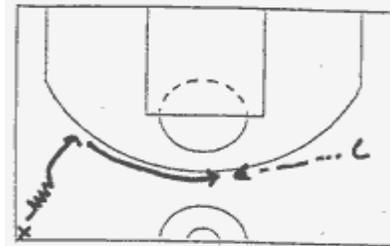
- Next spot

Perimeter Player Work-out #4

• 1/2 Court dribble moves & shooting on the move

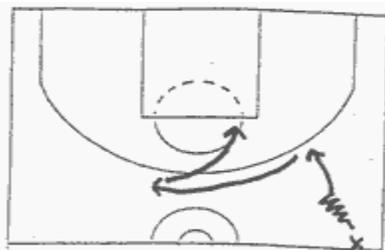


1. Player makes a dribble move, then shoots a 3.
2. Miss or Make, the player sprints to the top of the key & receives a pass for another 3.

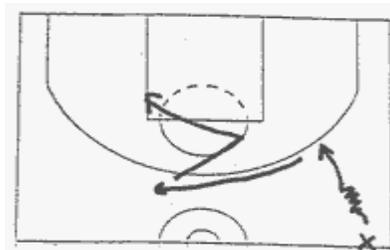


- SAME THING ON BOTH SIDES
- Make challenges for yourself, such as you have to make 7 out of 10 or it does not count!

• 1/2 Court dribble moves & pull ups



1. Same drill as above, but now after



- Same drill but now you will change

the three, the player sprints to the top of the key & receives pass and rips it thru for a pull up jumper.

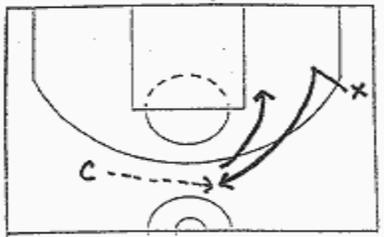
direction with a dribble move

- crossover
- between legs
- behind-back

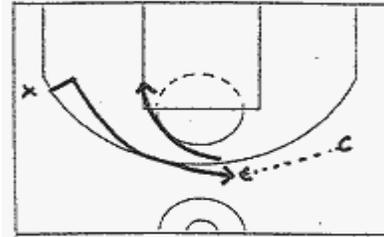
- **Make Up Your Own**- This is important, be creative and have fun with it.

Perimeter Player Work-out #3

- **Rip-through Pull-ups**

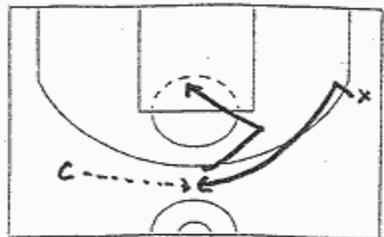


1. Player V-cuts to top of key & catches pass.
2. As he catches it, he Rips the ball through and goes hard in opposite direction for a pull-up

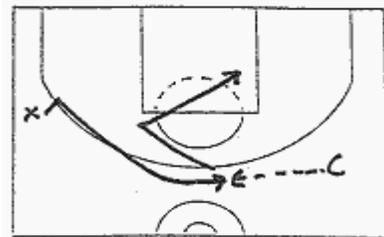


SAME THING ON BOTH SIDES

- **Rip-through with a change of direction**



1. Player V-cuts to top of key & catches pass.
2. As he catches it, he rips it through and goes hard in opponent's direction.
3. Now the player must change direction, using one of the dribble moves discussed earlier & pull up for a jumper.

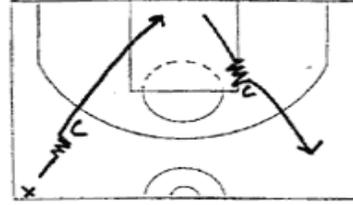
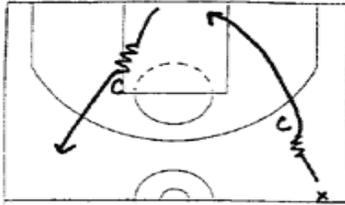


SAME THING ON BOTH SIDES

- **Make Up Your Own** - Be creative and have fun with it.

Perimeter Player Work-out #2

• **Half Court Dribble Moves**



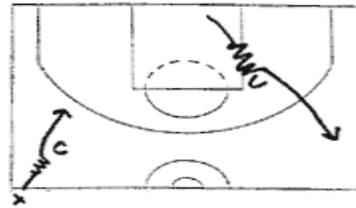
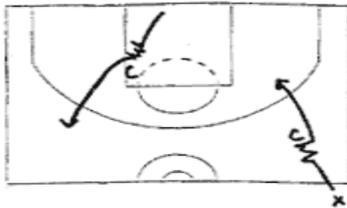
1. Start hard at first coach, then make a dribble move & go body-to-body past coach to the rim.
2. Do same move on your way out to the other side.

SAME THING ON BOTH SIDES

Experiment with different moves.

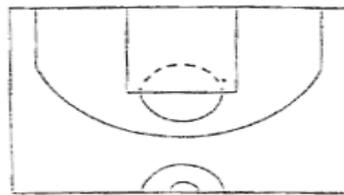
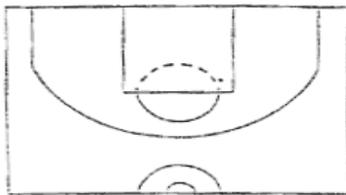
- Hesitation
- Cross-over
- Inside-out
- Inside-out
- Crossover
- Make up your own

• **Half Court Dribble Moves with Pull Up Jumpers**



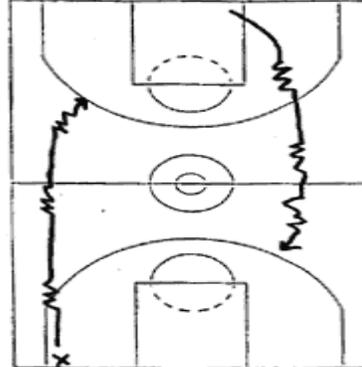
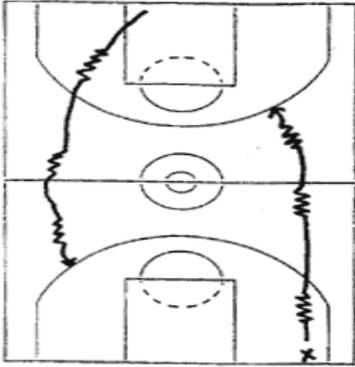
1. The same drill as above, only this time you are pulling up for jumpers. You can shoot 15 footers or 3's.

• **Make Up Your Own**



Perimeter Player Work-out #1

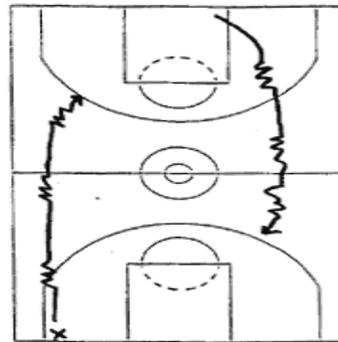
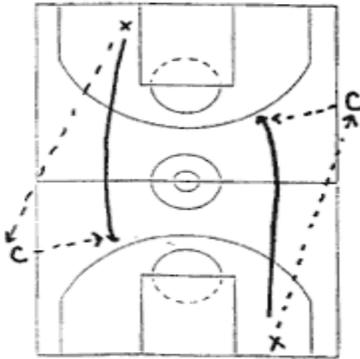
• **Full Court Dribble Moves**



3 dribble moves up each side. Then shoot a 3. Do all the same dribble moves for both trips up the floor. Must make 3 out of 4 to advance to next dribble move.

Now use the other hand.

• **Full Court Transition Shooting**



1. Advance pass to coach.
2. Sprint the length of the court & receive pass from coach & shoot a 3.
3. Get your rebound & advance pass to next coach.
4. Follow the pass & shoot another 3.

Dribble Moves and Lay-ups

X-out Lay-ups

Begin at the right elbow facing the basket.
 Speed dribble with right hand and shoot right handed lay-up.
 Grab the ball out of the net and speed dribble to the left elbow.
 Speed dribble with left hand and shoot left hand lay-up.
 Grab the ball and speed dribble to right elbow & repeat.
 Make ten in a row and shoot two foul shots.

Half-Court Dribble Series

Begin at mid-court on the right sideline.

Speed dribble to the three point line and make a dribble move and finish with a lay-up.
Grab the ball out of the net and move outside the lane.
Dribble hard back toward mid-court and make a move at the foul line extended.
At mid-court, crossover and finish at the left sideline.
Repeat using left hand.
Attempt to include many of the dribble moves that you have learned.

Full Court Dribble Series

Dribble moves are made at the foul line extended, half-court and the other foul line extended.

On each trip do one of the dribble moves.

On the last trip, do a different dribble move at each stop.

Finish each trip down the floor with a lay-up.

Going down the court use your strong hand and coming back use your weak hand.

Ball-handling

Pick and choose from the four workouts listed below. Work for SPEED! Intense ball-handling warm-ups will increase your hand quickness; feel for the ball and strength!

Each move for 10 seconds HARD!! Choose one of the workouts below before beginning your workout for the day.

Workout #1: Non-dribbling

Slap

Tap

Pendulum Swing

Around the waist

Circle right knee

Circle left knee

In and out

Pretzel flip

See saw flip

Figure 8

Workout # 2: Stationary Dribbling

Quick Crossover

One hand crossover each hand

Side push and pull - each hand

Between legs cross each hand

Push out each hand

1-2-3 cross

Push Pull cross

Kill each hand

Kill cross

Figure 8

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Workout #3: Two-ball dribbling

Same
Alternate
High low
Fan
In and out
Side push and pull
Kill
Cross touch
Figure 8
Switch 'em
Reaction
Doubles

Workout #4: Challenges

Knee-waist
Flip roll
Ricochet
Ferris Wheel
Pistol Pete Ricochet
Impossible catch
Behind the knees- drop and catch
Two ball windmill

**IF YOU WANT
TO BE THE
BEST
YOU HAVE TO
OUTWORK THE
REST**