

Build Your Own Workout (Summer 2020)

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Build Your Own Workout (Summer 2020) - Contents (cont.)

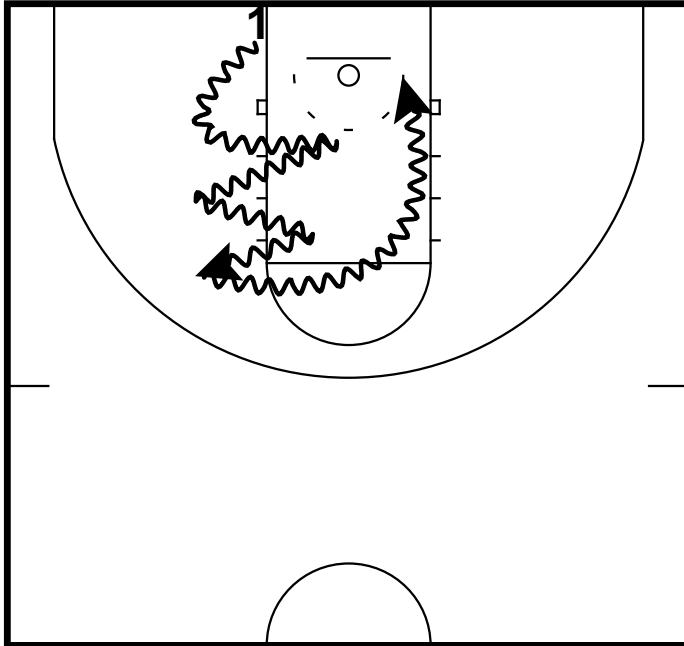
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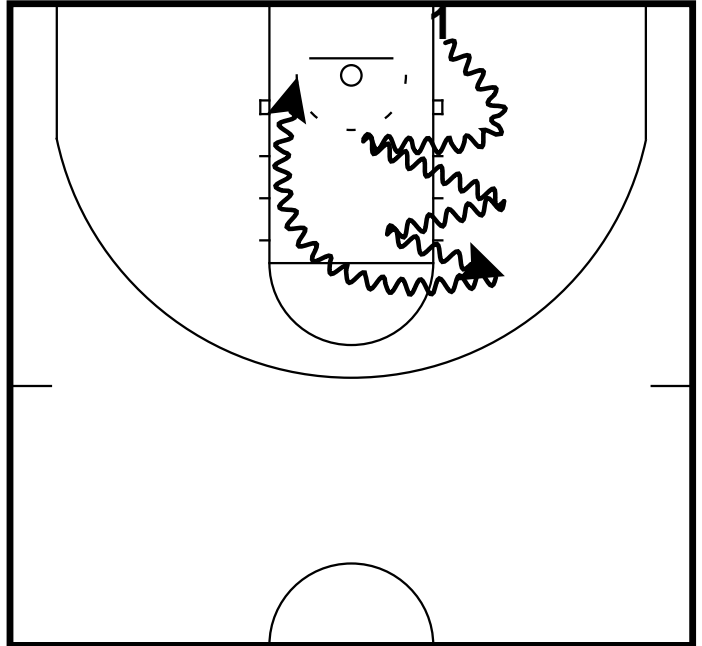
Warmup

Lane Line Finishing



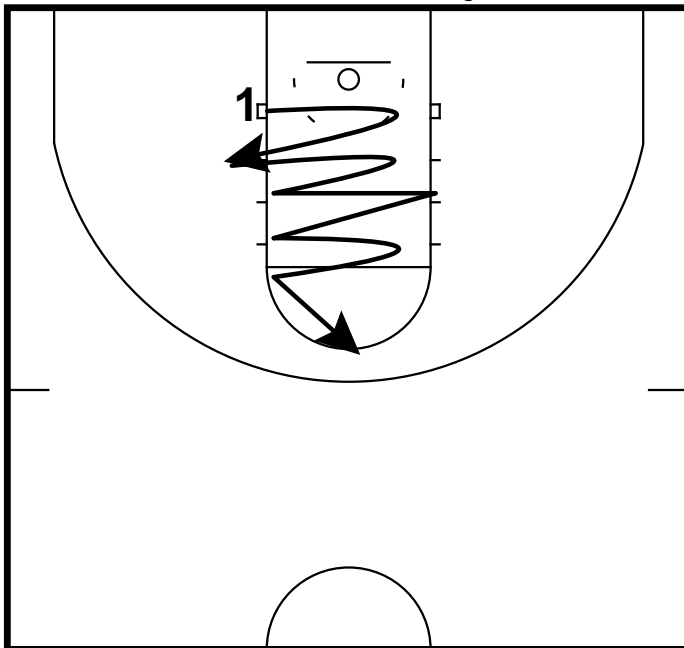
Start on the baseline and make a move at each block and hash mark working your way up to the elbow. Once you get to the elbow turn the corner and finish on the opposite side of the rim. Work through your progression of moves as you do more reps (BTWL, BTB, CROSS).

Lane Line Finishing



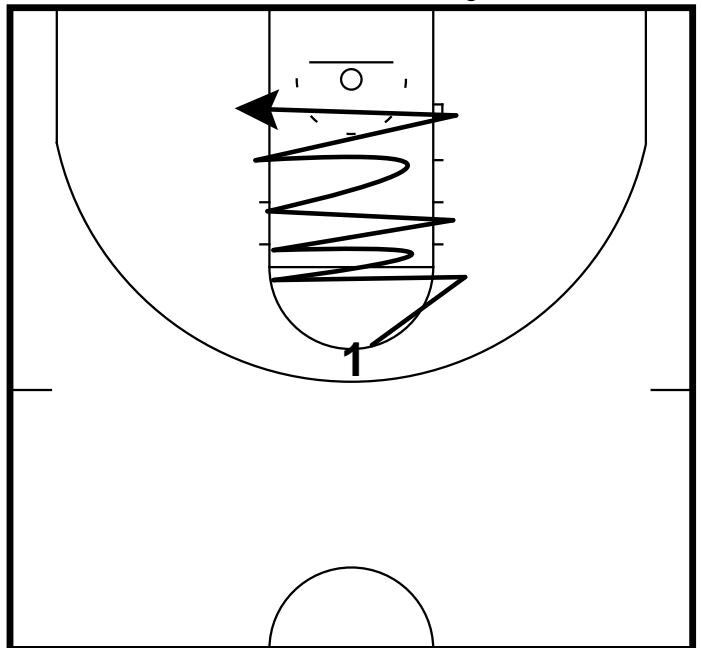
Do this on both sides of the lane so you work your finishing with your LH and RH. You can mix up your finishes as well: Two foot power, Two foot show and go, Floater, Counter back middle.

Lane Line Shooting



Start on the block and take a shot. Get your rebound and shoot at the opposite block and at each hash-mark (including the elbows) working yourself all the way up the lane to take a shot at the top of the key. This is 11 shots total. Then do the same thing working your way back down the lane.

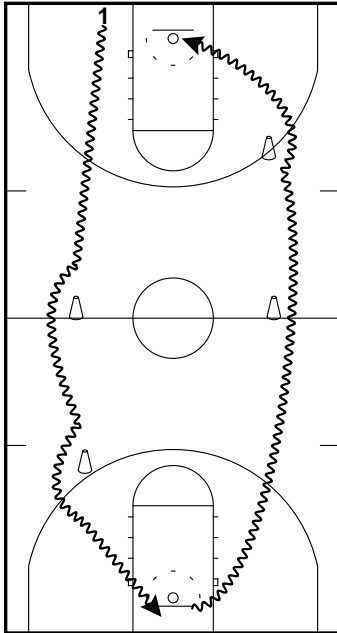
Lane Line Shooting



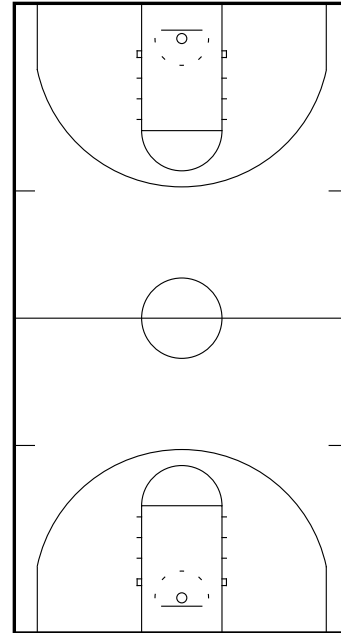
Back down the lane. Total of 21 warmup shots.

Warmup

Full Court Layups



Full Court Layups

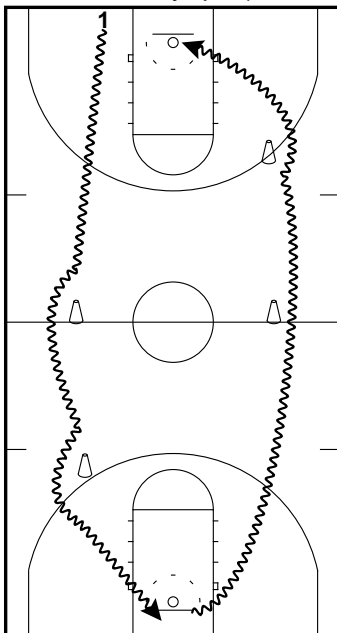


Make a move (crossover, BTWL, Behind the back) at each cone and finish with a layup. As you progress through several repetitions you can mix up your moves and finishes. Alternate the direction so you work on both LH and RH layups.

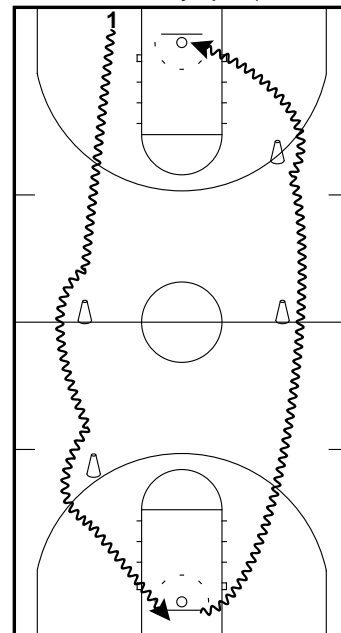
Different finishes include:

- Two-footed power finish
- Reverse 1 handed finish
- Pro hop to the middle
- Floater
- Same side underhand stretch out

Full Court Layups (2 balls)



Full Court Layups (2 balls)



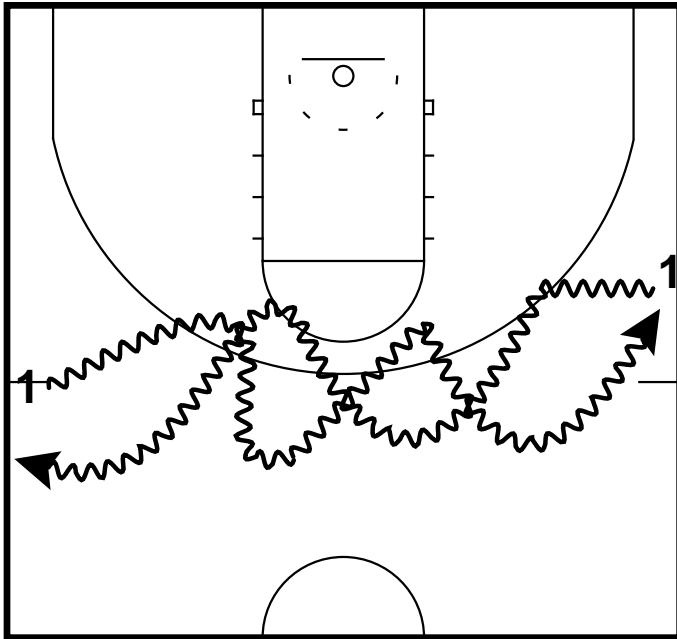
Make a move (crossover, BTWL, Behind the back) at each cone and finish with a layup. As you progress through several repetitions you can mix up your moves and finishes. Tuck one ball and finish with your opposite hand when you get to the rim. Alternate the direction so you work on both LH and RH layups.

Different finishes include:

- Two-footed power finish
- Reverse 1 handed finish
- Pro hop to the middle
- Floater
- Same side underhand stretch out

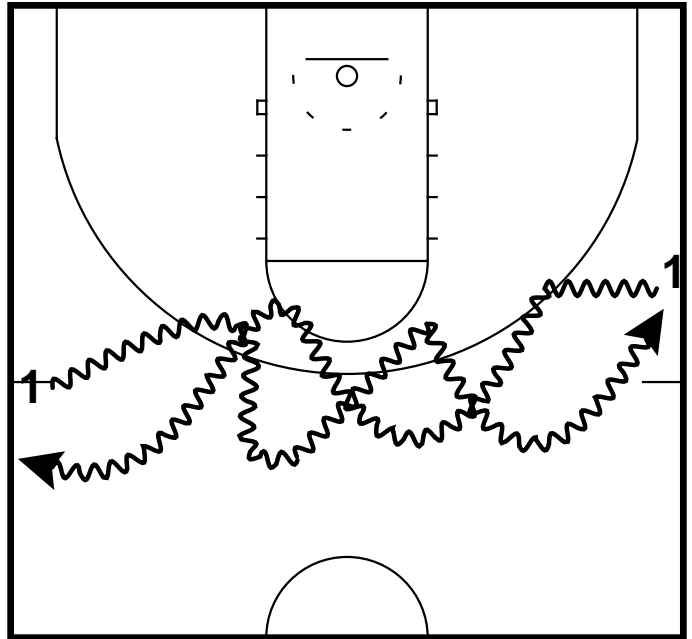
Warmup

Sideline Handles



Zig zag from sideline to sideline with the ball in your hand. Choose a single move to start (crossover, BTWL, behind the back (BTB)) for one trip up and back.

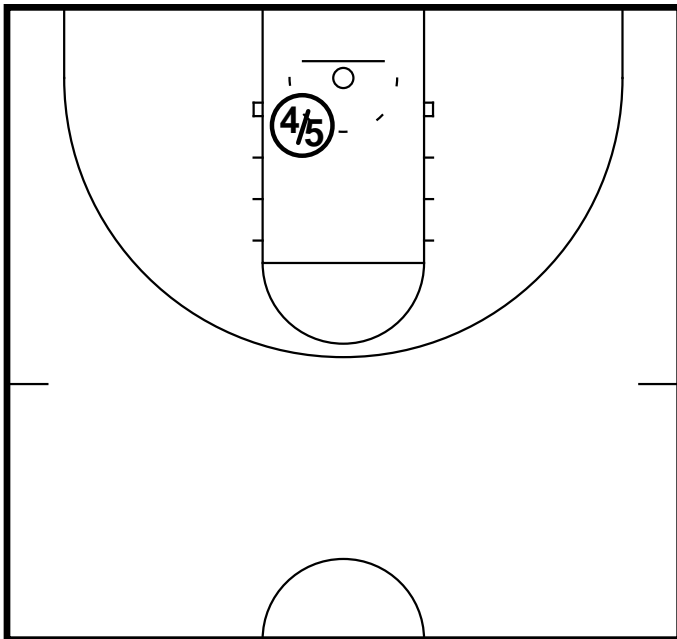
Sideline Handles



As you progress through your series of moves start to put together combinations of moves:

- Cross + BTWL / Cross + BTB
- Double Cross
- BTWL + Cross / BTWL + BTB
- BTB + Cross / BTB + BTWL

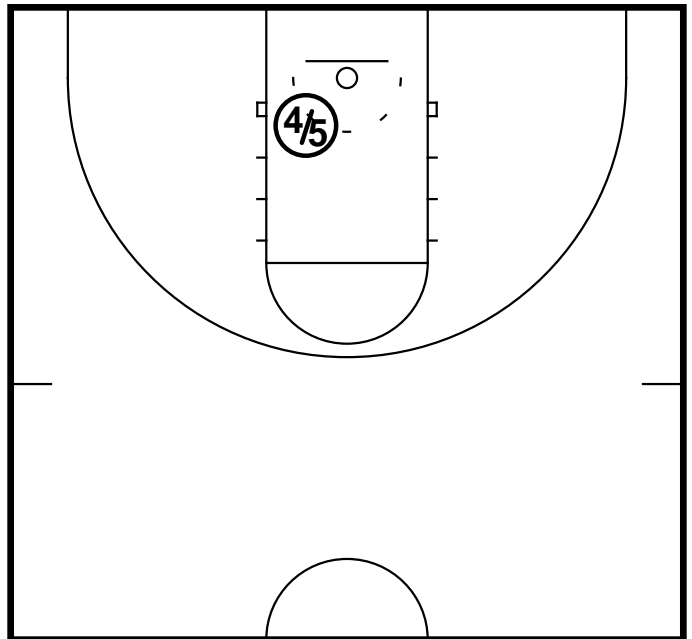
Mikans and Reverse Mikans



DRILL BASICS:

- * Player shoots as quickly as possible using proper footwork. Player should get ball directly out of the net
- * Count total makes
- * Score is recorded for one minute
- * Goals: 45 front, 40 reverse

Mikans and Reverse Mikans



KEY TEACHING POINTS:

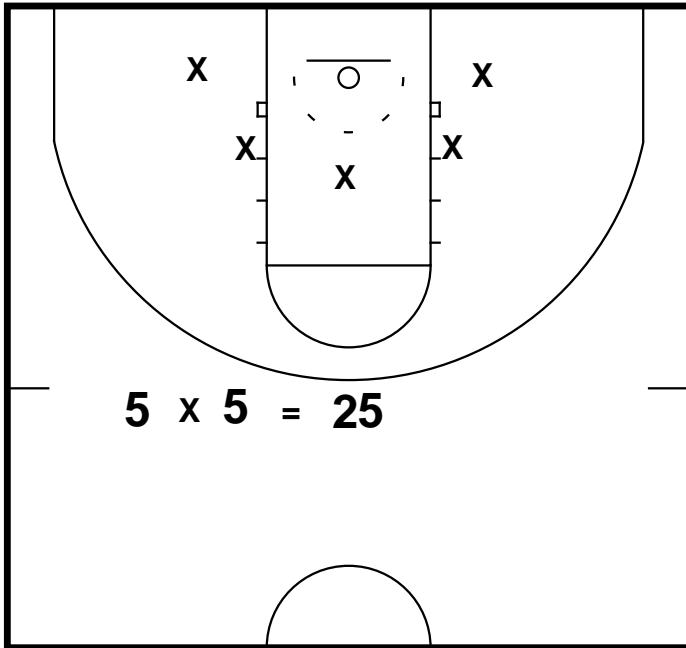
- Quick feet
- Ball should stay high

SERIES:

- 1) Traditional Mikans
- 2) Reverse Mikans

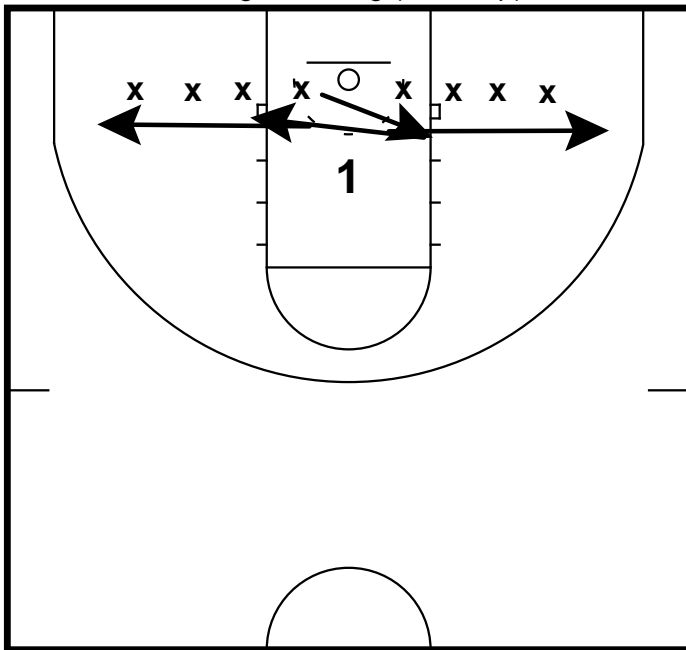
Warmup

5 Spot Warmup Shooting



5 shots at 5 warmup spots

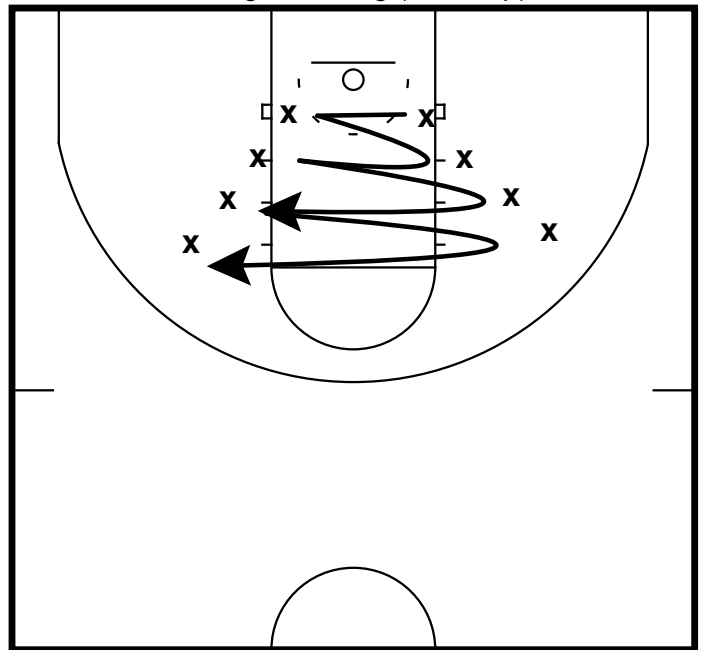
String Shooting (Warmup)



Alternate moving from "x" to "x" on the baseline until you've taken 8 shots total (4 on each side).

These should be warmup shots to get your rhythm and get yourself moving.

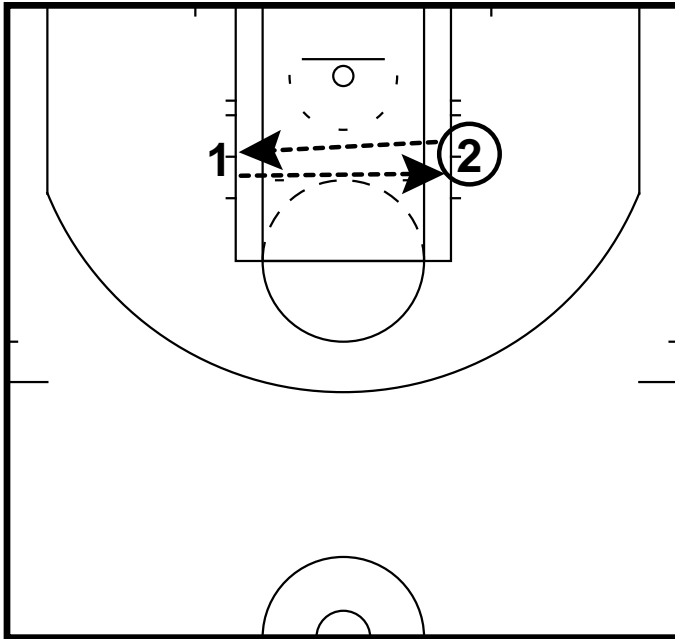
String Shooting (Warmup)



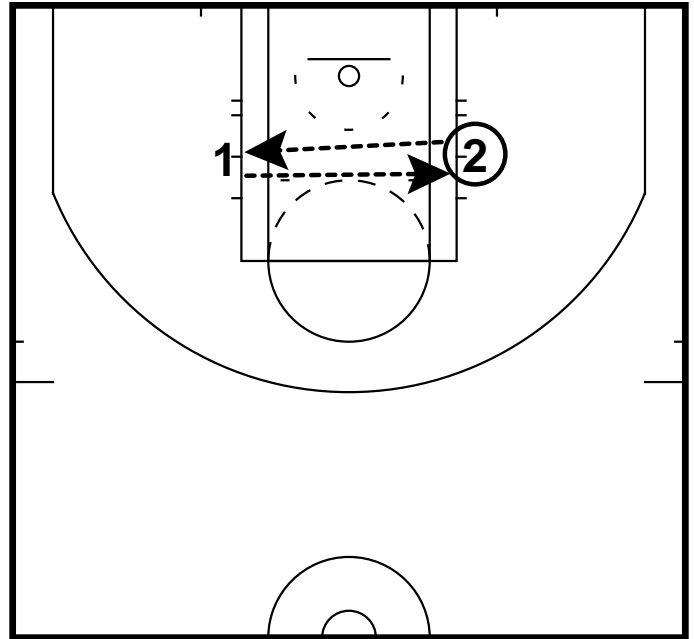
You can do the same drill on each wing.

Warmup

lane line passing



lane line passing



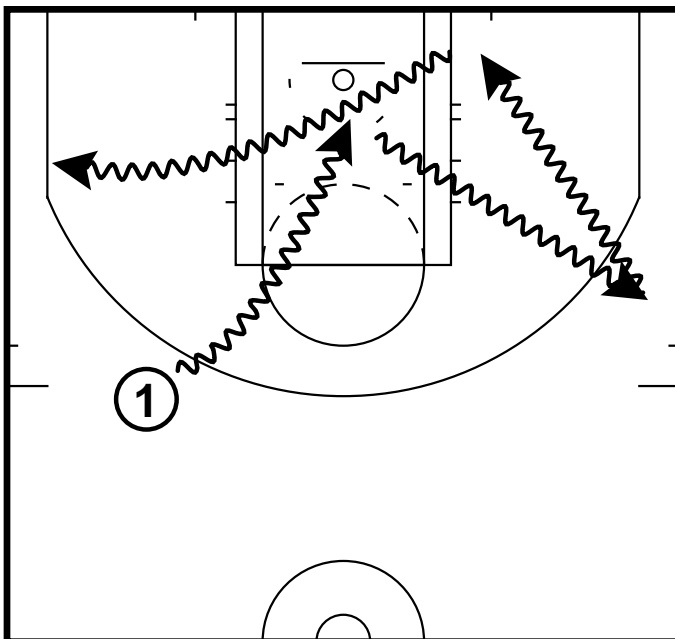
-You and a partner stand on opposite sides of the lane.
 -Next you do a dribble combo move and pass the ball with 1 hand to your partner.

-Then your partner does the same dribble combo and passes the ball back.

-Do each dribble combo 10 times.

Points of Emphasis: be in an athletic stance while doing drill combo, have your partner give you a target and pass the ball to the target, and pound the ball while dribbling

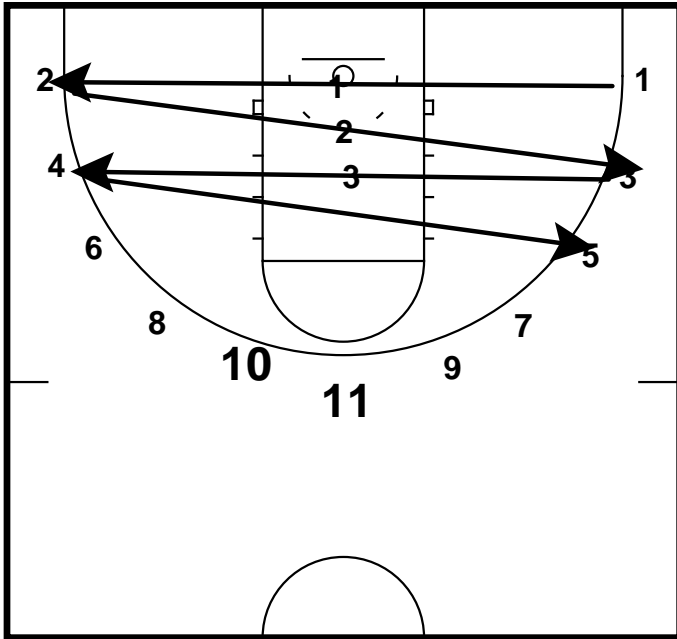
first to 50



Take shots from random spots on the floor. Every 2 point field goal is +2 and every 3 point field goal is worth +3. The drill is done until you get to 50. It's a drill you can do alone or with other people.

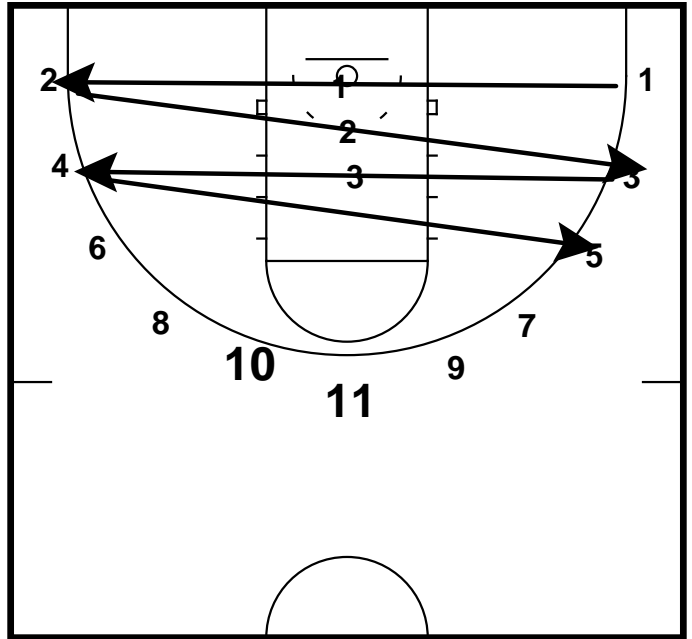
Shooting (NO rebounder)

21 Shooting



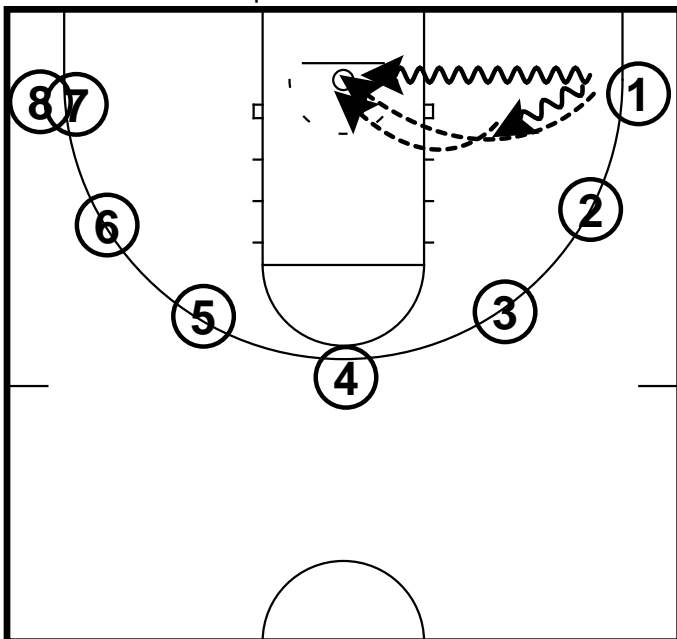
DRILL BASICS: * Player Starts in corner and has three attempts to make first shot (after third miss the count begins) * Player stays at spot till a shot is made, then can advance

21 Shooting



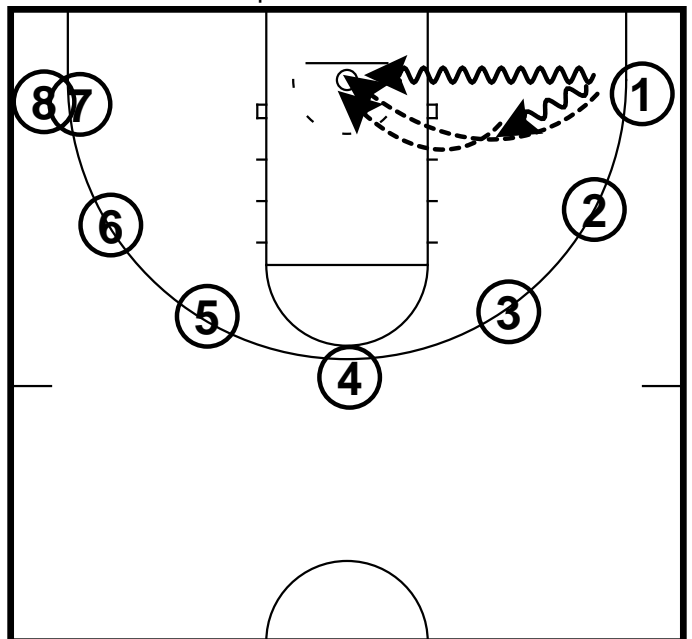
* Coach counts total number of misses for 21 made shots * Player works up the hill shooting then down (does not repeat shots at spot #11) * Player must sprint between spots
PARTICIPANTS: 1 Shooter, 1 Passer, 1 Rebounder **EQUIPMENT:** 2 Balls

5 Spots in 4 Minutes



DRILL BASICS:
 * 4 Minutes To Make As Many Shots As Possible
 * Can't Move Till Next Shot Till A Make
 * Attempt Each Shot at Each Spot Till Made
 * Move From Right Corner To Left Corner and Back

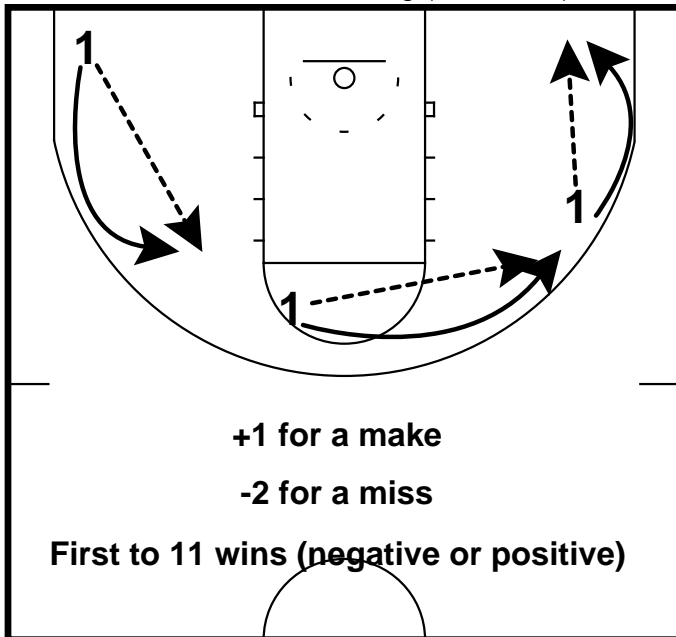
5 Spots in 4 Minutes



KEY TEACHING POINTS:
 - Ball Up Butt Down and Shot Fake. Create Distance with Dribble. Don't Fade/Float on Shots
SERIES: 1) Jump Shot 2) Shot Fake Pull Up 3) Shot Fake Drive - Baseline = Reverse - Wings = Jump Through - Top = Floater/Dunk

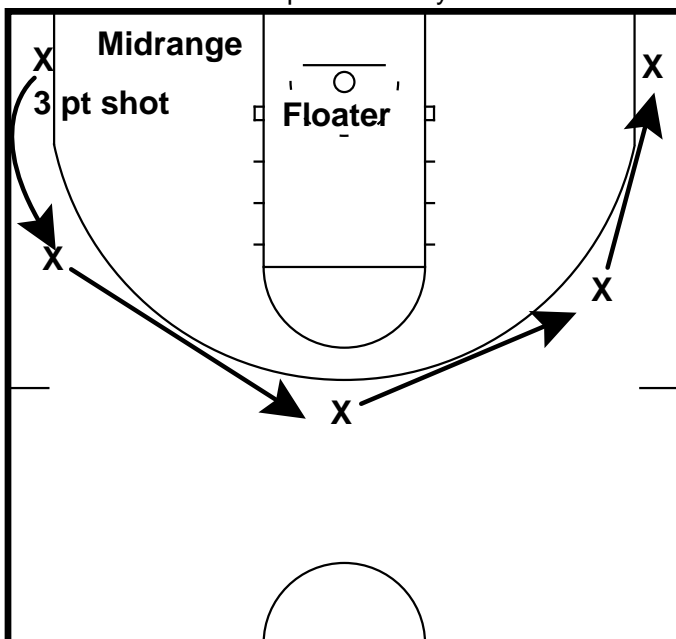
Shooting (NO rebounder)

Plus / Minus Shooting (Version A)



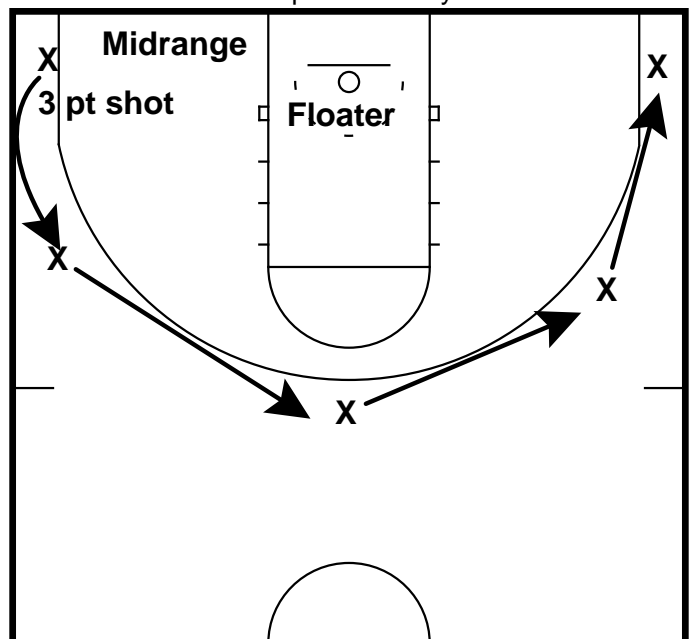
This drill can be done on your own or with a rebounder. If you are by yourself, use a self toss to run into your shot. This can be done from the midrange or the three point line. You get + 1 for a make and + 2 for a miss. You can play to any number of points, but a common score is first to 11 points (+/-)

30 point frenzy



Goal: Score a perfect 30 points by making 15 consecutive shots at 5 spots. Start in the corner and take three consecutive shots. 1 three, 1 dribble pullup, and 1 floater. In between each shot return to the perimeter where the "X" is. After three shots (make or miss) move to the next spot.

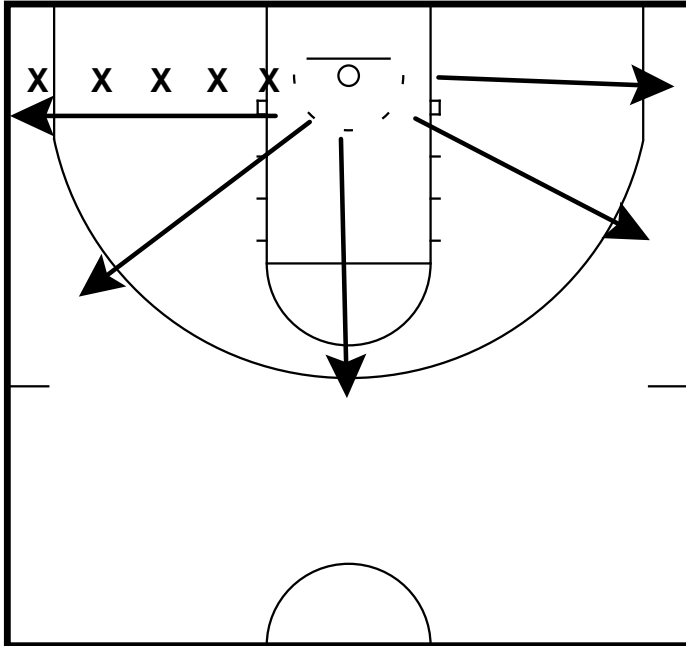
30 point frenzy



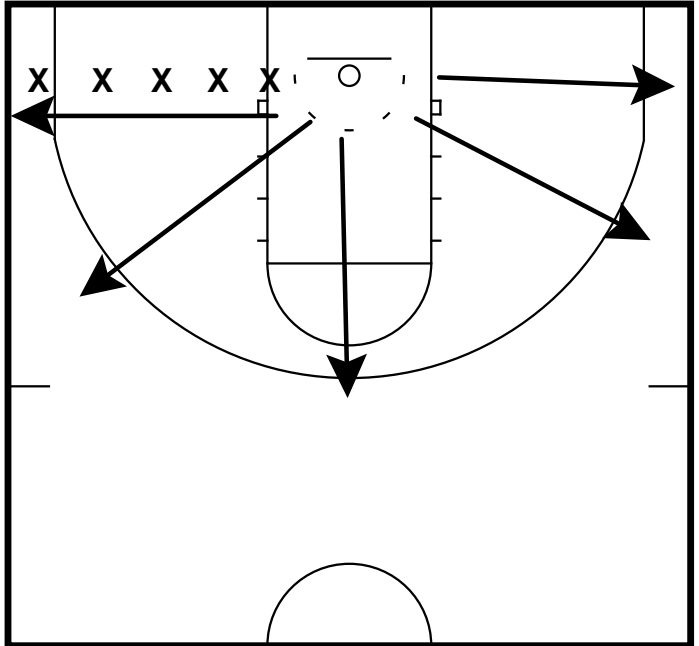
Repeat this pattern at 5 spots around the perimeter and keep track of your score. You get 3pts for a three, 2 pts for a pullup and 1pt for a floater. A perfect score is 30. Give yourself a baseline score (22 is a challenging but not impossible number) and try to beat your old score each time you do the drill.

Shooting (NO rebounder)

Ray Allen Shooting



Ray Allen Shooting



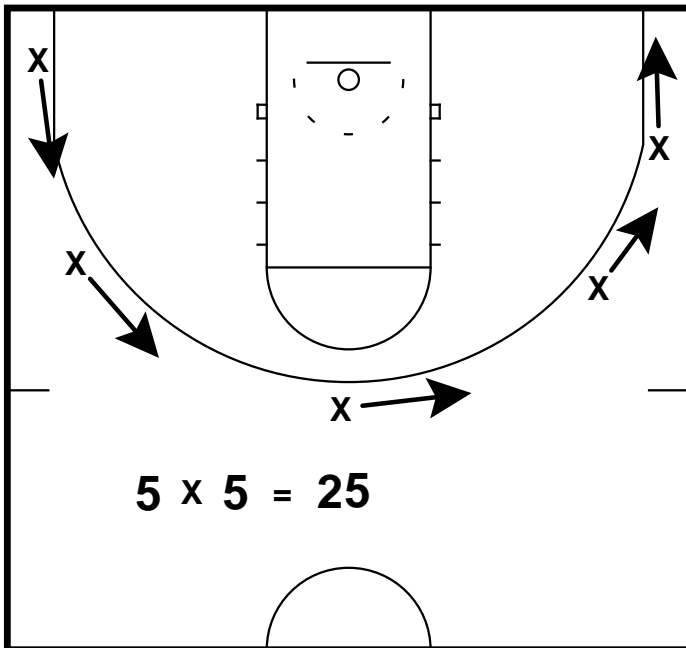
Goal: Complete as many lines as possible in 3 minutes

1 line consists of making 5 consecutive shots, starting under the rim. If you miss a shot before you make 5 in a row you go back to the first spot and start over again.

- You have 3 minutes to complete as many lines as possible. This can be done with a rebounder or on your own

- It is a great way to build rhythm by progressively making shots at varying distances

Perimeter Threes

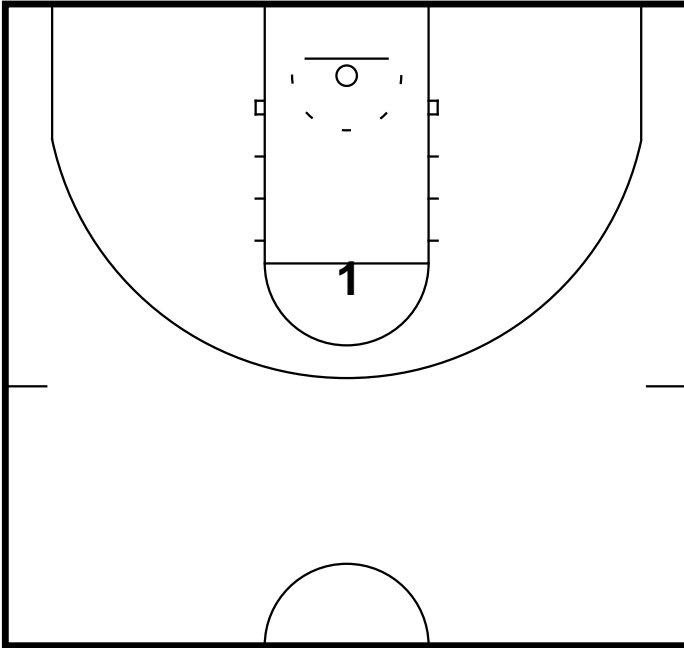


Off the move 3pt shots (either self toss or have a rebounder pass to you). Shoot 5 going around the perimeter and do this 5 times.

Record your number of makes out of 25.

Shooting (NO rebounder)

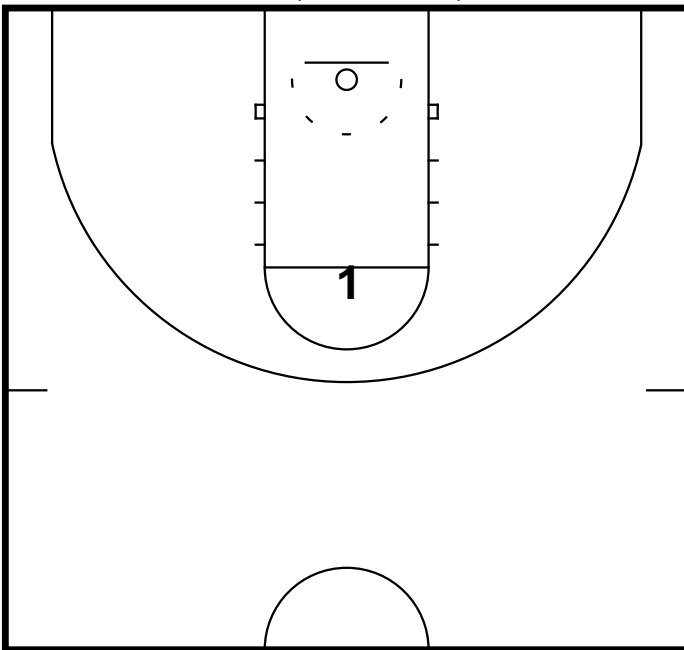
Beat the PRO FT's



Beat the Pro Free Throws. If you swish the FT you get +1, if you miss the PRO gets +2 and if you just make the shot but don't swish it then no one gets a point.

First to score 15 points wins.

Golf (free throws)

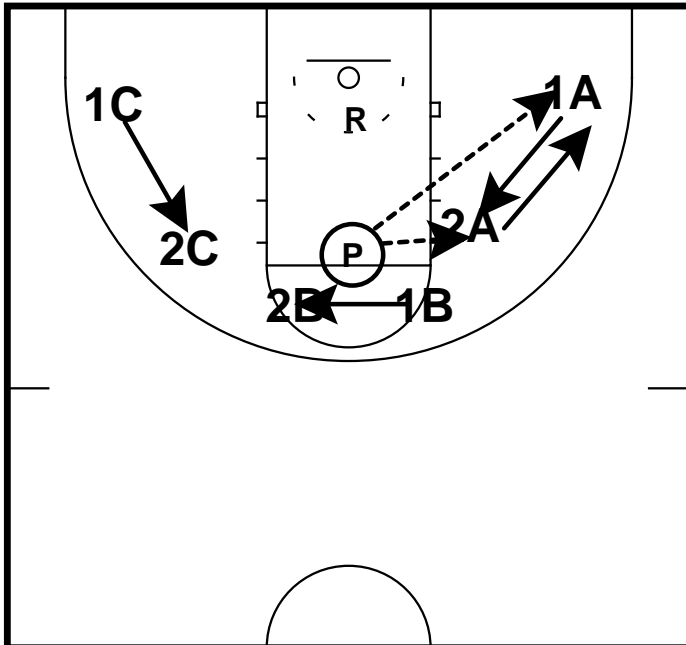


Golf Free Throws. If you swish the FT you get -1, if you miss you get +2 and if you just make the shot but don't swish it then you stay even.

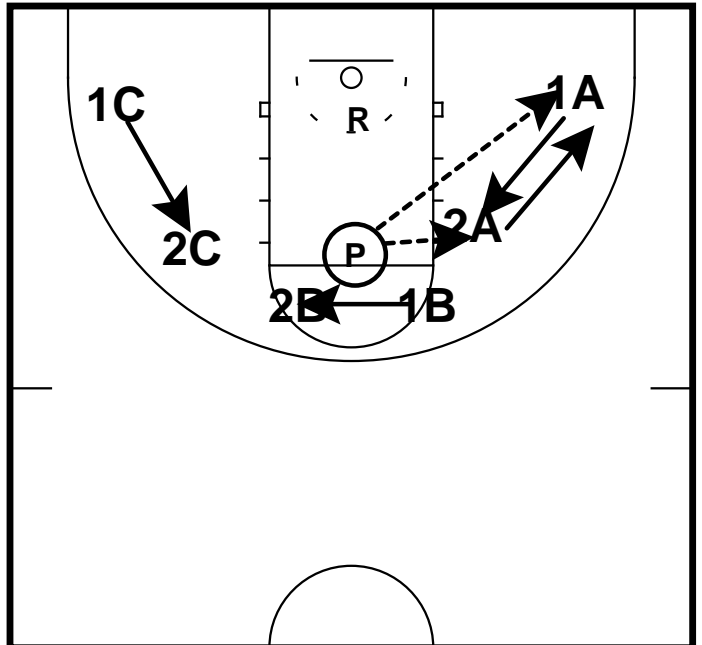
First to make it -8 or +8

Shooting (with a partner)

3 Man / 2 Ball



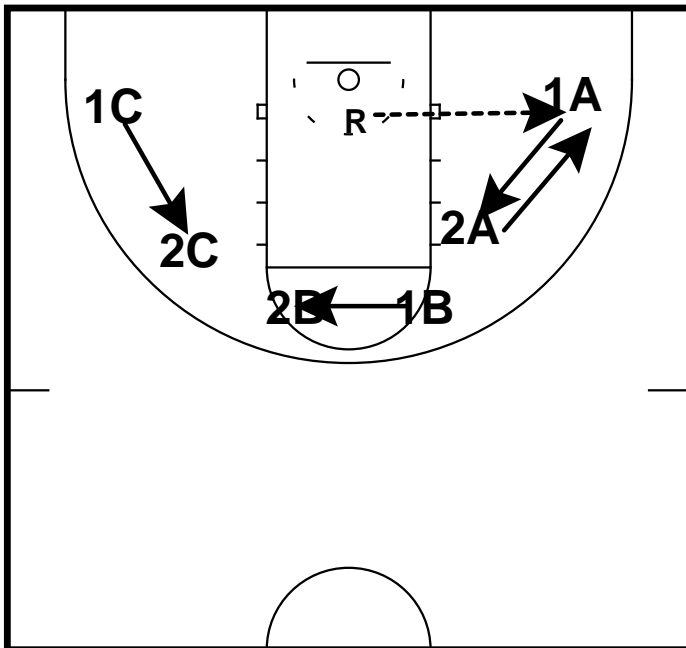
3 Man / 2 Ball



DRILL BASICS: * Player moves back and forth between two shooting positions * Player should step with his inside foot for each shot * Player shoots continuously between spots for 45 seconds * Action repeats in the next of three series of shots

KEY TEACHING POINTS: - Step with inside foot - Run away and step with inside foot on fade shot PARTICIPANTS: 1 Shooter, 1 Rebounder, 1 Passer EQUIPMENT: 2 Balls

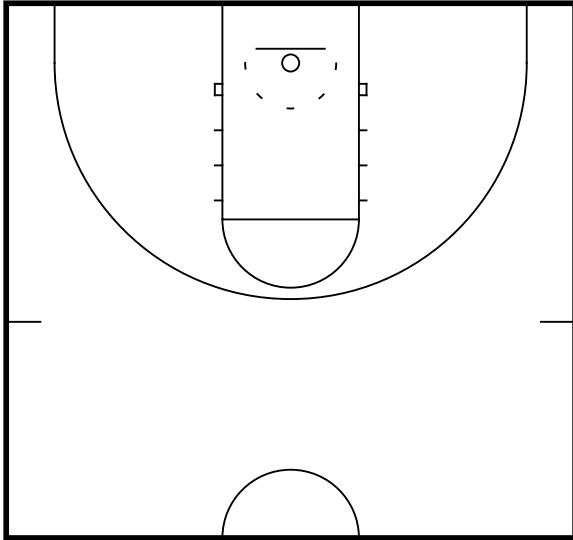
3 Man / 2 Ball



Drill can also be done with a single basketball and a single rebounder who passes directly to the shooter

Shooting (with a partner)

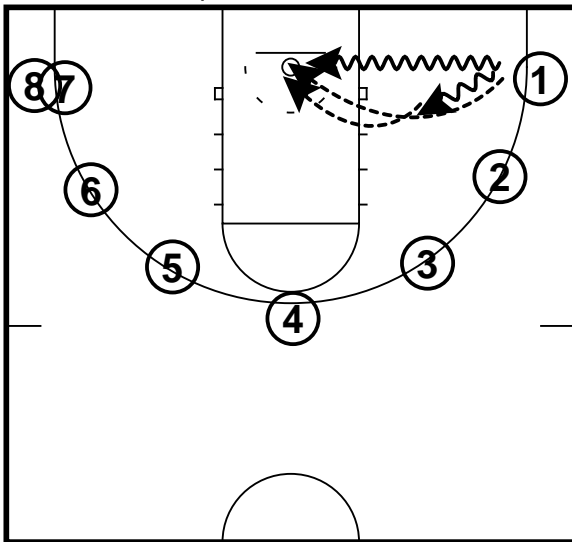
5 Minute Shooting



Activity

- * Offense has 5 minutes to make as many three point shots as possible
 - * 1 ball, 1 rebounder who is also passer
 - * Shots from anywhere allong three point line
- Goal: Bryson Johnson (Bucknell): 77/82

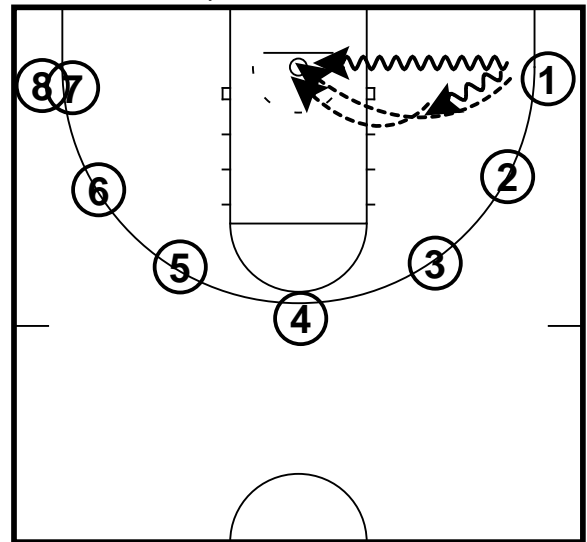
5 Spots in 4 Minutes



DRILL BASICS:

- * 4 Minutes To Make As Many Shots As Possible
- * Can't Move Till Next Shot Till A Make
- * Attempt Each Shot at Each Spot Till Made
- * Move From Right Corner To Left Corner and Back

5 Spots in 4 Minutes

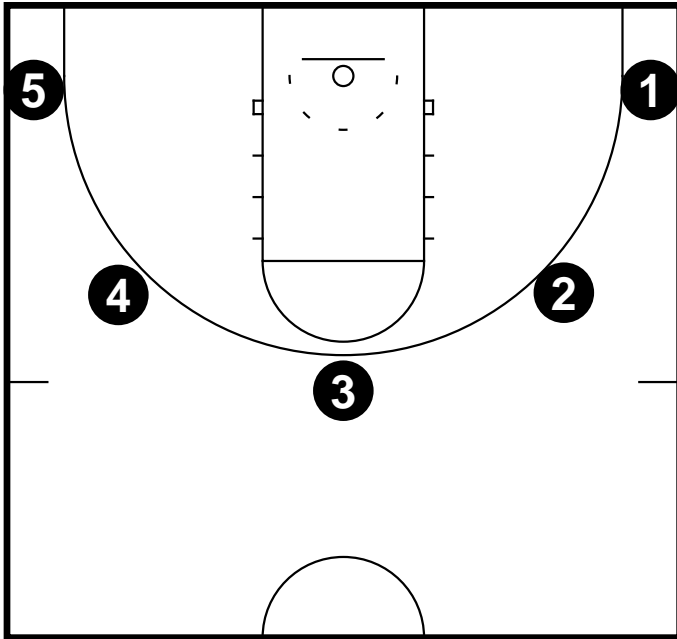


KEY TEACHING POINTS:

- Ball Up Butt Down and Shot Fake. Create Distance with Dribble. Don't Fade/Float on Shots
- SERIES:** 1) Jump Shot 2) Shot Fake Pull Up 3) Shot Fake Drive - Baseline = Reverse - Wings = Jump Through - Top = Floater/Dunk

Shooting (with a partner)

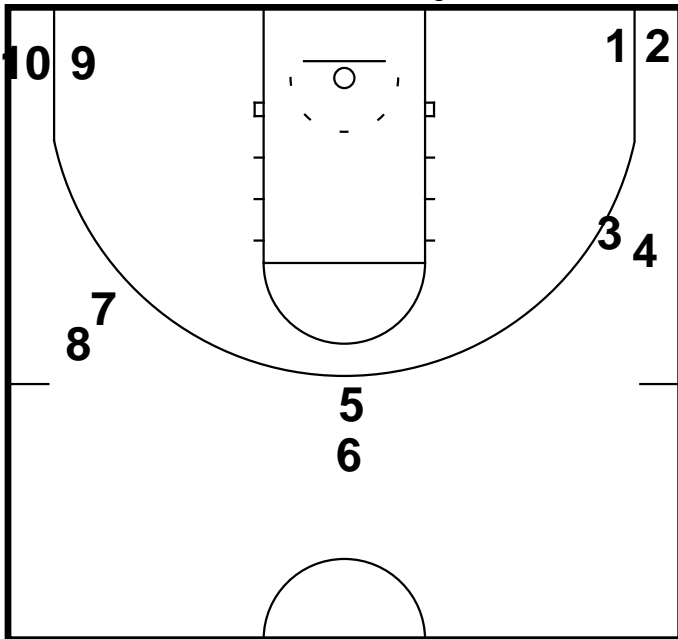
Two Minute Shooting



Two Minute Shooting

- * Player starts at spot number 1 and then moves around the world and back. Must make two three point shots in a row to move onto the next spot
- * Goal is to make two in a row from 10 spots within two minutes. One ball and one rebounder.

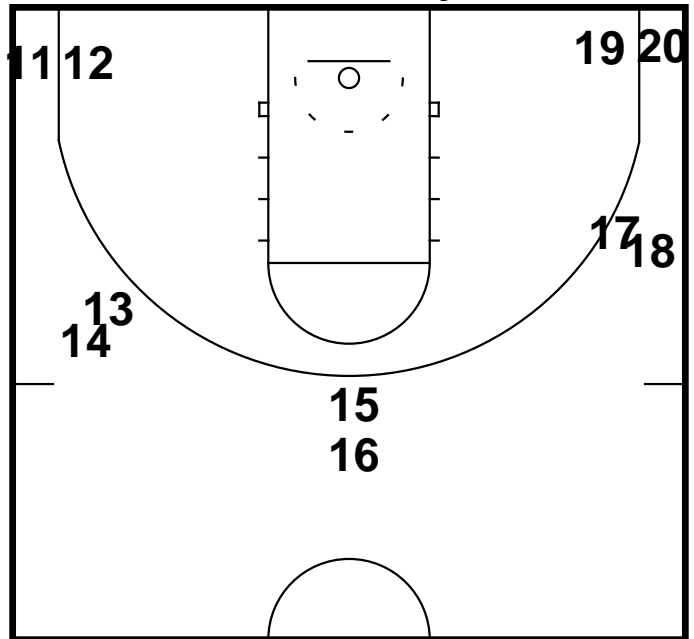
Celtic shooting



Make 2 in a row at 10 spots in under a 1:45min. You don't move onto the next spot until you've made two in a row.

Then you come back around the perimeter doing the same thing.

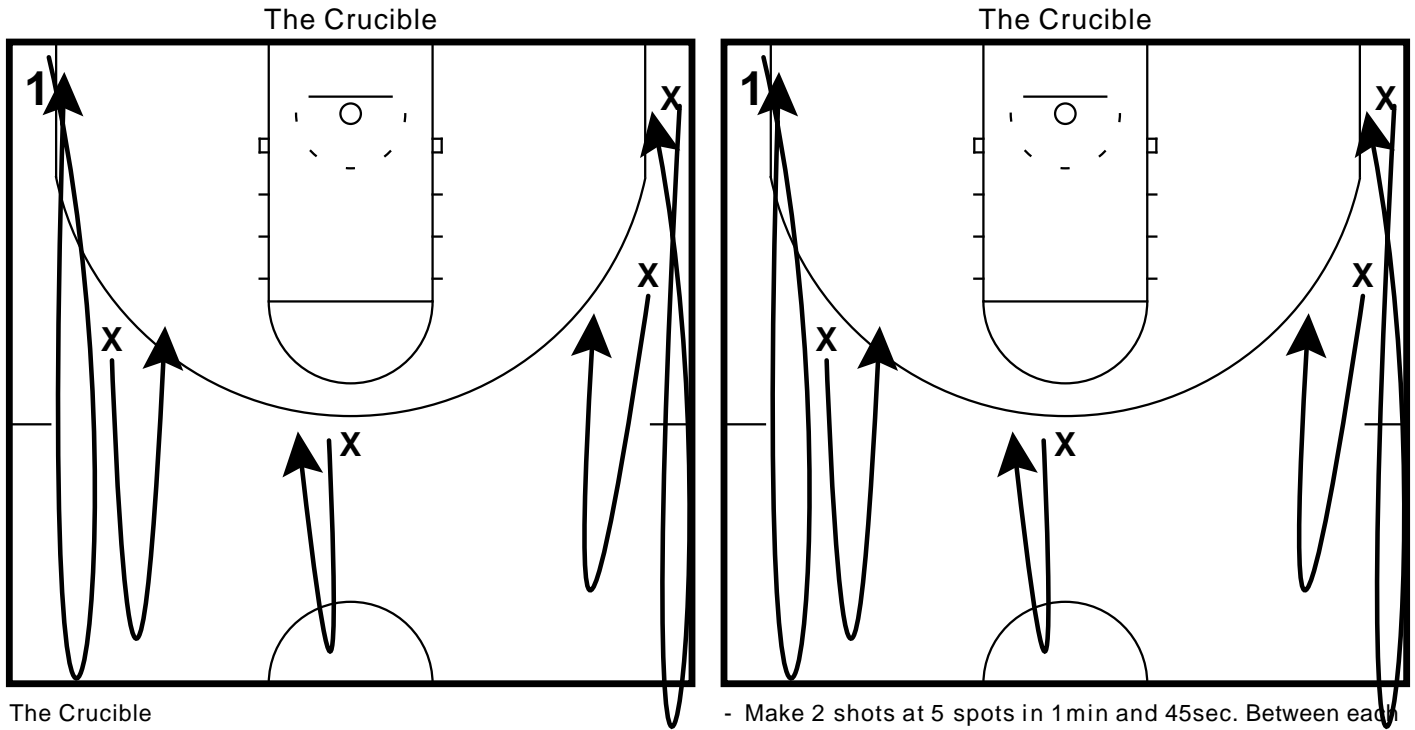
Celtic shooting



Make 2 in a row at 10 spots in under a 1:45min. You don't move onto the next spot until you've made two in a row.

Then you come back around the perimeter doing the same thing.

Shooting (with a partner)



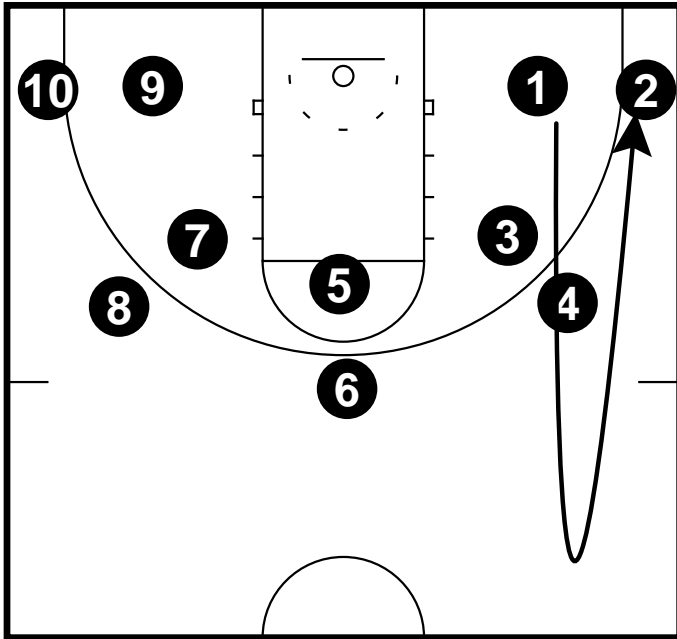
The Crucible

Goal: Beat the clock and force yourself to make shots when you're fatigued

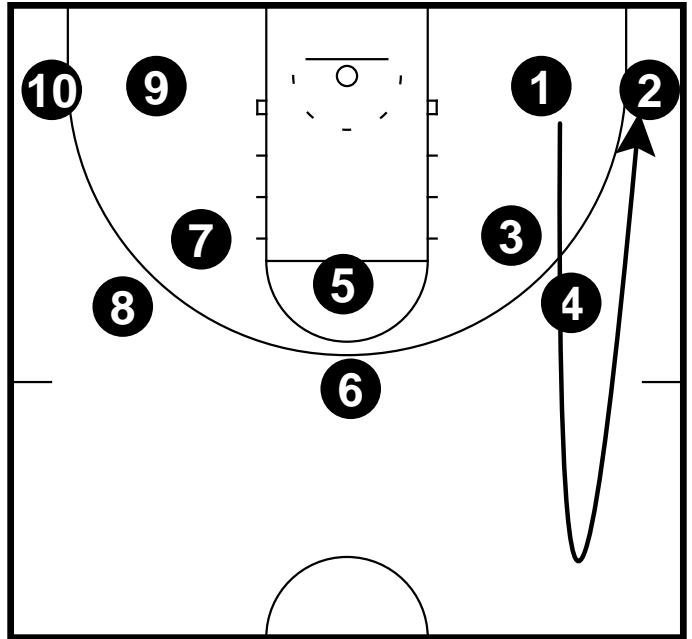
- Make 2 shots at 5 spots in 1min and 45sec. Between each shot you have to run and touch half-court. Once you've made 2 shots in a spot you move to the next spot
- A great drill to help you learn how to make shots when you're tired

Shooting (with a partner)

50 Shots



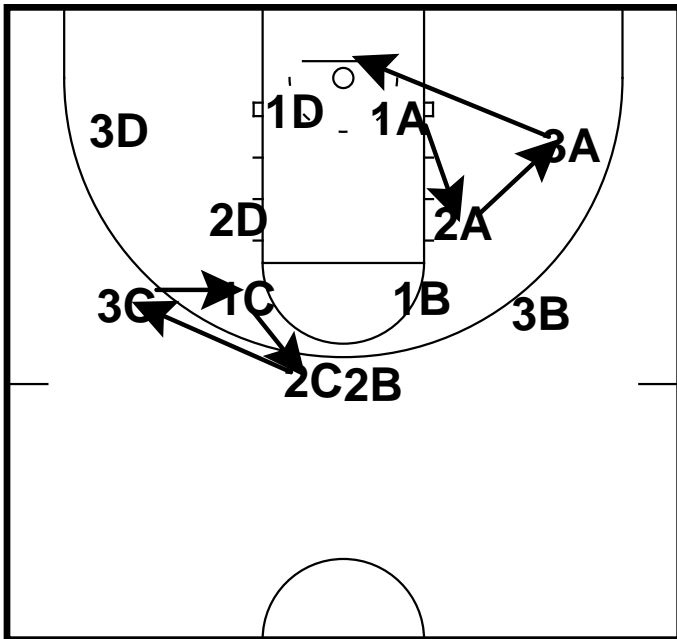
50 Shots



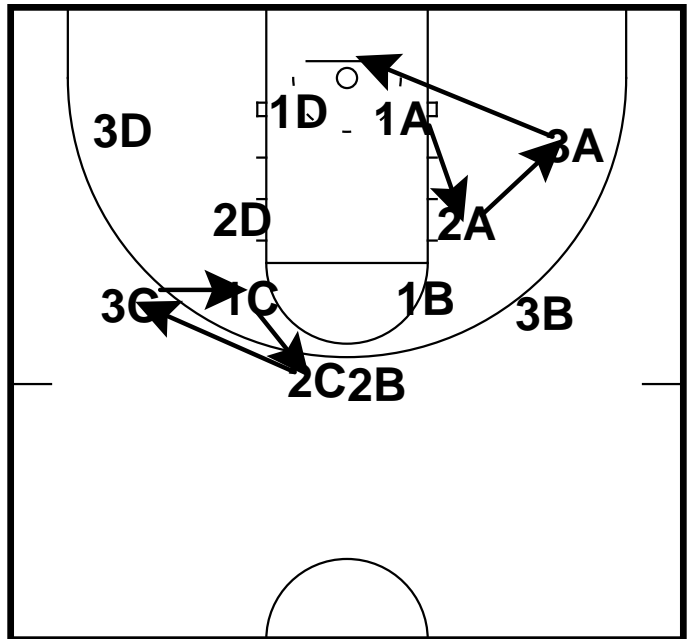
DRILL BASICS: * Player Shoots Till He Makes 5 Shots From The First Corner Spot * Upon Making 5 Shots, Player Sprints To Half Court Then Goes To 2nd Spot To Make 5

* Coach Tracks How Many Misses While Ensuring Player Doesn't Make More Than 5 At Each Spot **KEY TEACHING POINTS:** - Shot Prep, Square Up, Don't Fade/Float on Shots

Allen Houston



Allen Houston

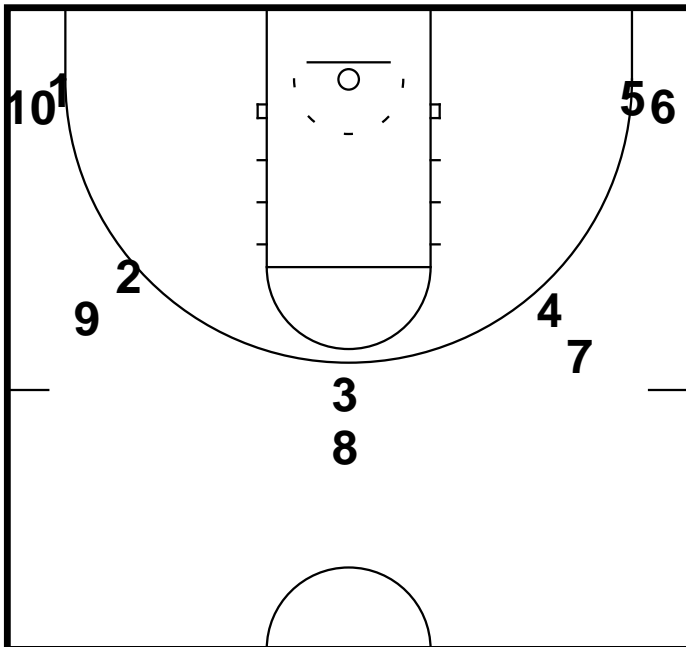


DRILL BASICS:
* Player Starts Shooting a Layup. Make or Miss, Player moves up the hill for a jump shot. Player then moves for a fade jump shot. Action repeats to a layup. Series of these three shots are repeated five times (15 shots). Player moves onto the next group of three spots

KEY TEACHING POINTS:
- Layups with outside hand
- Step with inside foot on second shot
- Footwork with inside foot on third shot
PARTICIPANTS: 1 Shooter, 1 Rebounder, 1 Passer

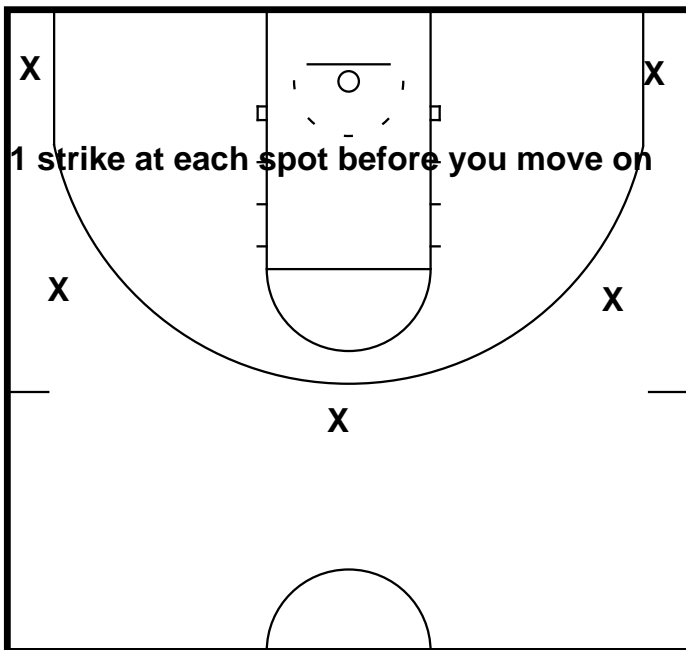
Shooting (with a partner)

Around the World



DRILL BASICS: * 1 shot from each spot * Must make two in a row from the corner
 * 3 attempts to make 1st shot * Move to the next spot make or miss

Never Miss 2 in a Row



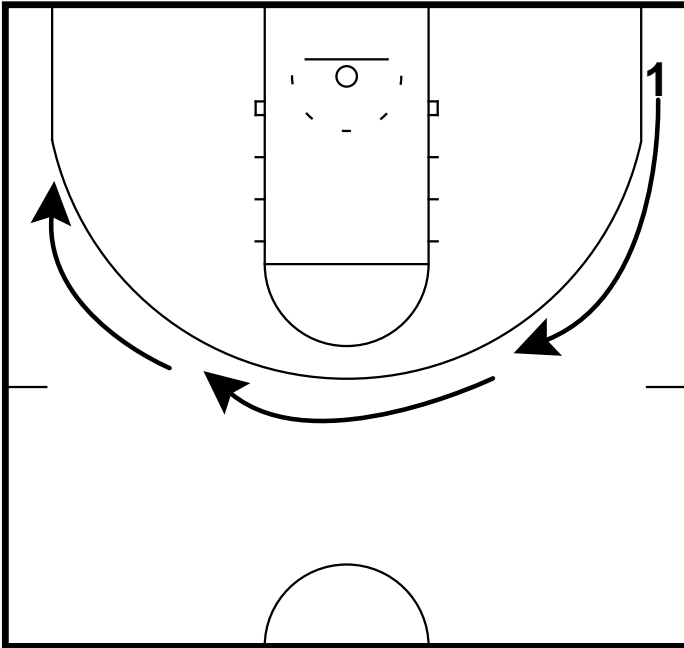
You get 1 strike per spot. Once your strikes are used up the drill is over. You get a strike every time you miss 2 shots in a row at each spot (marked with an X).

You get a point for each shot made. You will alternate taking a midrange pullup off the dribble and a stationary 3pt shot (you can mix up combinations).

Count up your total points. Over 100 points at 5 spots is a good round.

Shooting (with a partner)

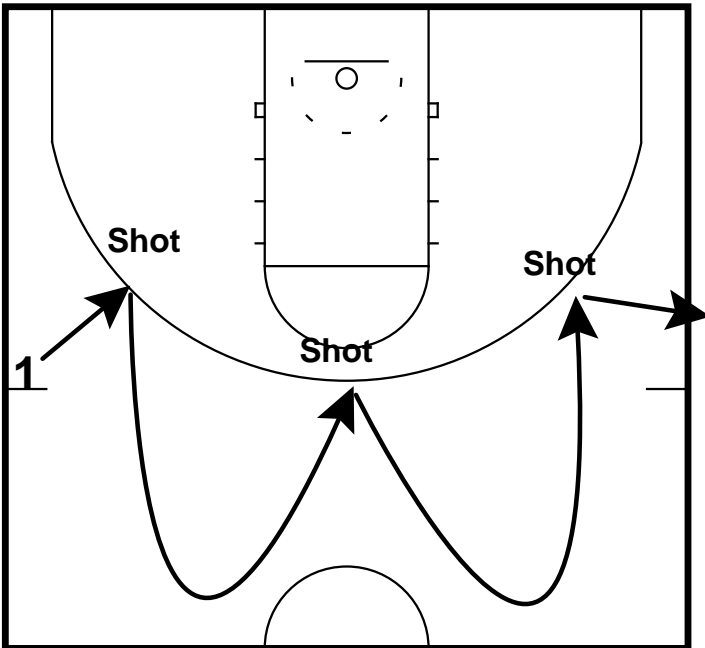
Streak Game



1 player starts by taking a shot on the perimeter. You move a few feet along the arc after each shot. You keep shooting until you miss and the "streak" is broken, then its your partners turn to shoot.

Each streak contributes to your total number of makes. The first player to reach 25 total makes wins.

W - Shooting

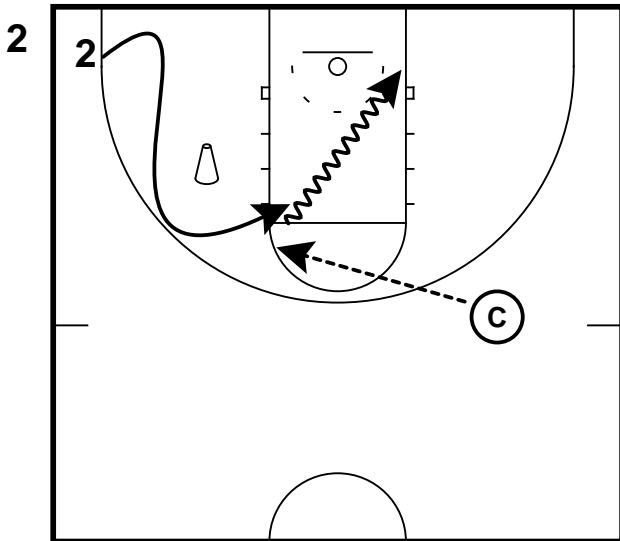


Run in a W pattern taking three shots before you touch the opposite sideline.

Repeat this pattern 4 total times for a total of 12 shots. Goal is 8 makes.

Shooting (with a partner)

Wide Pin Shooting - Guard Version

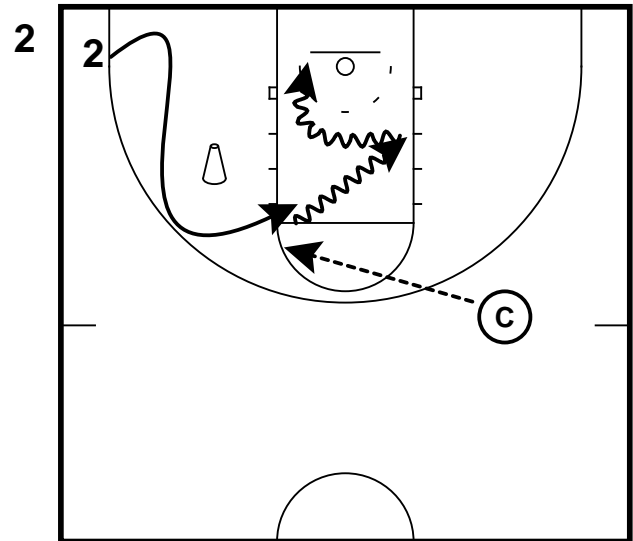


Guard Options On Wide Pin

- 1) Tight Curl + 2 Foot Finish

*Always use 1 step setup away from the screen

Wide Pin Shooting - Guard Version

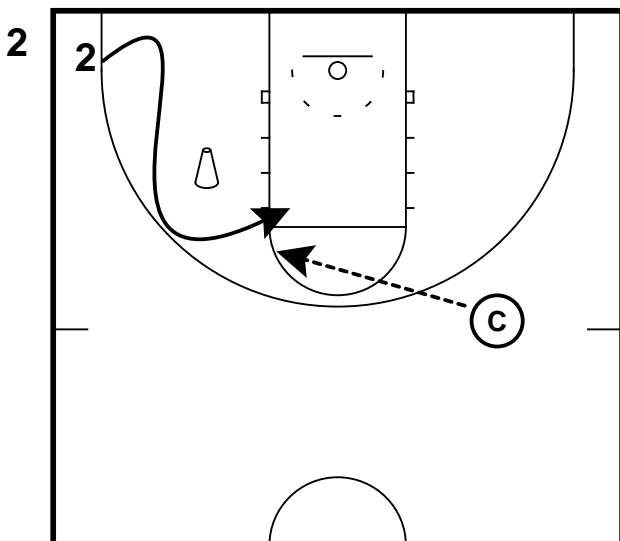


Guard Options On Wide Pin

- 2) Tight Curl + Counter Back

*You can use any counter back move (spin, between the legs, pro hop, behind the back)

Wide Pin Shooting - Guard Version

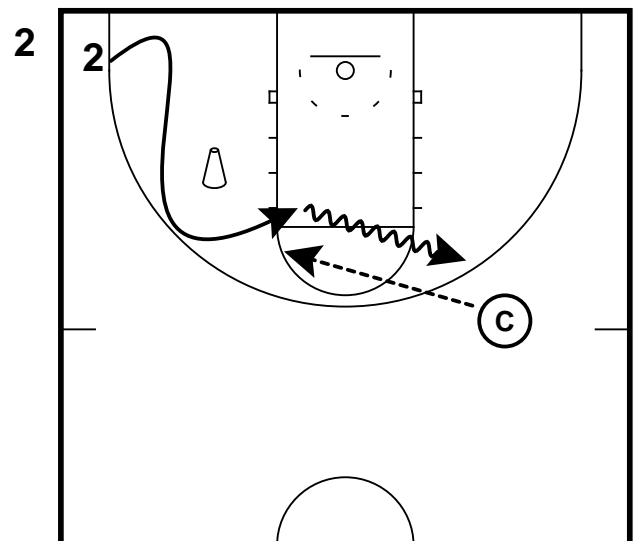


Guard Options On Wide Pin

- 3) Tight Curl + Shot

*Always use 1 step setup away from the screen

Wide Pin Shooting - Guard Version



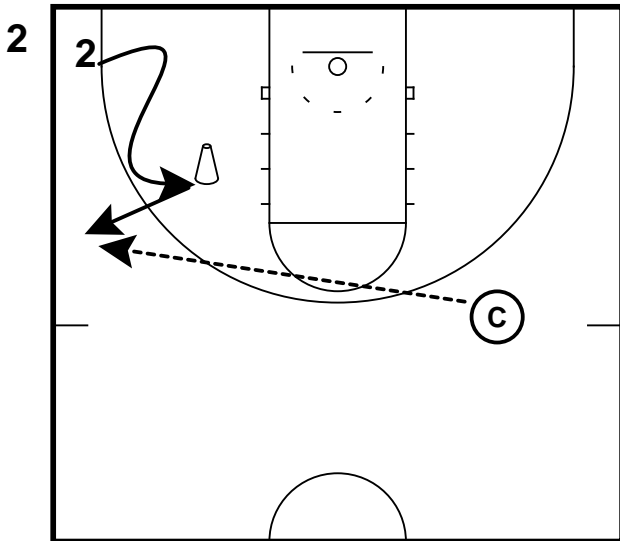
Guard Options On Wide Pin

- 4) Tight Curl + Step Back Jumper

*Use a lateral (EAST - WEST) step back to create space

Shooting (with a partner)

Wide Pin Shooting - Guard Version

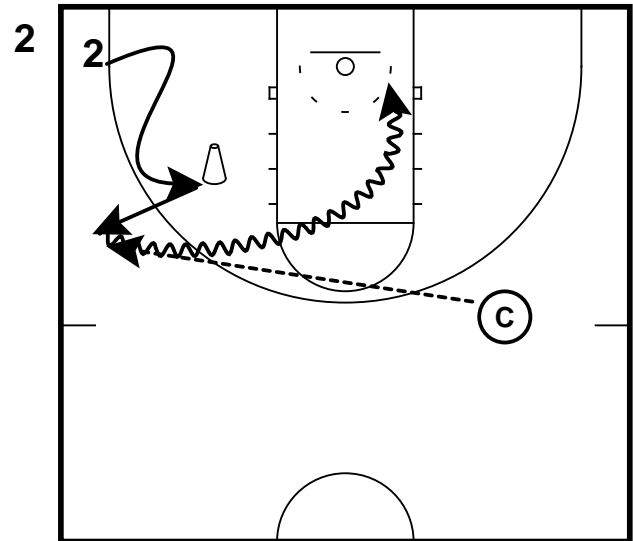


Guard Options On Wide Pin

5) Pop Behind Screen + 3pt Shot

*Pop back in line with the screener (i.e. the cone)

Wide Pin Shooting - Guard Version

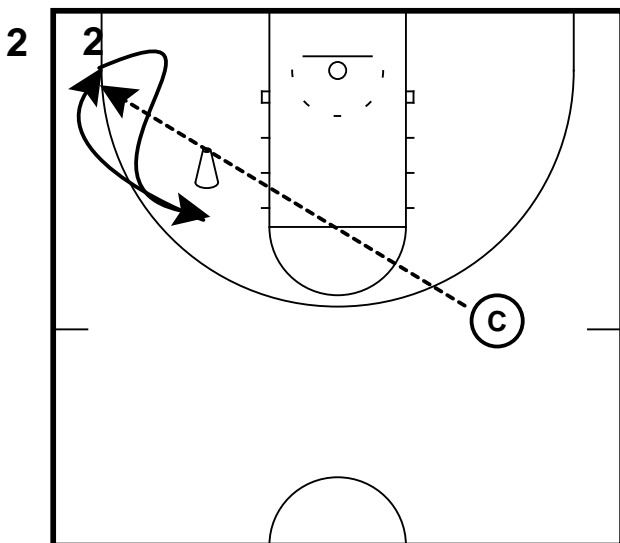


Guard Options On Wide Pin

6) Pop Behind Screen + Rip Middle/2 foot finish

*Pop back in line with the screener (i.e. the cone) and pause to read defender's closeout angle

Wide Pin Shooting - Guard Version

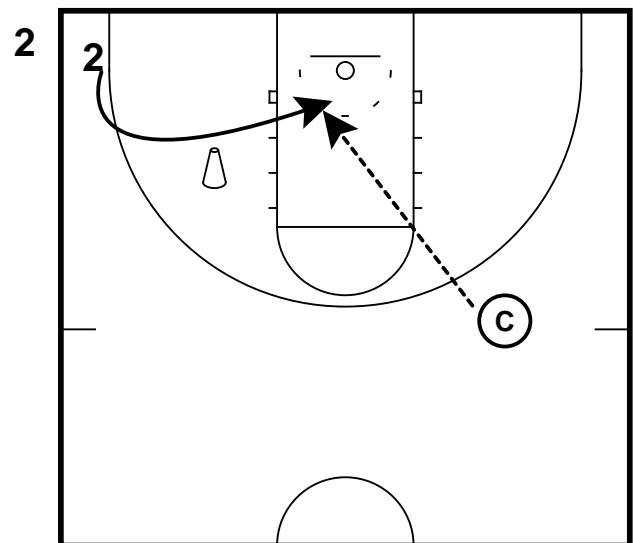


Guard Options On Wide Pin

7) Fade to the Corner + 3pt Shot

*Plant top foot one step past the screener and drive towards the corner with your head turned to the ball

Wide Pin Shooting - Guard Version



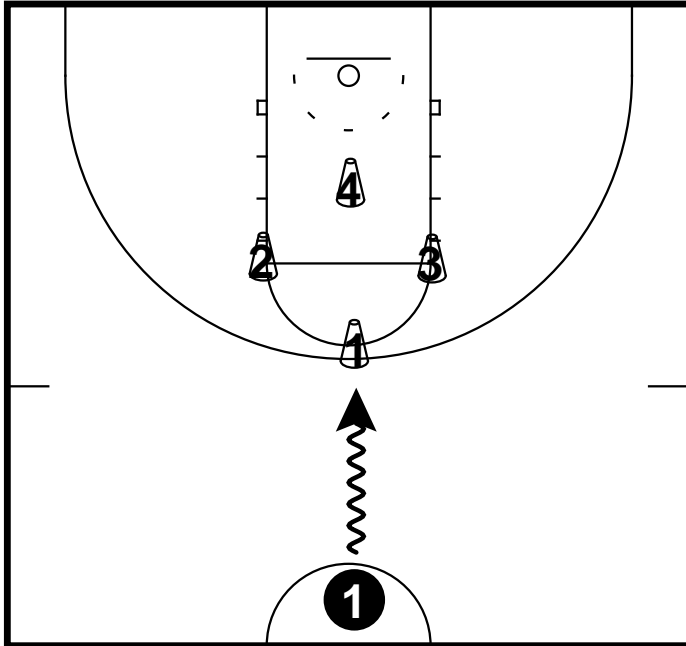
Guard Options On Wide Pin

8) Backcut + 2 foot finish

*Always use 1 step setup towards the screen if you feel the defender is trying to top block you

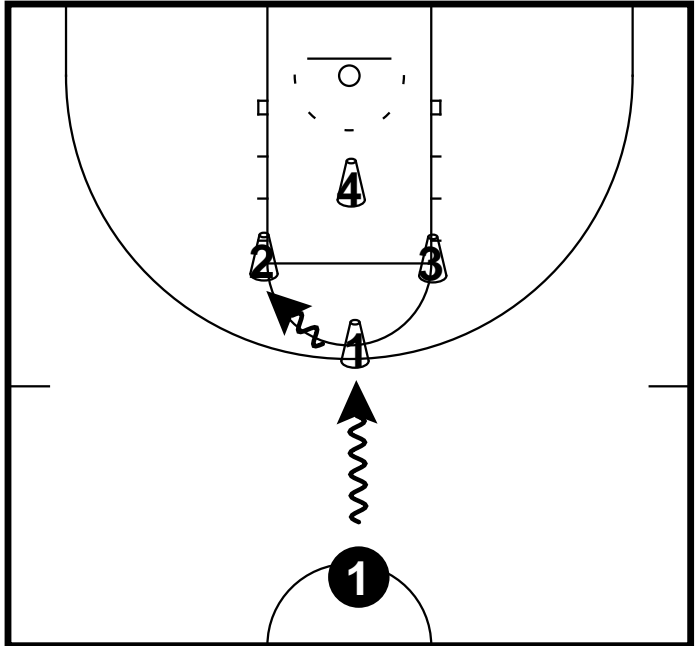
Shooting (with a partner)

Four Spot Shooting Series



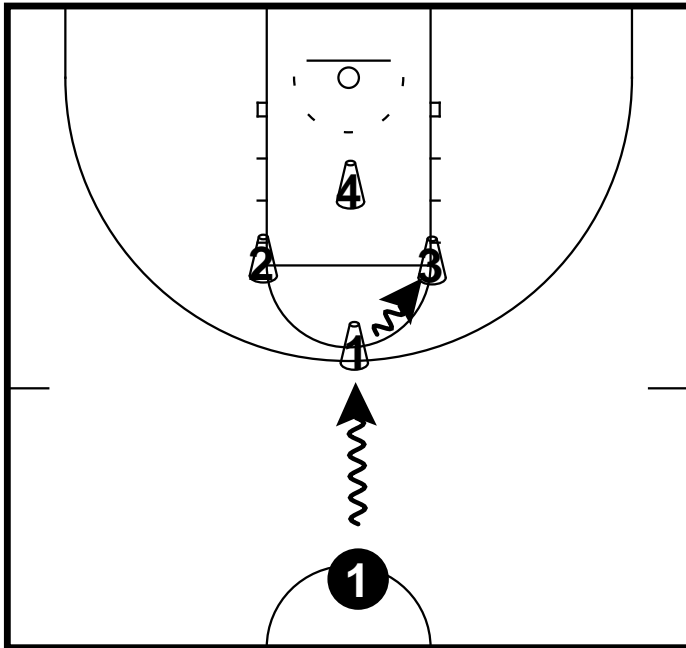
Player starts a mid court. Takes 2 hard dribbles and pulls up at top of key. (5-7 makes).

Four Spot Shooting Series



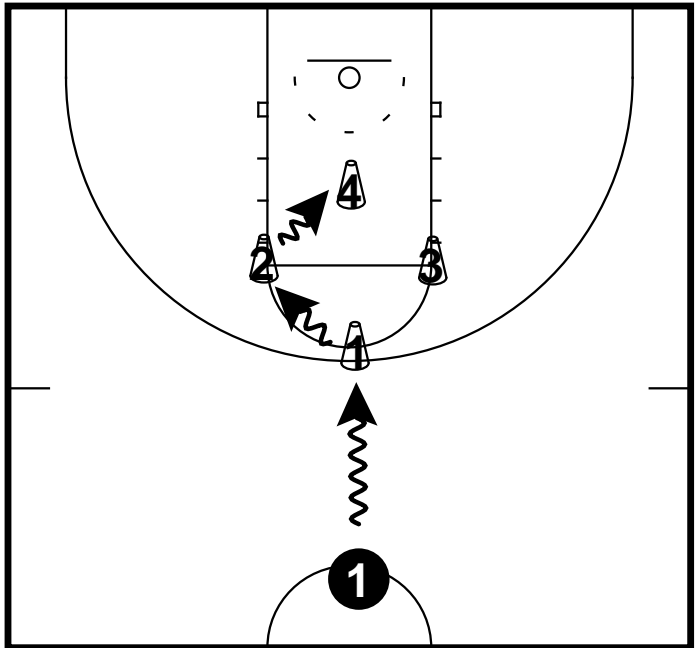
Players takes two hard dribbles, changes direction at cone 1 and pulls up at cone 2. (5-7 makes)

Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1 and pulls up at cone 3. (5-7 makes)

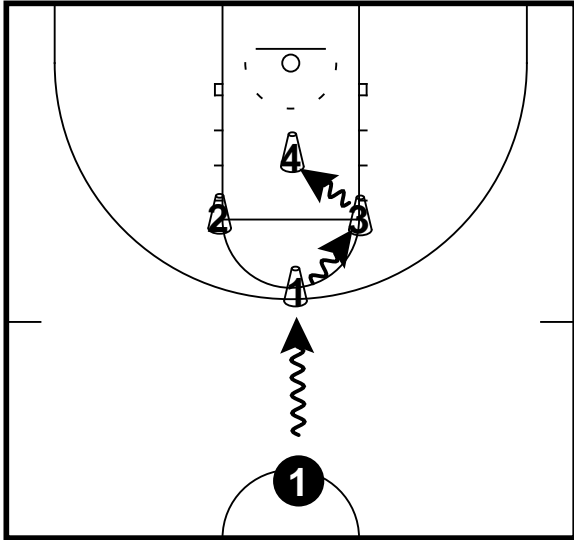
Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1 and again at cone 2, pull up at cone 4. (5-7 makes)

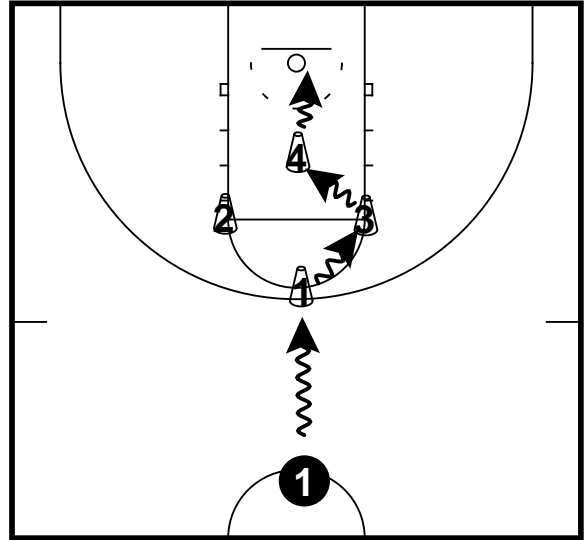
Shooting (with a partner)

Four Spot Shooting Series



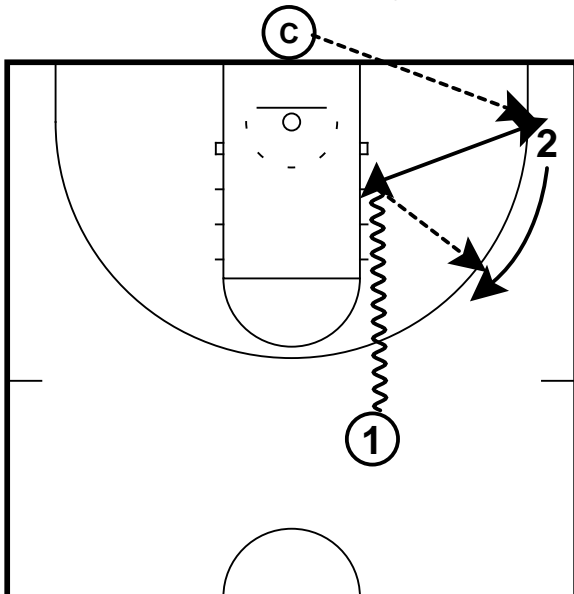
Players takes two hard dribbles, changes direction at cone 1 and again at cone 3, pull up at cone 4. (5-7 makes)

Four Spot Shooting Series



Players takes two hard dribbles, changes direction at cone 1, again at either cone 2 or 3, then again at cone 4 and finish with lay up or floater. (5-7 makes)

Pitch and Blur Shooting Series

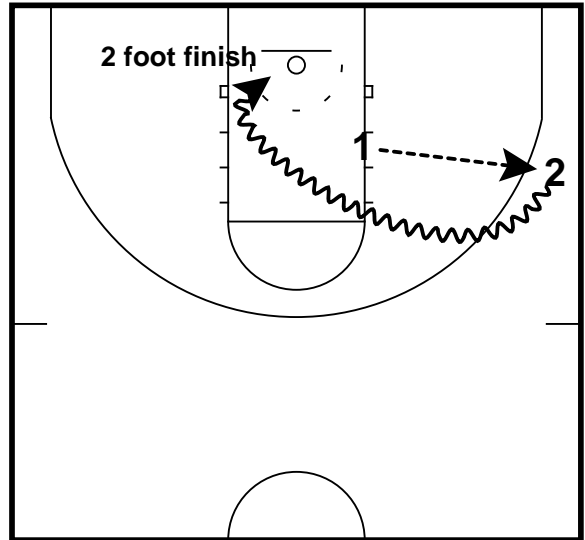


Partner Starts up High and breaks the elbow:

- Pitch and Blur Shots:
- Two foot finish
 - Counter back
 - Midrange Pullup
 - Midrange Stepback
 - Catch and Shoot 3pt Shot

All Contents Proprietary

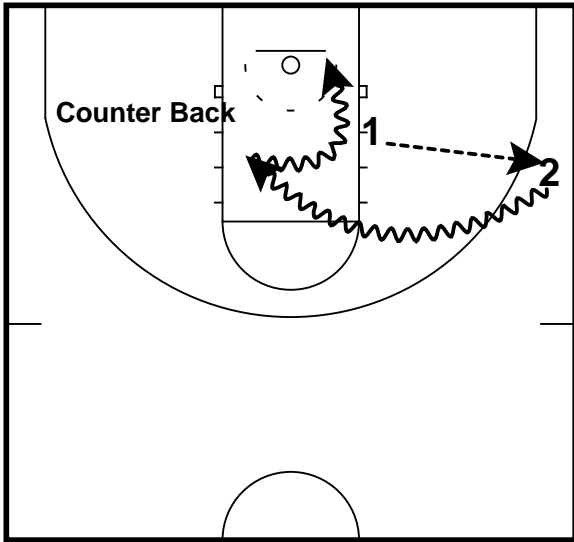
Pitch and Blur Shooting Series



2 foot finish

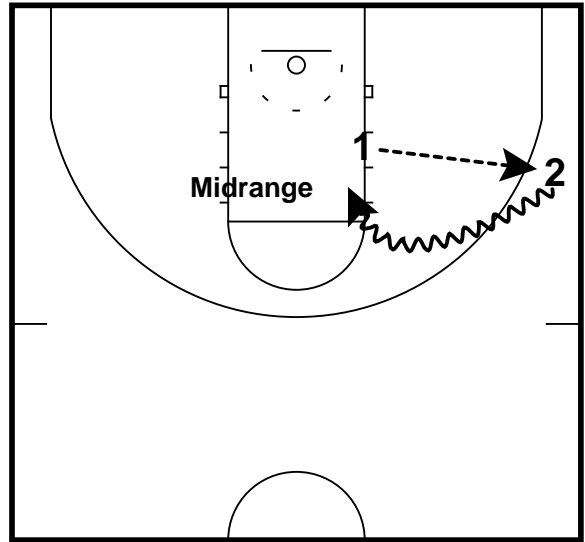
Shooting (with a partner)

Pitch and Blur Shooting Series



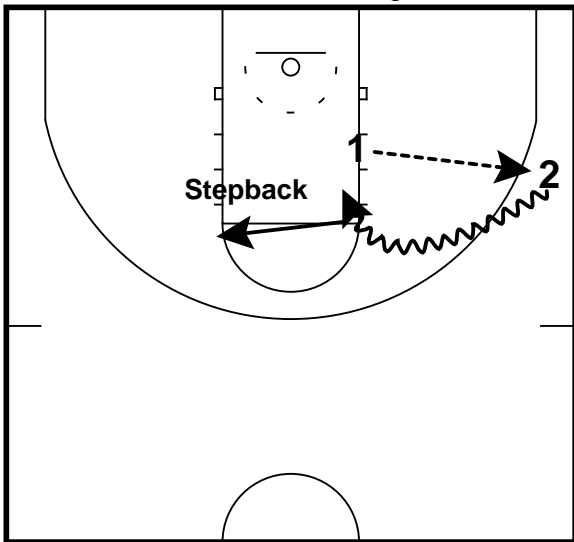
Counter Back

Pitch and Blur Shooting Series



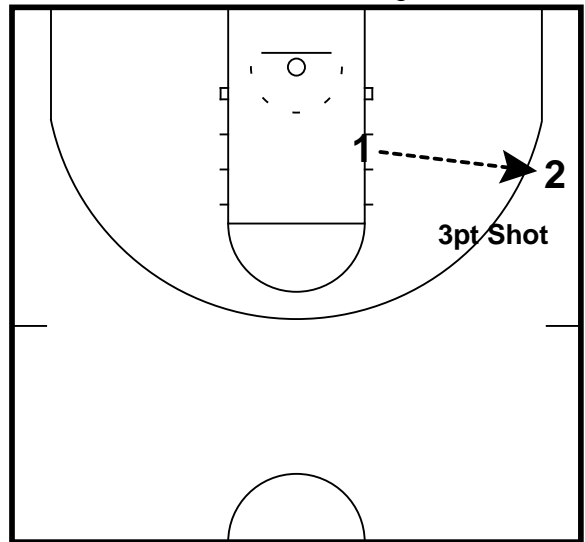
Midrange

Pitch and Blur Shooting Series



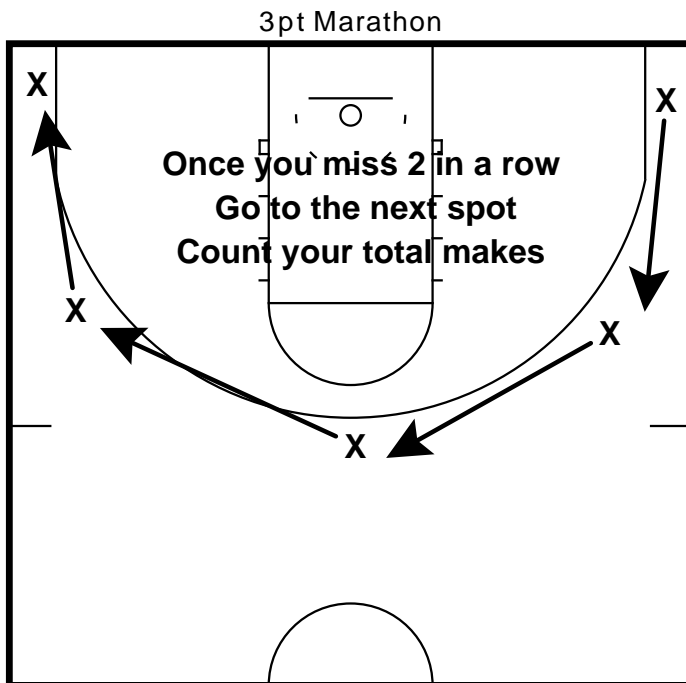
Midrange stepback

Pitch and Blur Shooting Series

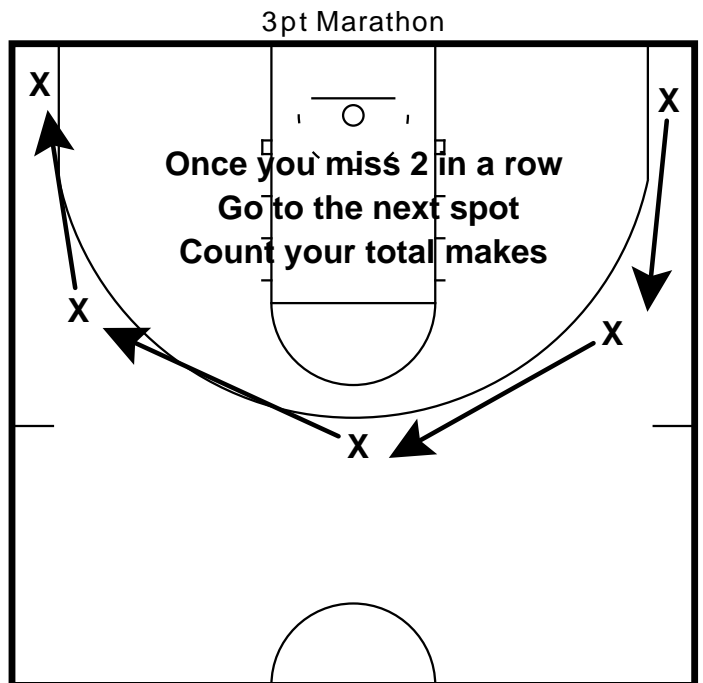


3pt Shot

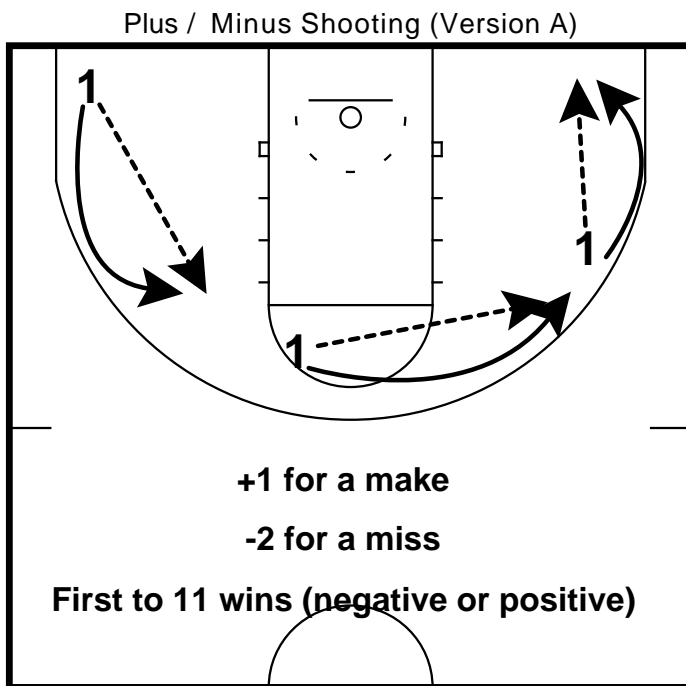
Shooting (with a partner)



Start shooting in the corner and continue shooting at the same spot until you miss two shots in a row. Once you miss two in a row move to the next spot and continue the process until you've finished all 5 spots



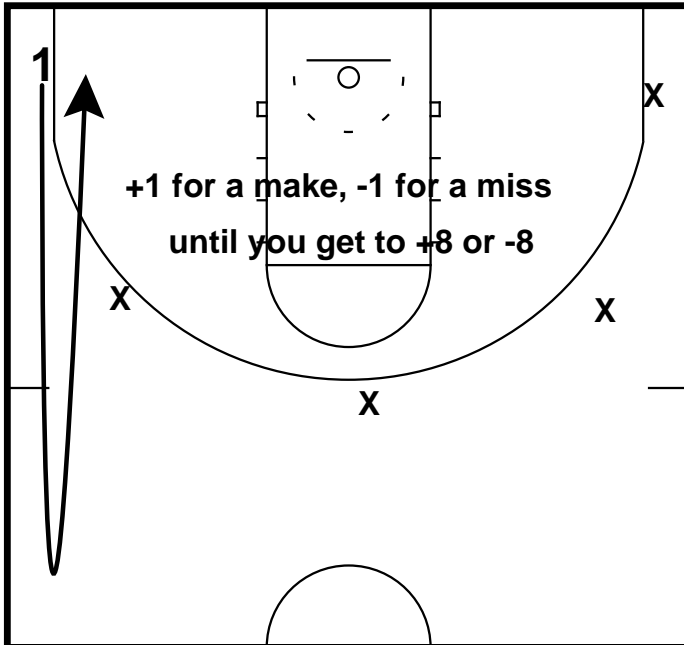
Count 1 point for every shot you take (both makes and misses) and see how many points you end up with at the end of the drill. A good score is above 50, a great score is 75-100, and elite shooters will make 100-200 points in a single round. You can use this drill to practice both 3pt and 2pt shots.



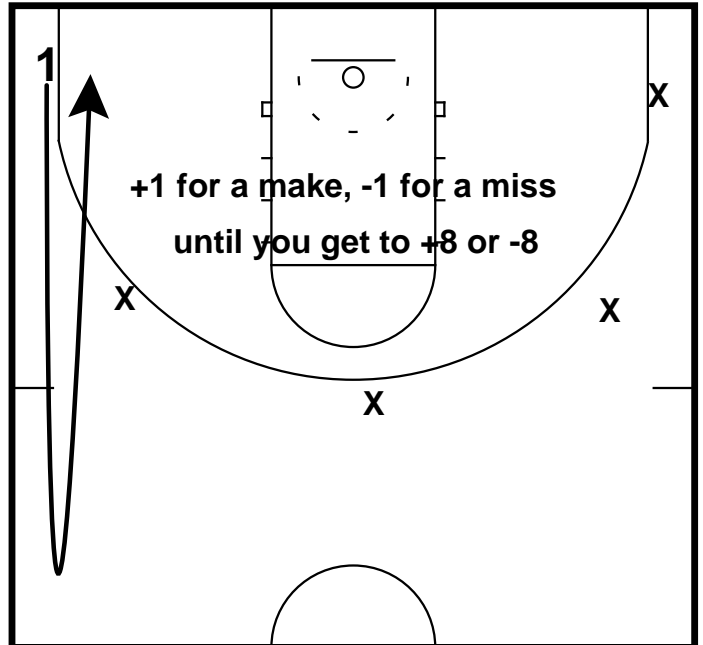
This drill can be done on your own or with a rebounder. If you are by yourself, use a self toss to run into your shot. This can be done from the midrange or the three point line. You get + 1 for a make and + 2 for a miss. You can play to any number of points, but a common score is first to 11 points (+/-)

Shooting (with a partner)

Plus / Minus Shooting (Version B)



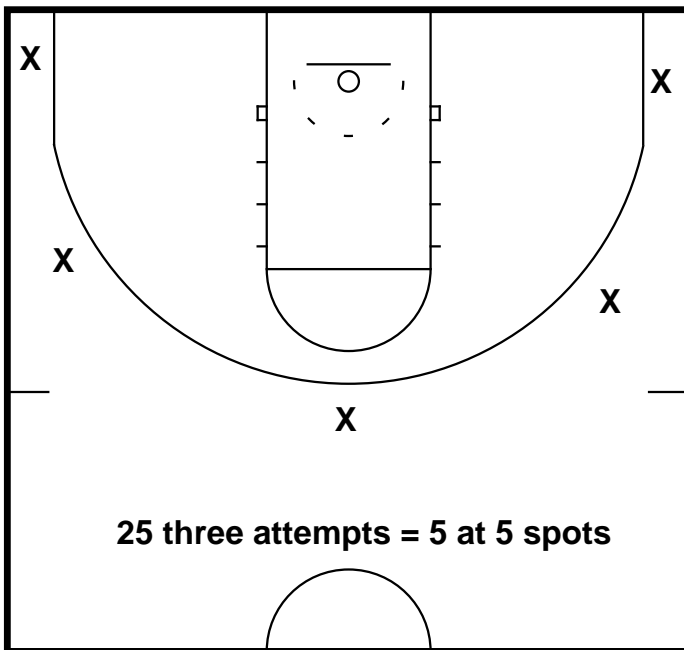
Plus / Minus Shooting (Version B)



Plus minus shooting assigns a point value for each shot that you make or miss. Normally you get + 1 for a make and - 1 for a miss. You continue shooting until you reach a cumulative score of + 8 or - 8 at each spot (you can adjust this number depending on how hard you want to make the drill).

If you want to increase the difficulty, you can penalize yourself - 2 or - 3 for a miss. Touch half-court in between each shot and complete each spot around the perimeter until you've hit + 8 or - 8

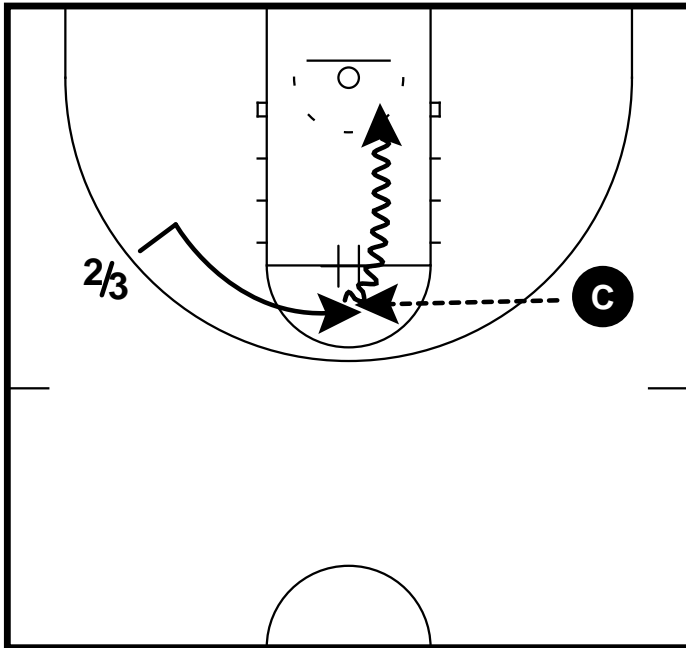
25 threes



Shoot 5 threes at 5 spots and keep track of your score. Goal is to get above 20 makes.

Footwork

Chair Drill

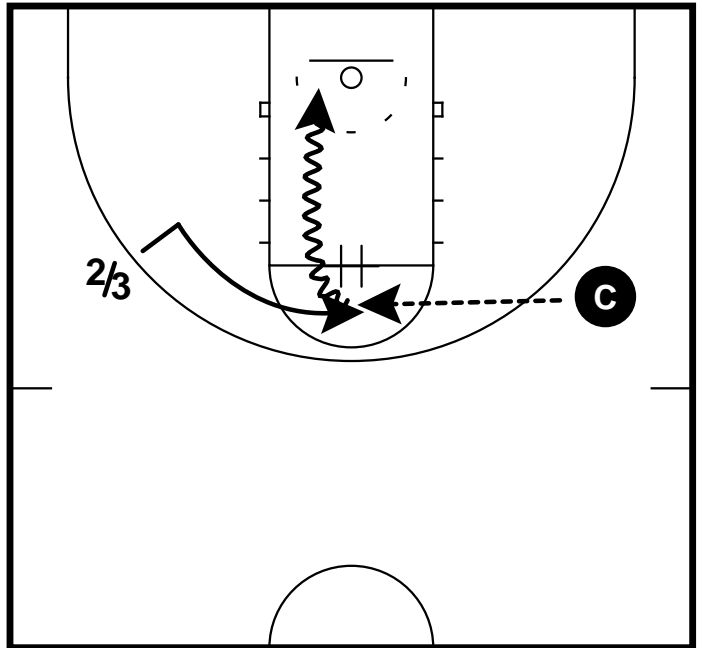


1) Drive To Open Side

Key Points

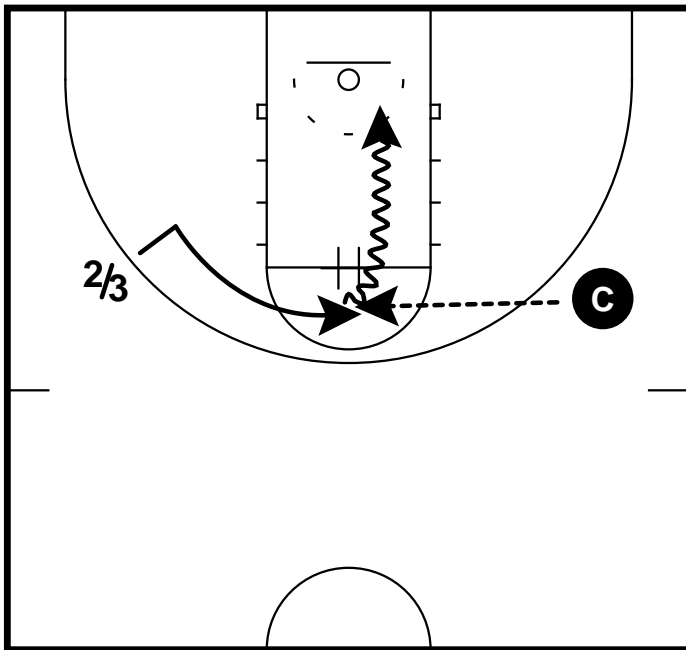
* Receiver should step on inside foot. Must keep pivot foot down (whole point of drill is no traveling). Passes should be thrown out of the reach of a coach who is behind the chair

Chair Drill



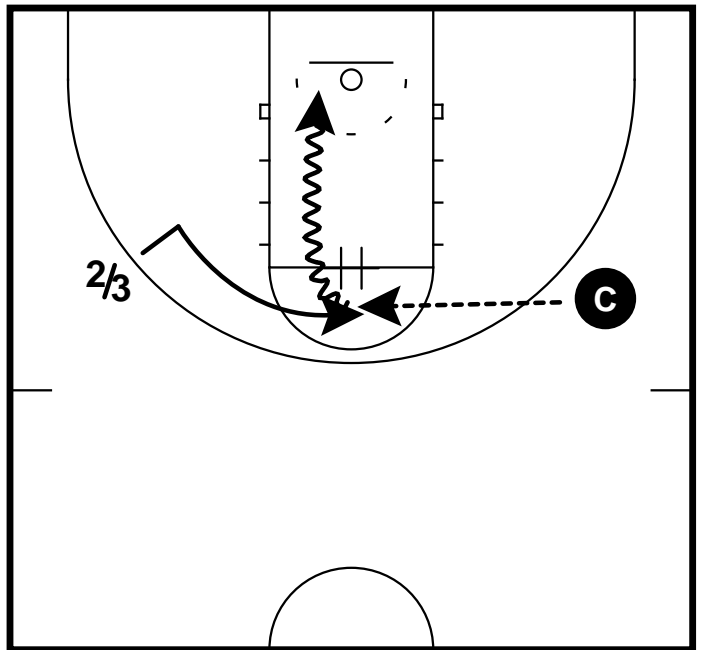
2) Drive To Crossover Side

Chair Drill



3) Shot Fake Drive To Open Side

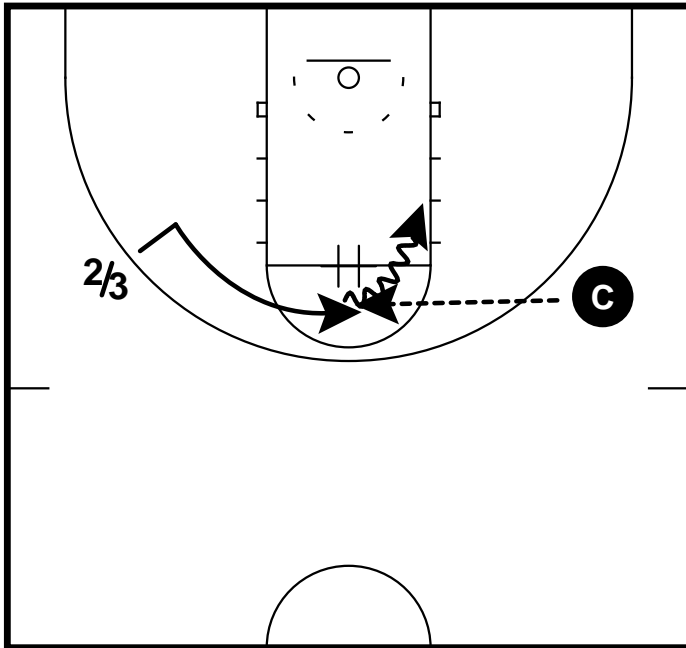
Chair Drill



4) Shot Fake Drive To Crossover Side

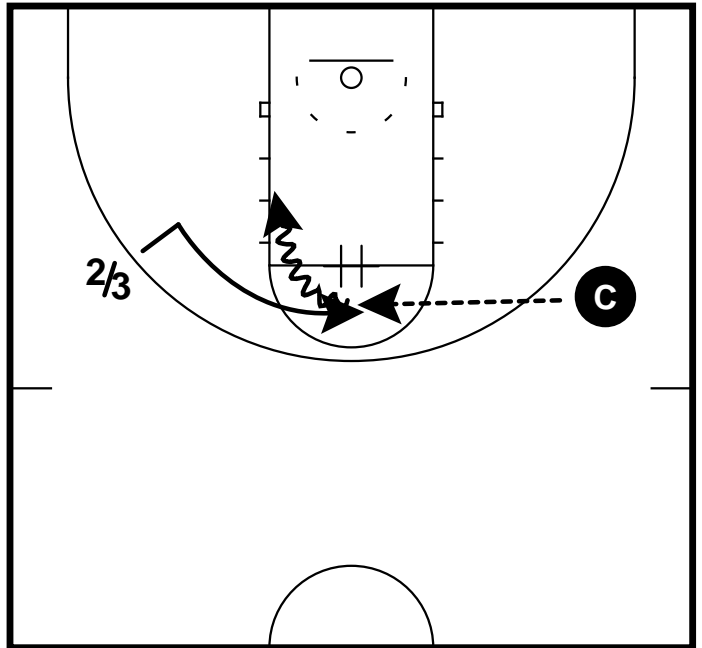
Footwork

Chair Drill



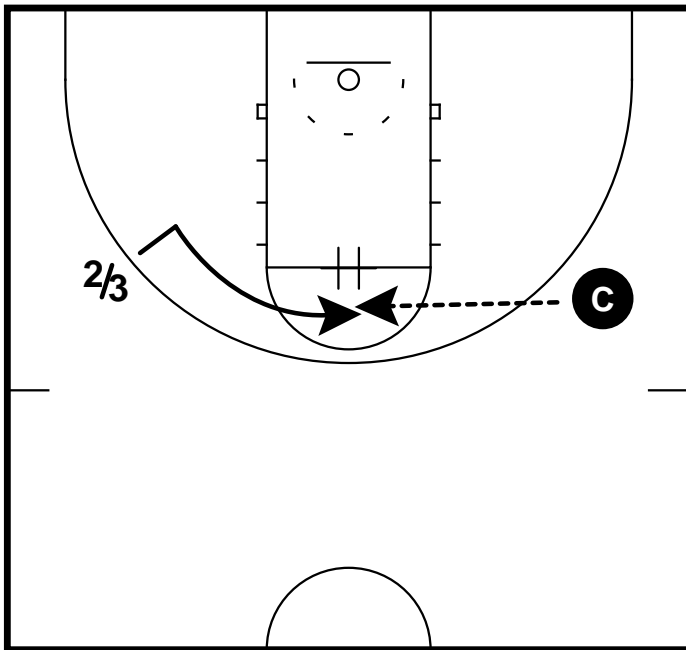
5) Open Side Pull Up

Chair Drill



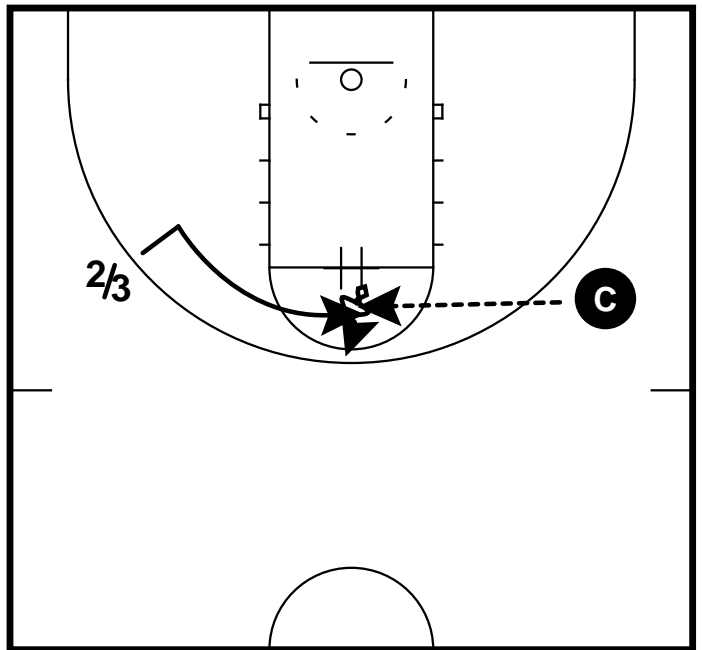
6) Crossover Side Pull Up

Chair Drill



7) Jump Shot

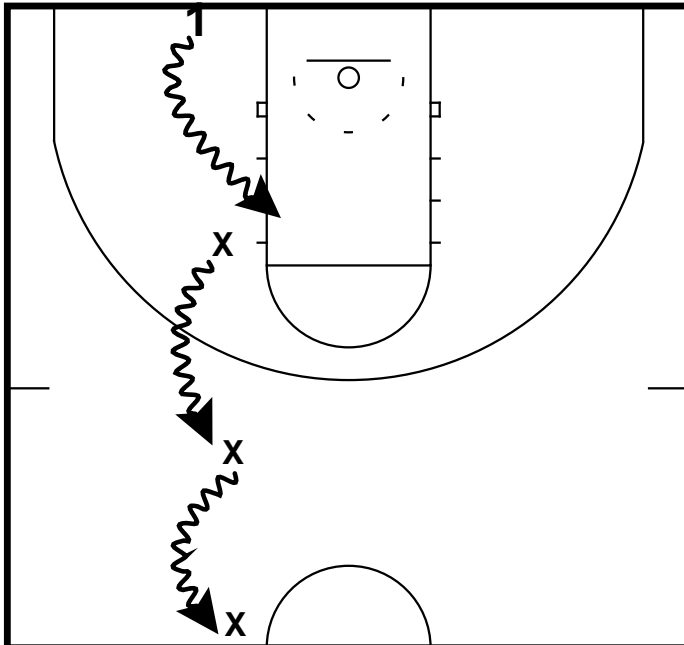
Chair Drill



8) Jab Step Jump Shot

Footwork

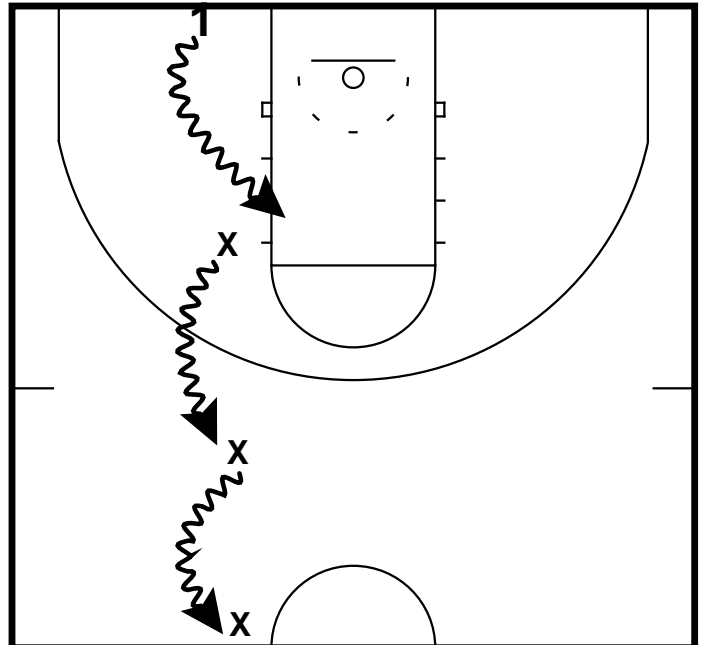
Baseline Triple Threat



Rip to the Right.

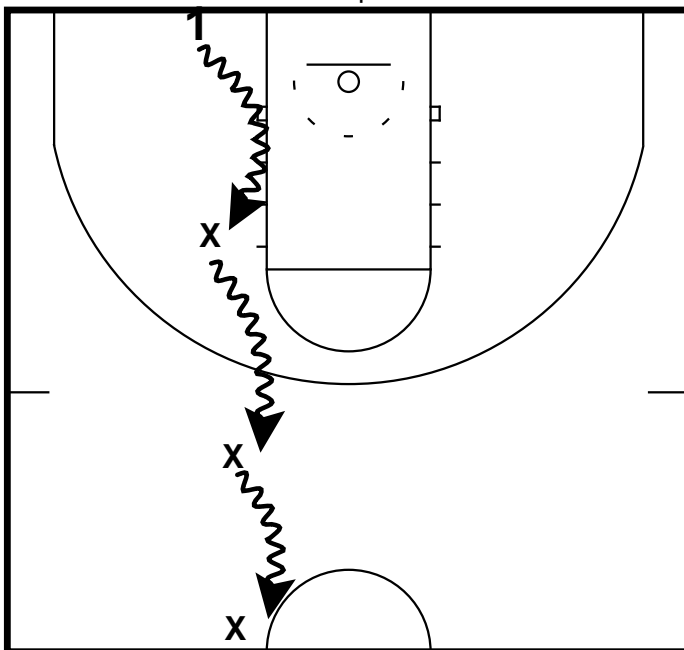
Start in triple threat on the baseline and rip to the right stopping in a 2-foot jump stop at each X (three rips before you get to half court). Same on the way back.

Baseline Triple Threat



Rip the ball from your opposite hip (left hip) below your right knee. Play in straight lines (no banana cuts). Explosive first step past the top foot of your defender. No false steps. Sweep low enough to get your head underneath the shoulder of your opponent. Jump stop with balance and power.

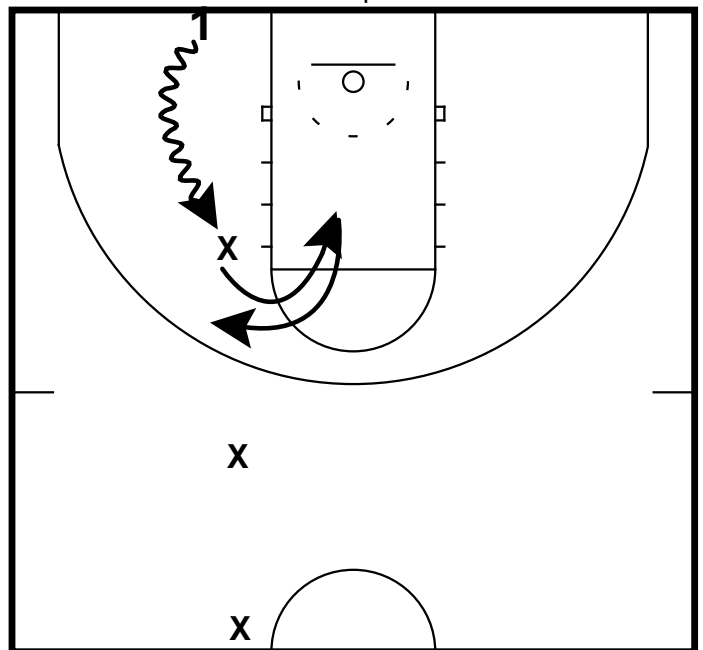
Baseline Triple Threat



Rip to the Left.

Start in triple threat on the baseline and rip to the left stopping in a 2-foot jump stop at each X (three rips before you get to half court). Same on the way back.

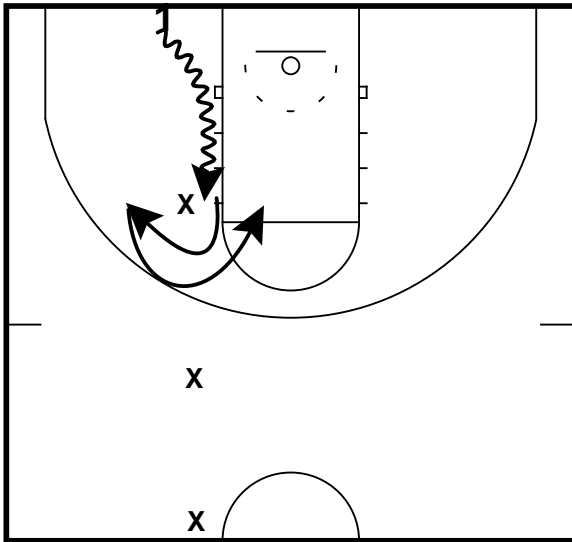
Baseline Triple Threat



To the Right: Forward + Reverse Pivot. Start in triple threat on the baseline and rip to the right stopping in a 2-foot jump stop at each X. Perform a forward pivot by bringing your right foot over the top and then reverse pivot to return to your original position. Same on the way back.

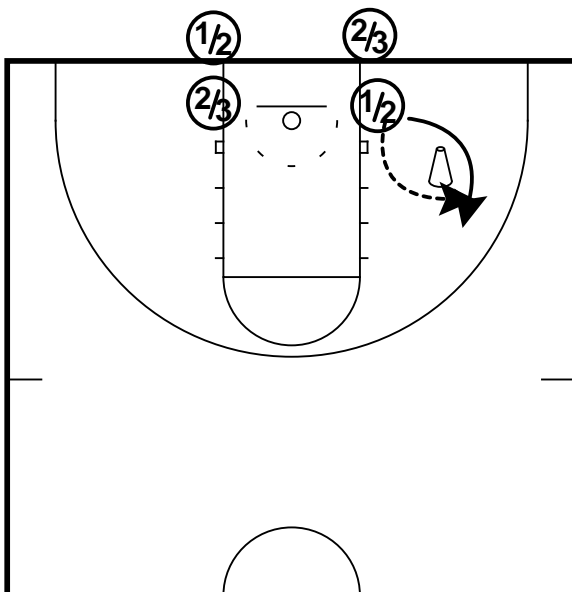
Footwork

Baseline Triple Threat



To the Left: Forward + Reverse Pivot. Start in triple threat on the baseline and rip to the left stopping in a 2-foot jump stop at each X. Perform a forward pivot by bringing your left foot over the top and then reverse pivot to return to your original position. Same on the way back.

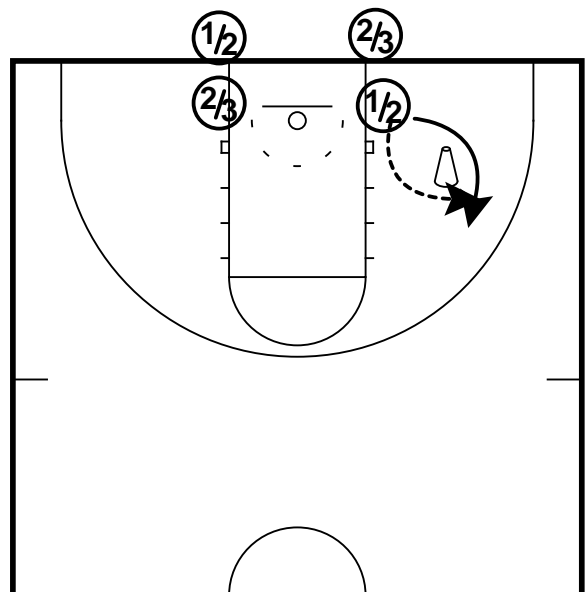
Wing Square Ups



Inside Pivot Shots

- 1) Square up-check form (no shot)
- 2) shot fake, crossover layup
- 3) Shot fake, open layup
- 4) Shot fake, crossover pull up
- 5) Shot fake, open pull up
- 6) Square up jump shot

Wing Square Ups

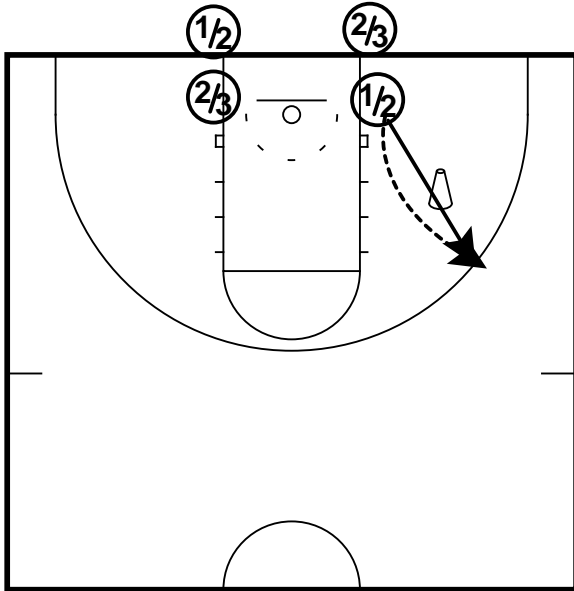


Back to Basket Pivot Shots

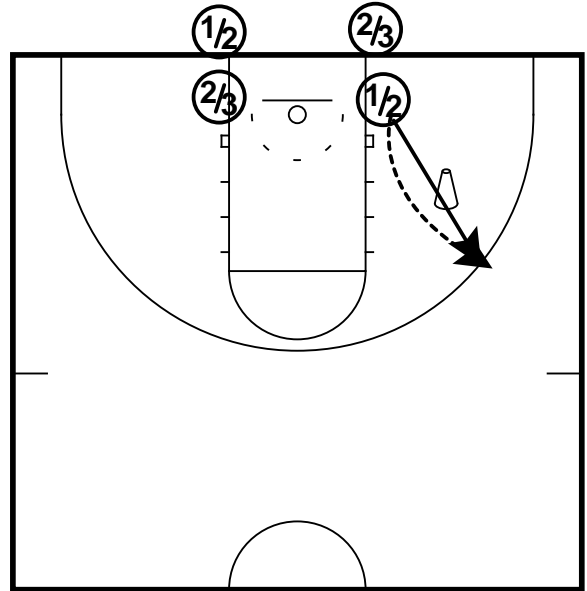
- 1) Inside Pivot, Rip Through, Layup/Floater
- 2) Inside Pivot, Rip Through, Pull Up
- 3) Inside Pivot, Jab, Go Opposite
- 4) Inside Pivot, Jab Jumper
- 5) Inside Pivot, Jab Jumper Show and Go

Footwork

Wing Square Ups



Wing Square Ups



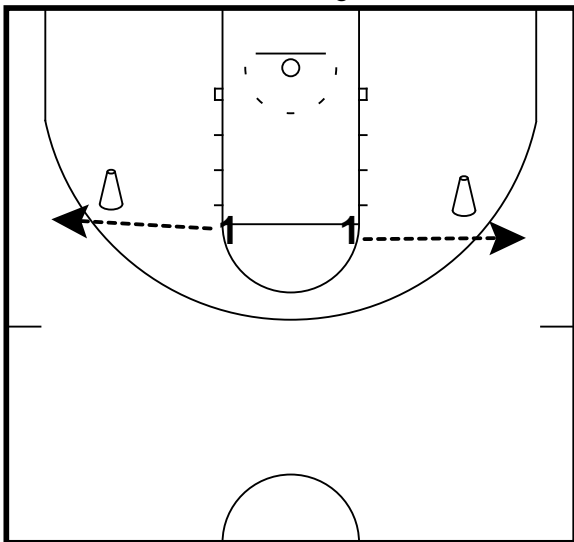
Back to Basket Pivot Shots

- 1) Inside Pivot, Rip Through, Layup/Floater
- 2) Inside Pivot, Rip Through, Pull Up
- 3) Inside Pivot, Jab, Go Opposite
- 4) Inside Pivot, Jab Jumper
- 5) Inside Pivot, Jab Jumper Show and Go

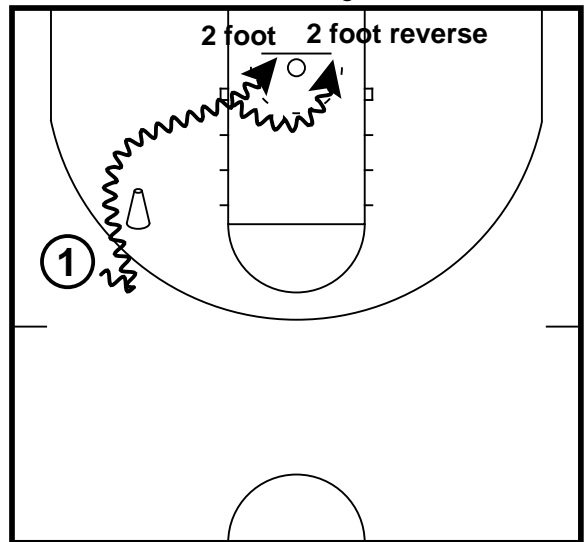
Post Player Terminology

- 1) High/Low side quick, layup
- 2) High/Low side counter back
- 3) High/Low side jab middle, go opposite
- 4) High/Low side jab jumper

Self-Toss Wing Pivots



Self-Toss Wing Pivots



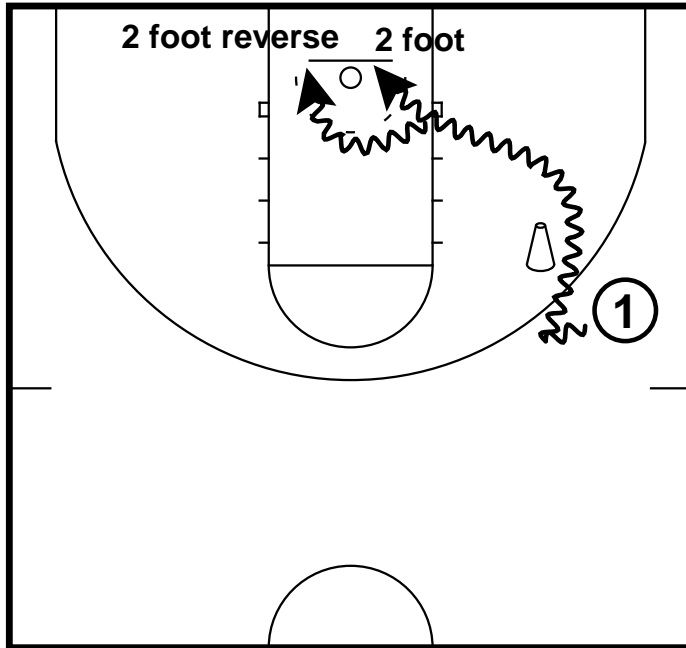
For each of these pivot series start at the elbow, self toss to the wing and catch the ball with your back to the rim. Perform the series on both sides of the floor.

Baseline Rips.

Reverse pivot with your bottom (right) foot as your pivot. Perform on both sides (you will switch your pivot feet on the opposite side).

Footwork

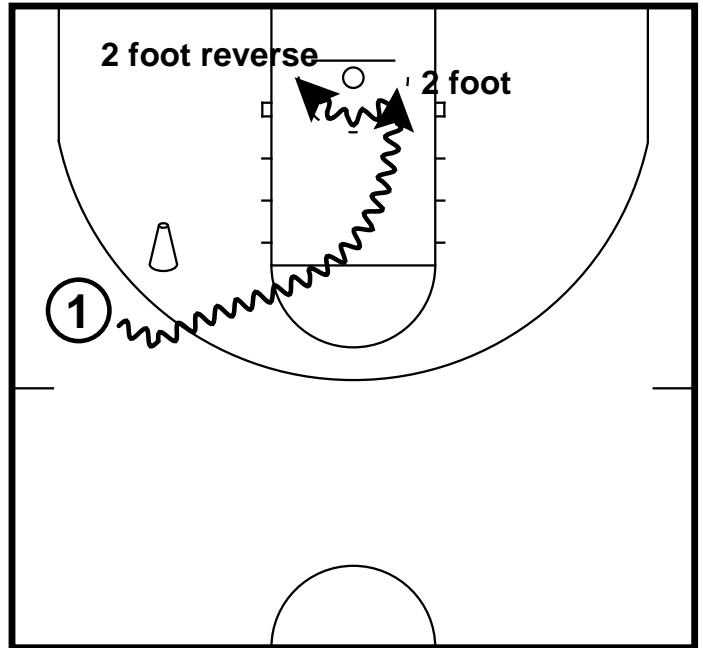
Self-Toss Wing Pivots



Baseline Rips.

Reverse pivot with your bottom (left) foot as your pivot.
Perform on both sides.

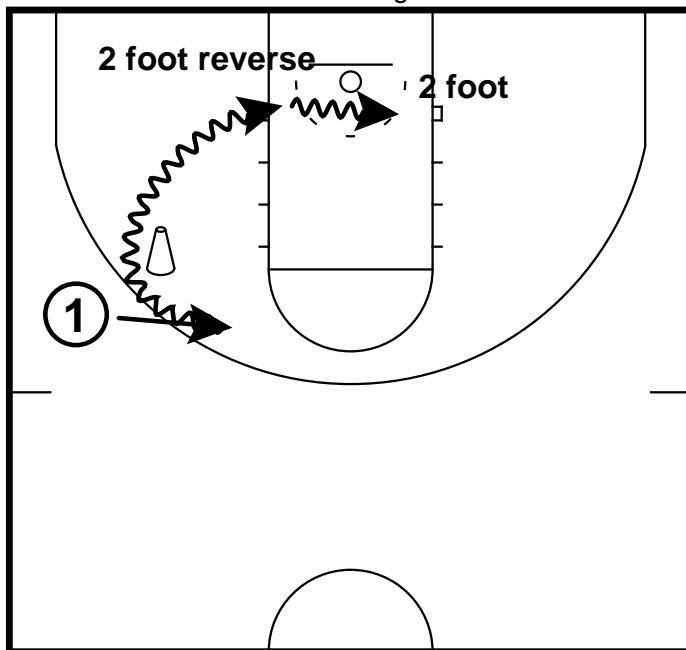
Self-Toss Wing Pivots



Middle Rips.

Reverse pivot with your top (left) foot as your pivot. And complete on both sides (you will switch your pivot feet on the opposite side).

Self-Toss Wing Pivots

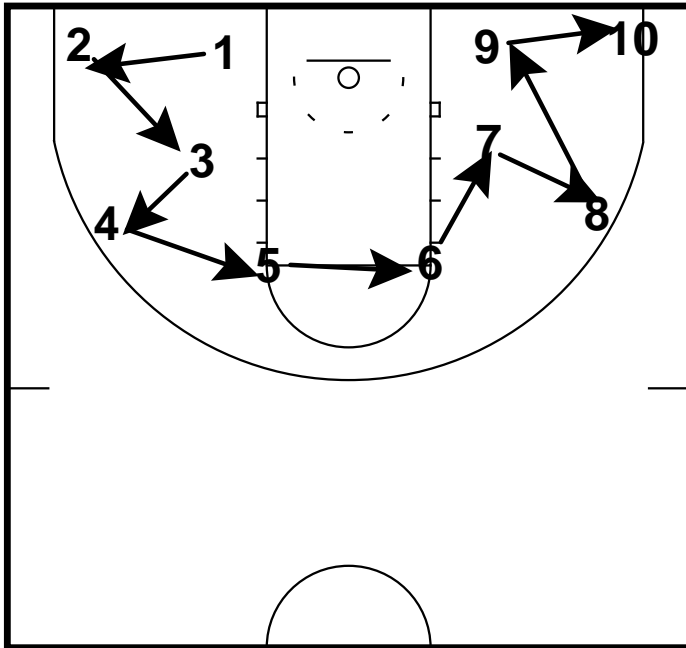


Middle Jab, Baseline Rips.

Reverse pivot with your top (left) foot as your pivot and jab with your right foot to the middle then rip baseline. And complete on both sides.

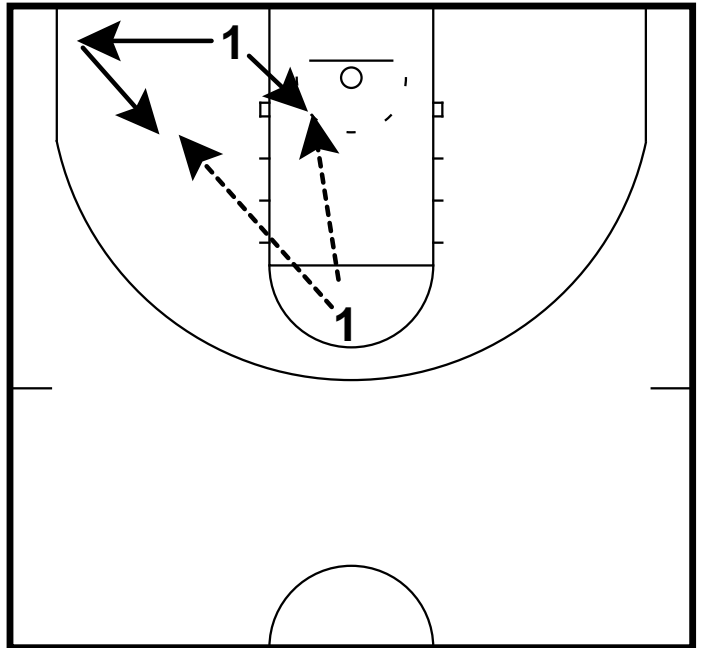
Footwork

Lunge Series



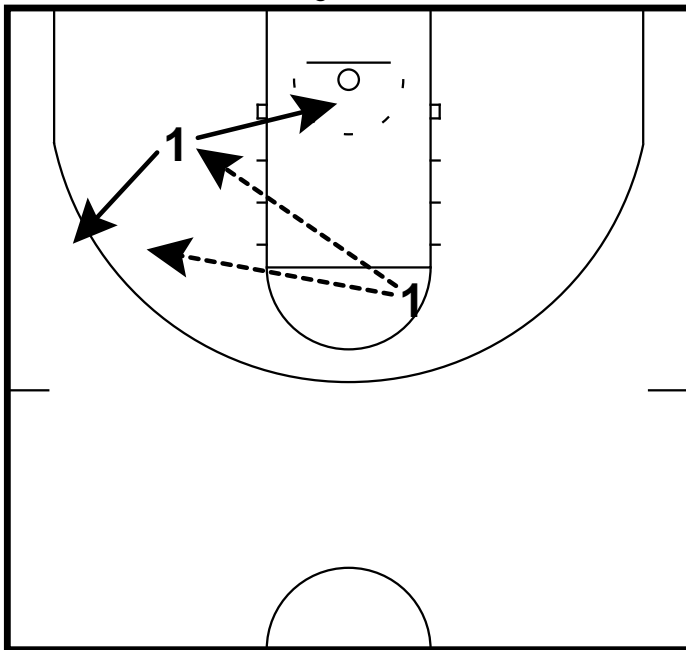
Start with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim. There will be a total of 10 finishes: two on each baseline and wing and one on each elbow. Return to the next spot after each finish. You can use a self-toss or have a passer.

Lunge Series

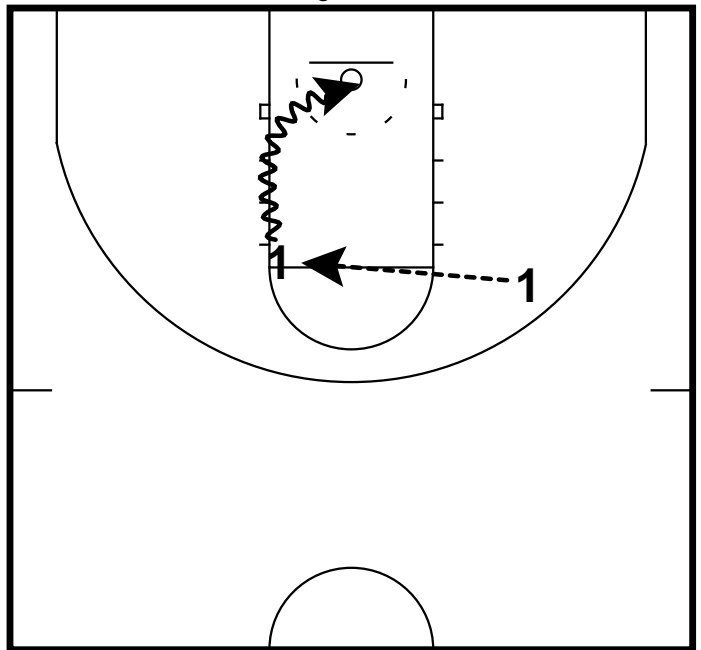


Start with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim. The second spots on the baseline and wings will require a power dribble in addition to your lunge step.

Lunge Series

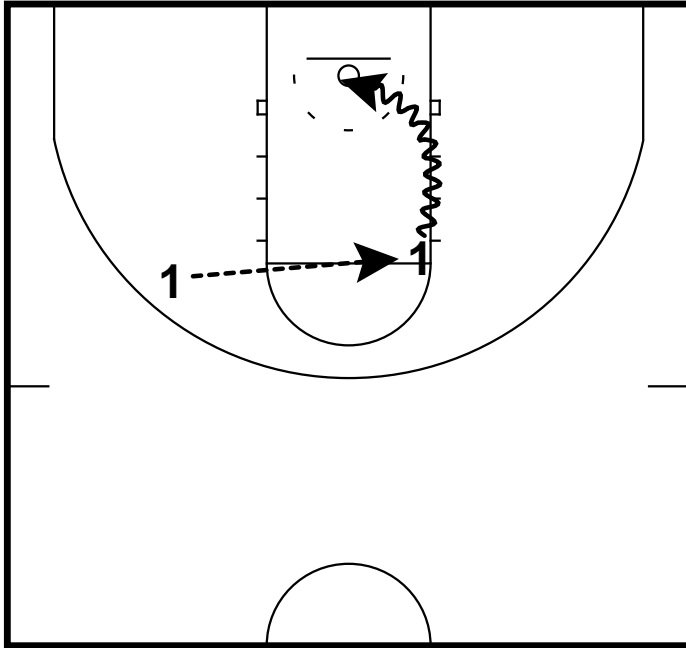


Lunge Series

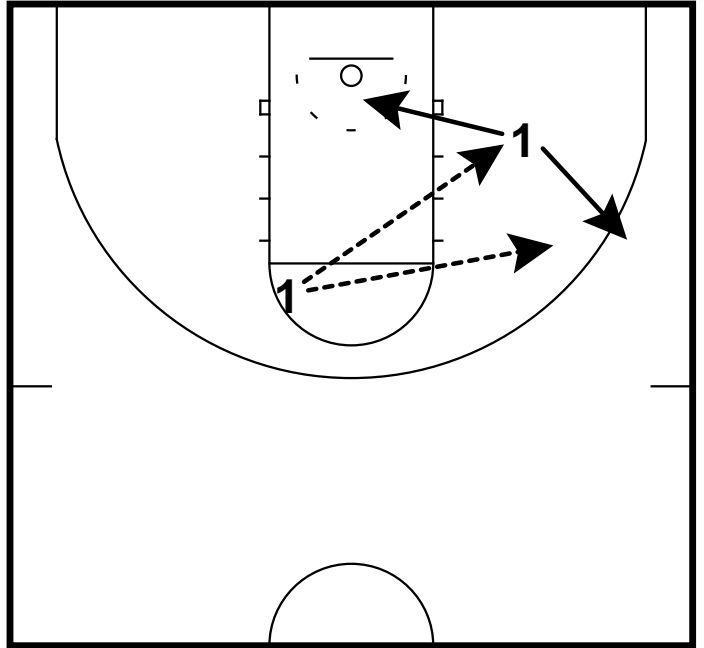


Footwork

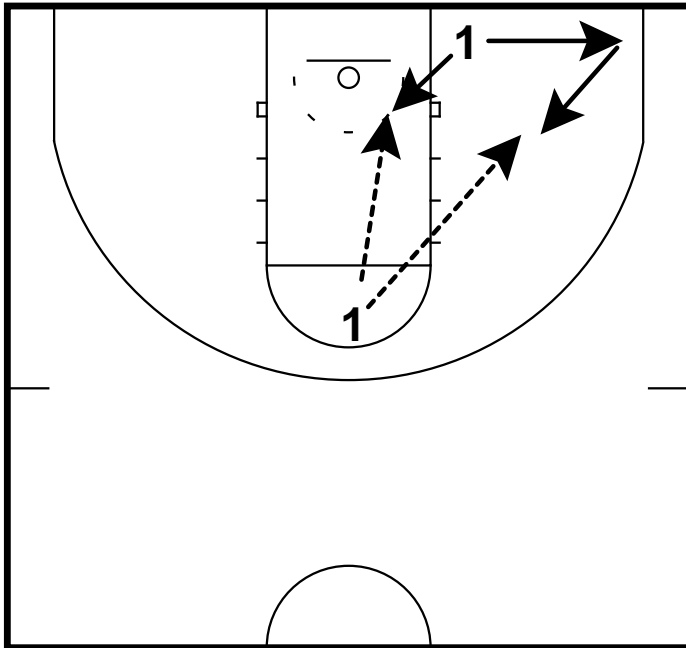
Lunge Series



Lunge Series



Lunge Series

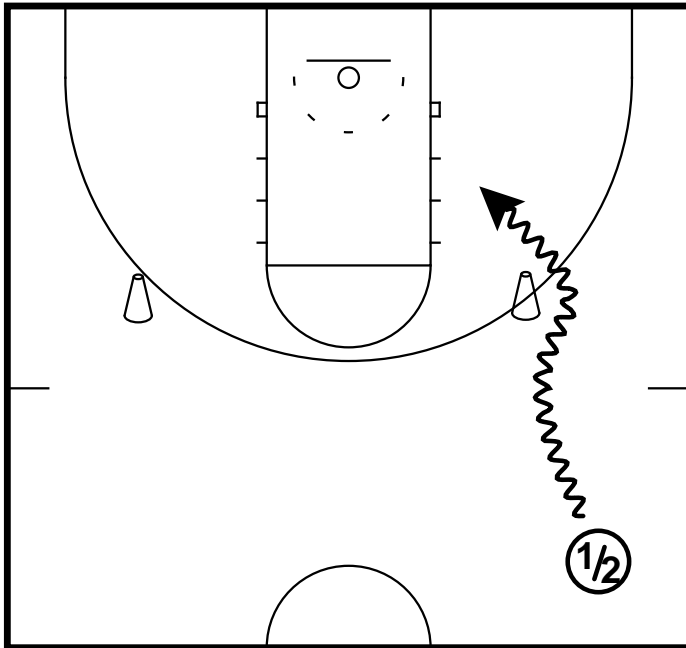


End with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim.

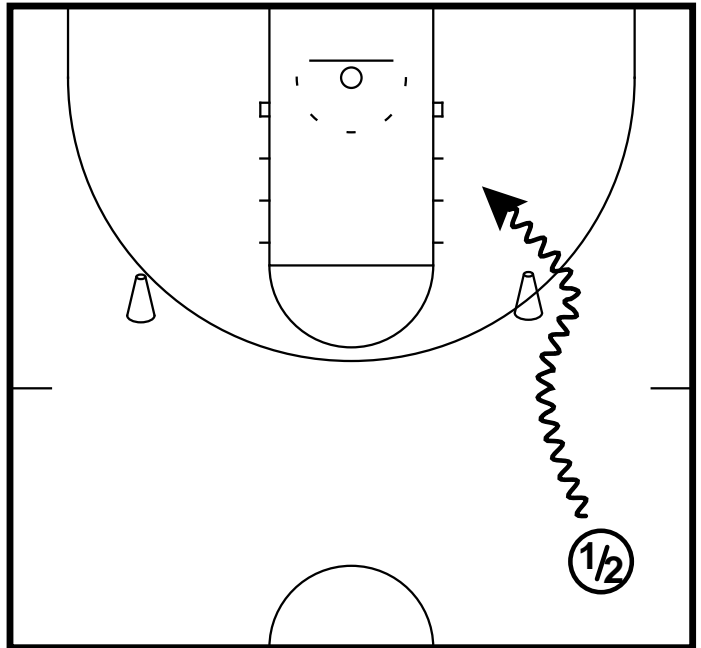
The second spots on the baseline and wings will require a power dribble in addition to your lunge step.

Finishing

Wing Scoring Series



Wing Scoring Series



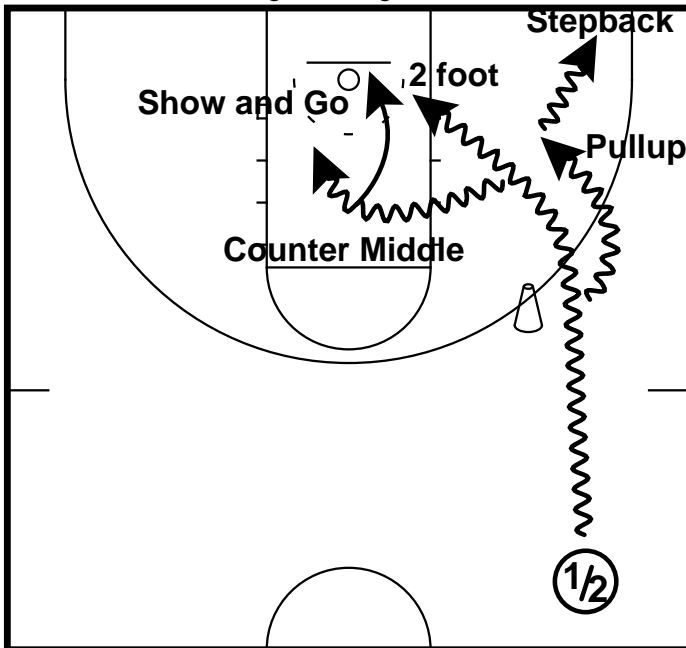
DRILL BASICS:

- * Player Starts With Ball Near Half Court
- * Player Executes Moves at Each Chair/Cone
- * Start Dribble With Outside Hand
- * Once Series Is Completed Go to the Opposite Wing

KEY TEACHING POINTS: Eyes Up, Control Handle, Explode Out Of Moves, Keep Shoulders Down

SHOTS: 5X per move (2 foot same side, counter back middle, counter back show and go, pullup jumper, step back jumper)

Wing Scoring Series

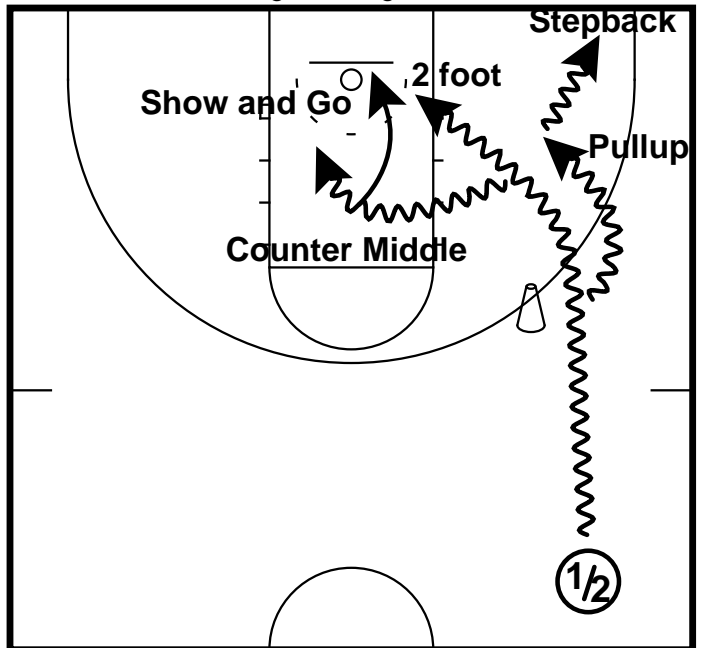


In and Out Move

SHOTS:

5 makes per move (2 foot same side, counter back middle, counter back show and go, pullup jumper, step back jumper)

Wing Scoring Series



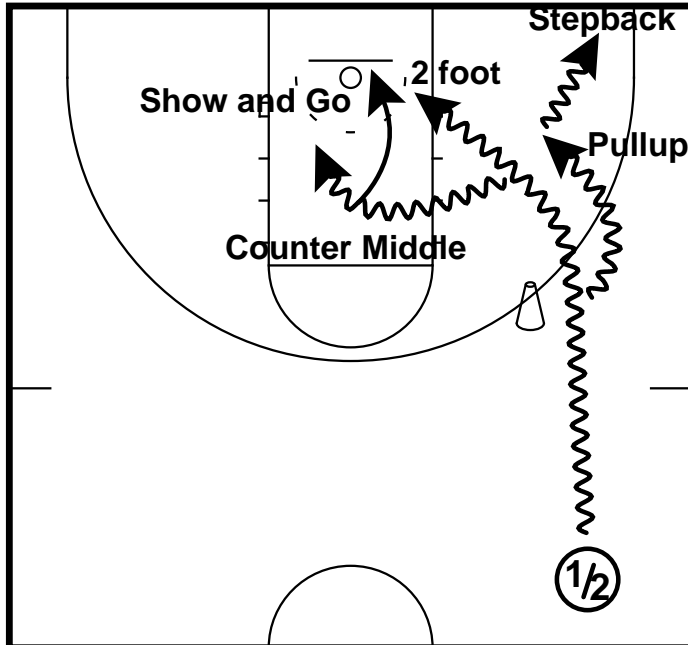
Crossover (left to right)

SHOTS:

5 makes per move (2 foot same side, counter back middle, counter back show and go, pullup jumper, step back jumper)

Finishing

Wing Scoring Series

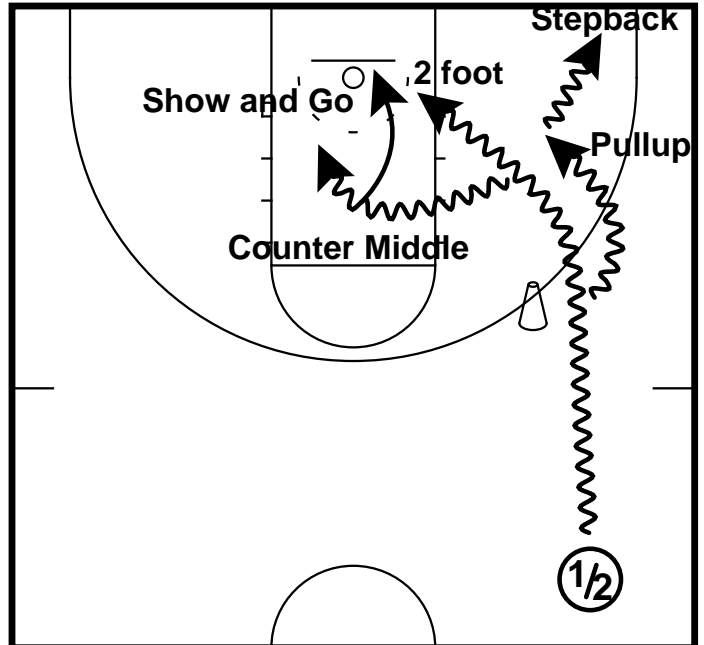


BTWL (left to right)

SHOTS:

5 makes per move (2 foot same side, counter back middle, counter back show and go, pullup jumper, step back jumper)

Wing Scoring Series

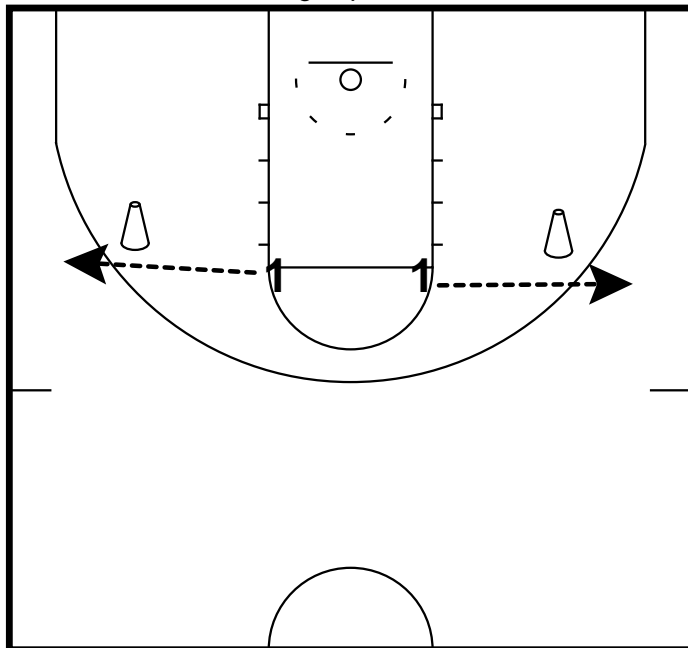


Behind the Back (left to right)

SHOTS:

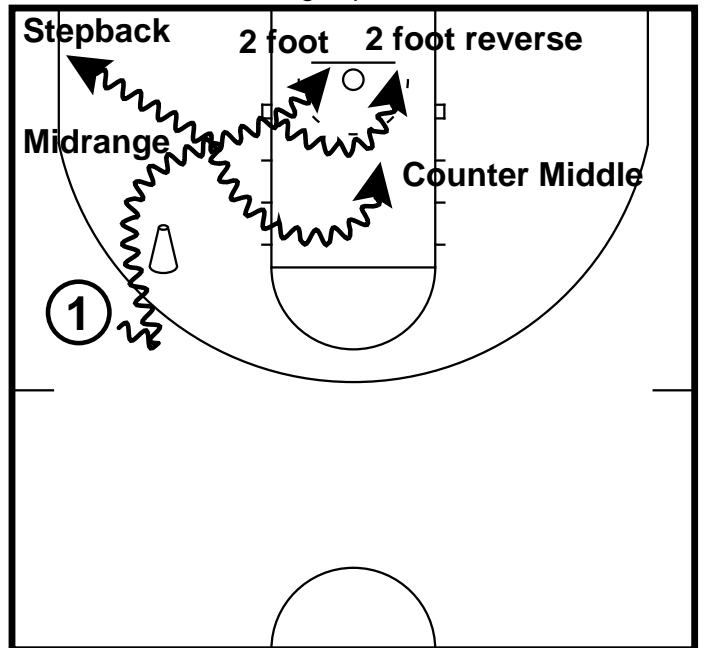
5 makes per move (2 foot same side, counter back middle, counter back show and go, pullup jumper, step back jumper)

Wing Rip Series



For each of these rip series start at the elbow, self toss to the wing and catch the ball with your back to the rim. Perform the series on both sides of the floor.

Wing Rip Series

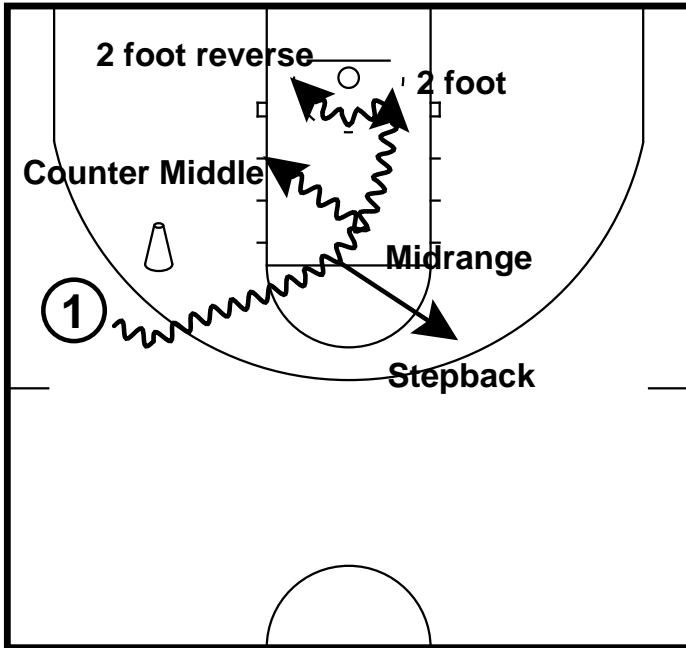


Baseline Rips. Reverse pivot with your bottom (right) foot as your pivot. And complete this finish series.

Shots: 5X (2 foot finish same side, 2 foot finish reverse, counter back middle, midrange pullup, stepback)

Finishing

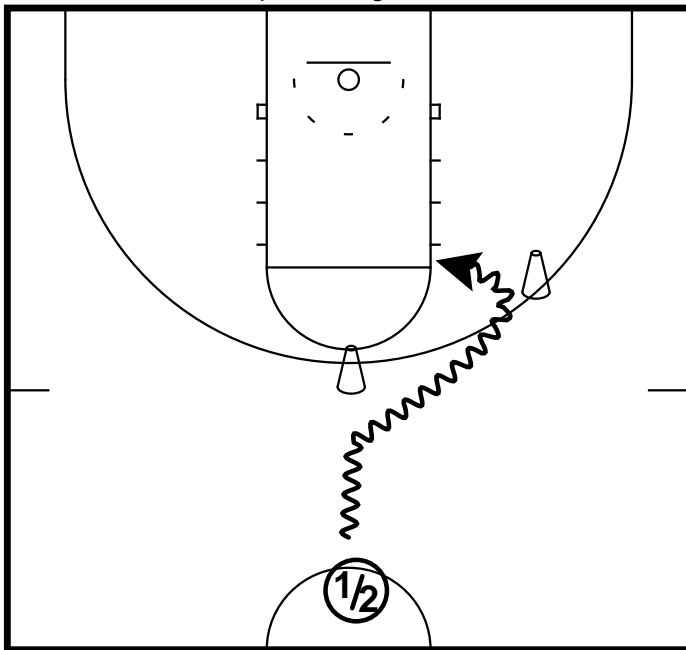
Wing Rip Series



Middle Rips. Reverse pivot with your top (left) foot as your pivot. And complete this finishing series.

Shots: 5X (2 foot finish same side, 2 foot finish reverse, counter back middle, midrange pullup, stepback)

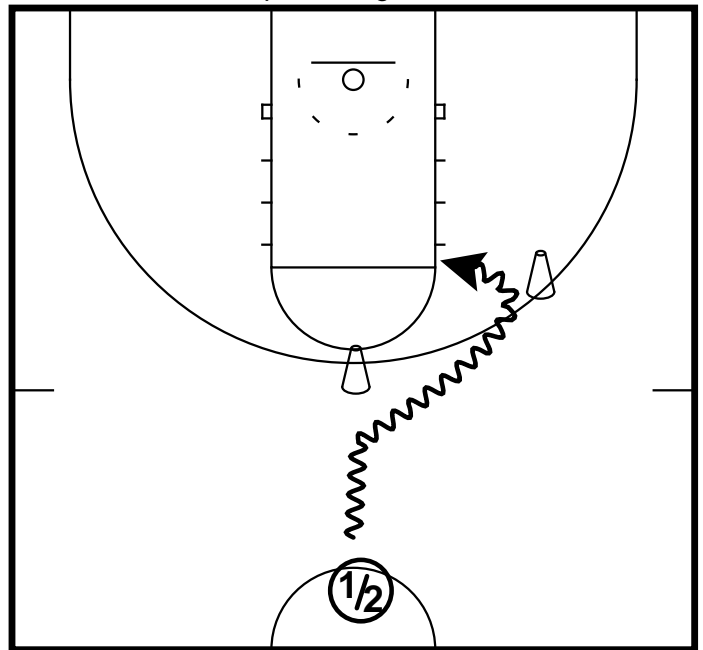
Top Scoring Series



DRILL BASICS:

- Player Starts With Ball Near Half Court. Player Executes Two Moves. One at Each Chair. Start Dribble With Outside Hand KEY

Top Scoring Series

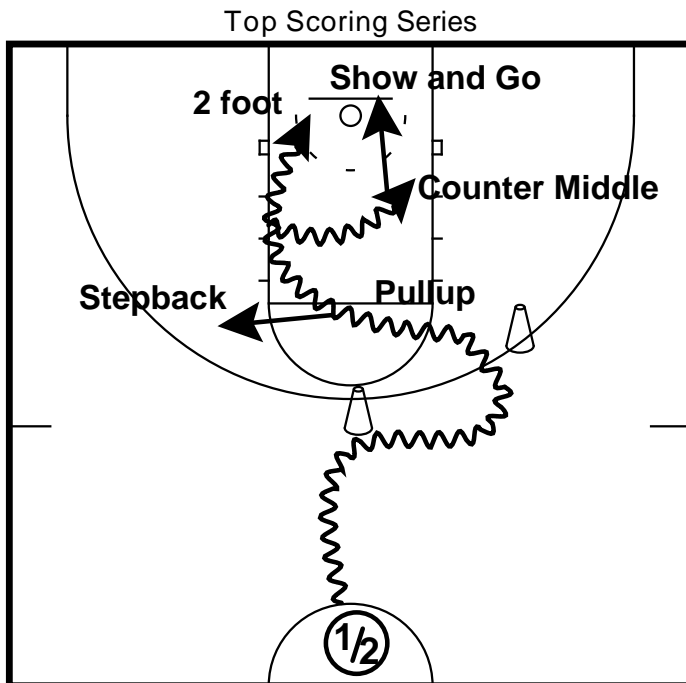


TEACHING POINTS:

- Eyes Up, Control Handle, Explode Out Of Moves, Keep Shoulders Down

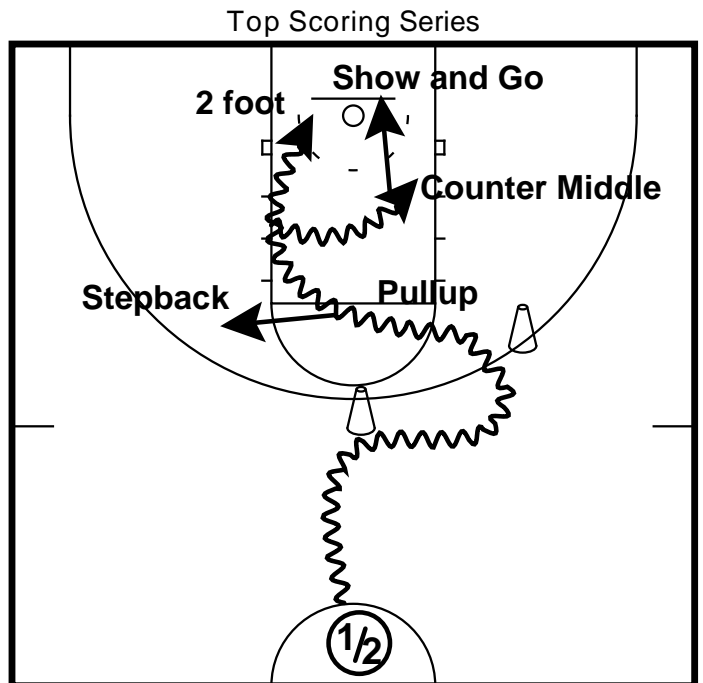
Shots: 5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)

Finishing



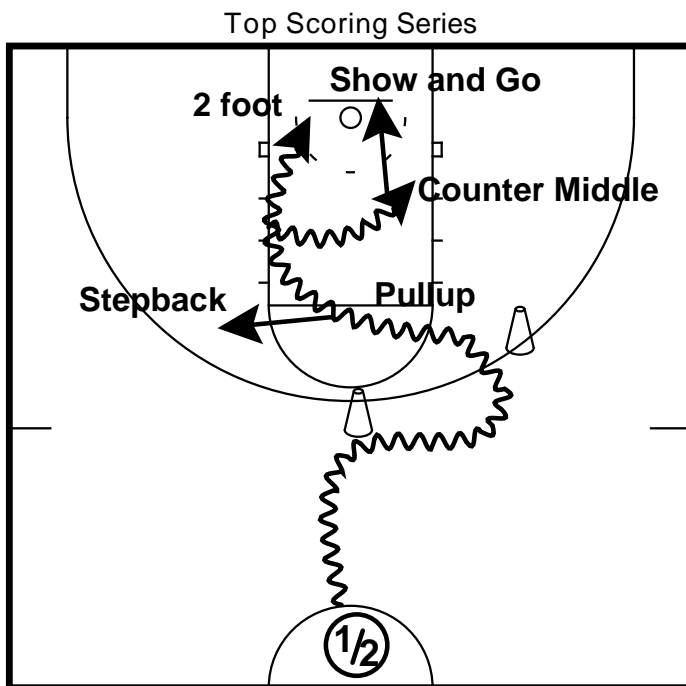
Double Crossover

Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)



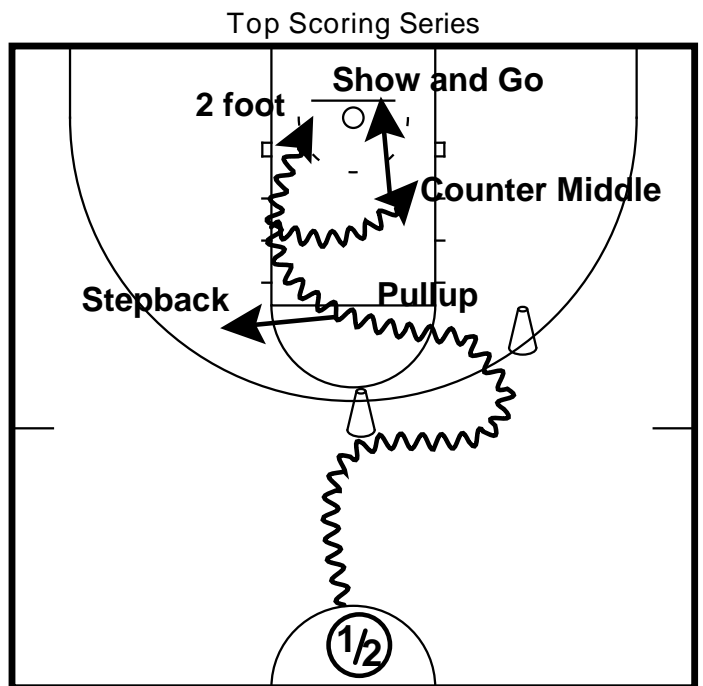
Double BTWL

Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)



Double In-Out Crossover

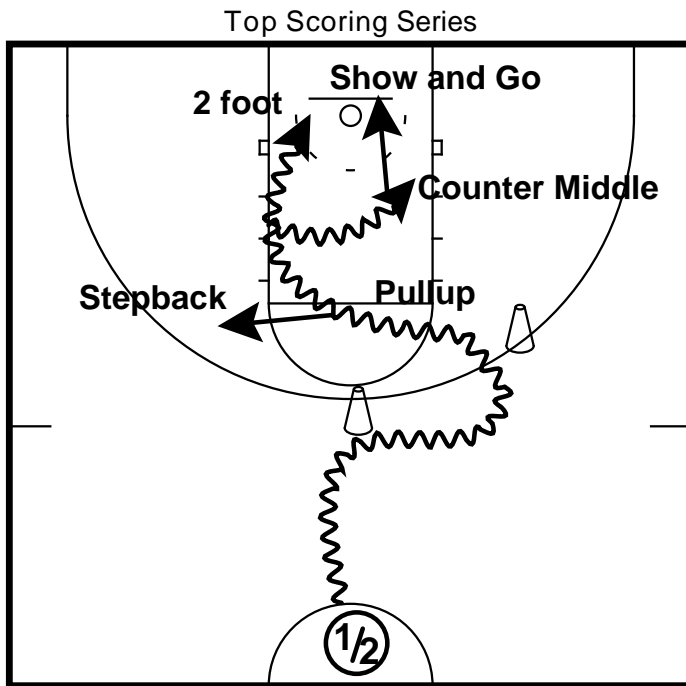
Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)



Double Behind the Back

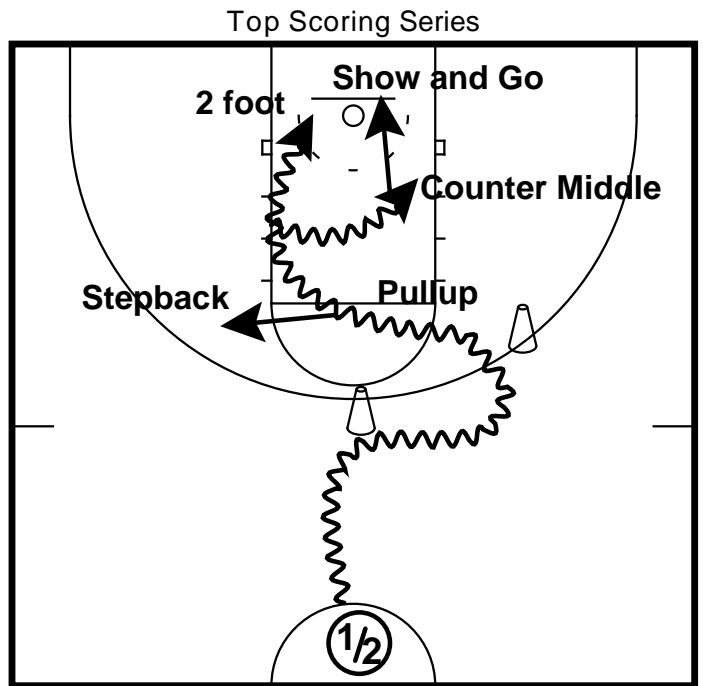
Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)

Finishing



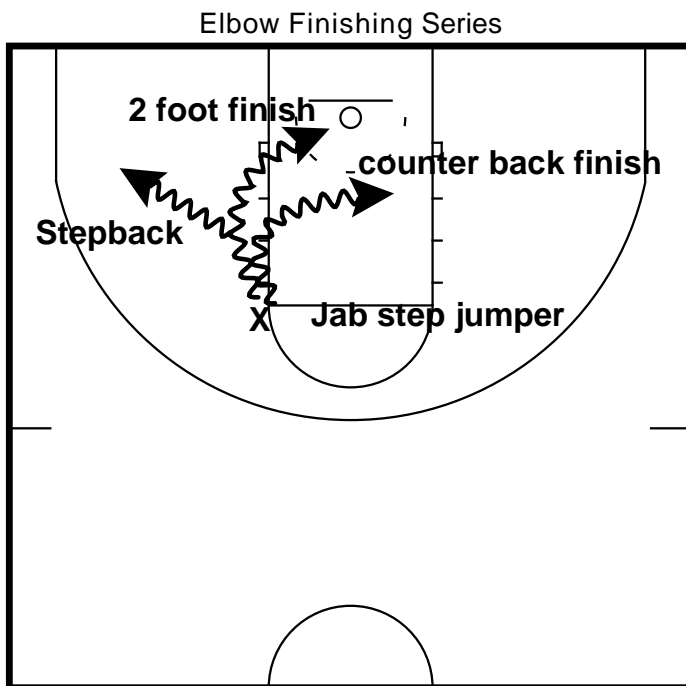
Crossover + BTWL

Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)



BTWL + Behind the Back

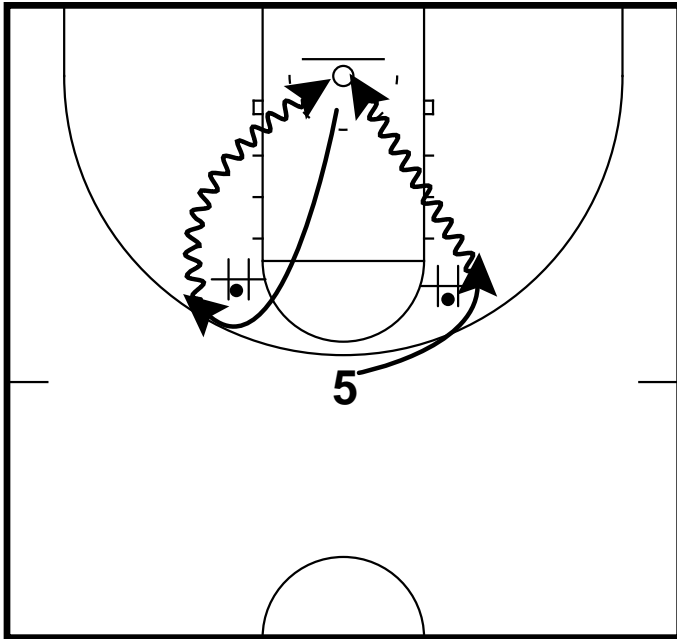
Shots:
5 Makes (two foot finish, counter back, counter back show and go, midrange pullup, stepback)



Complete this elbow series 5 times through of 4 makes each on both sides of the floor

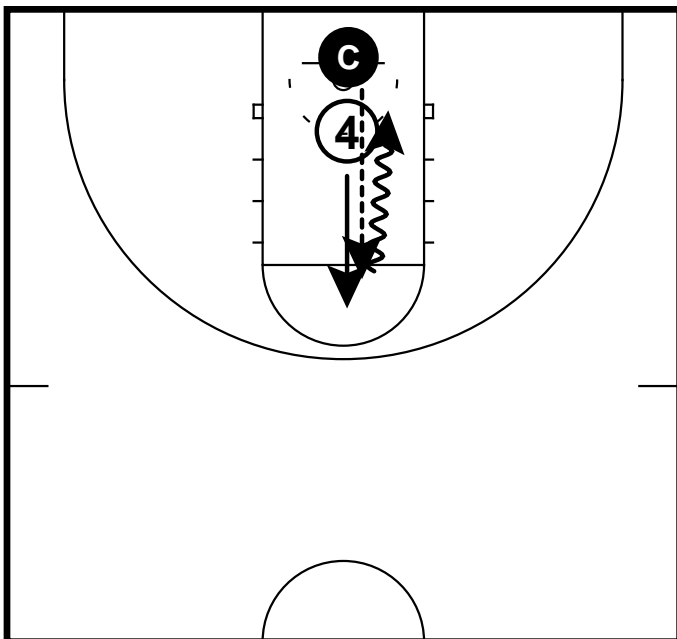
Post Moves

30 Second Layups



- * Coach yells go
- * Player cuts around chairs and picks up basketballs
- * Player then scores a layup
- * Player continues and repeats at other chair
- * Coach replaces basketballs on chairs
- * 30 seconds to get as many makes as possible

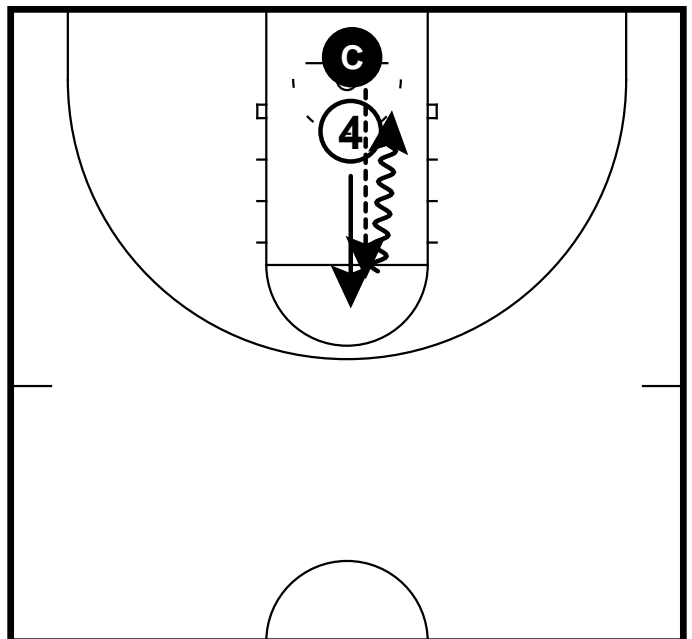
Back Pedel Finishes



DRILL BASICS:

- * Player back pedels to FT line
- * Coach Throws Ball at 15 Feet
- * Player Drives
- * Player Will Rebound and Finish Any Misses

Back Pedel Finishes

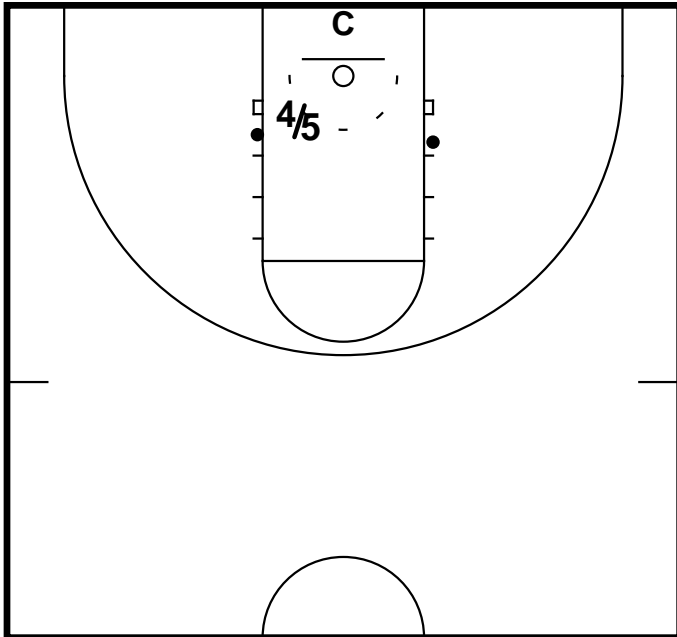


SERIES:

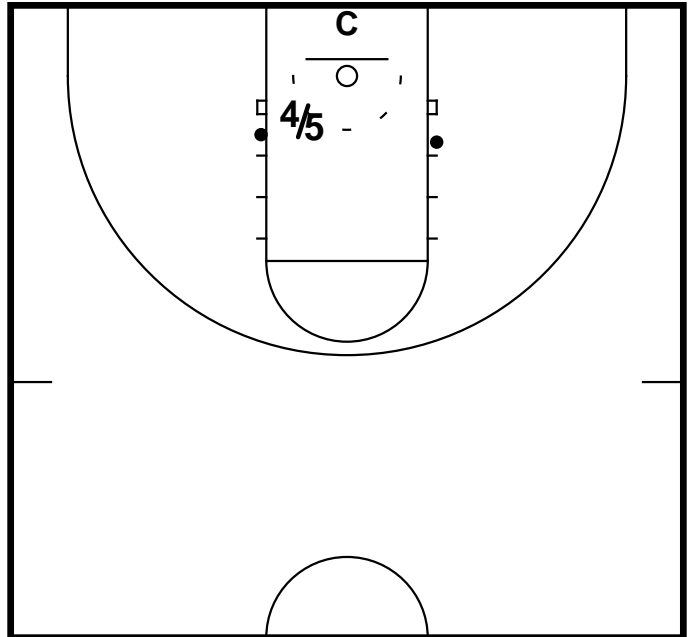
- 1) Dunk
- 2) Jump stop hook
- 3) Jump stop shot fake
- 4) Jump through
- 5) Tight spin

Post Moves

Block Pick Ups



Block Pick Ups



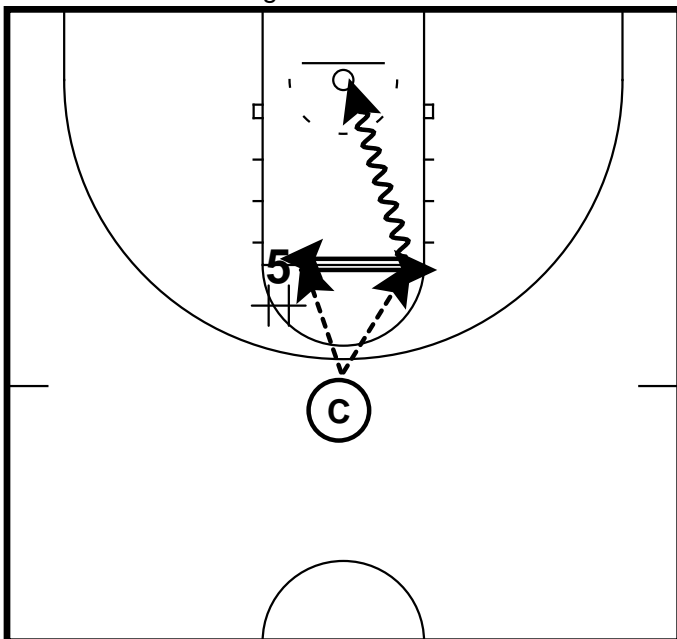
DRILL BASICS:

* Player Starts Bent Down With Two Hands On Ball. Ball Is Placed On Both Blocks. Player Explodes To Score Then Moves To Pick Up Other Ball. Action Repeats. Drill Continues For Set Amount Of Time (30 Sec, 45 Sec, 1min). Coach Places Balls on Each Block

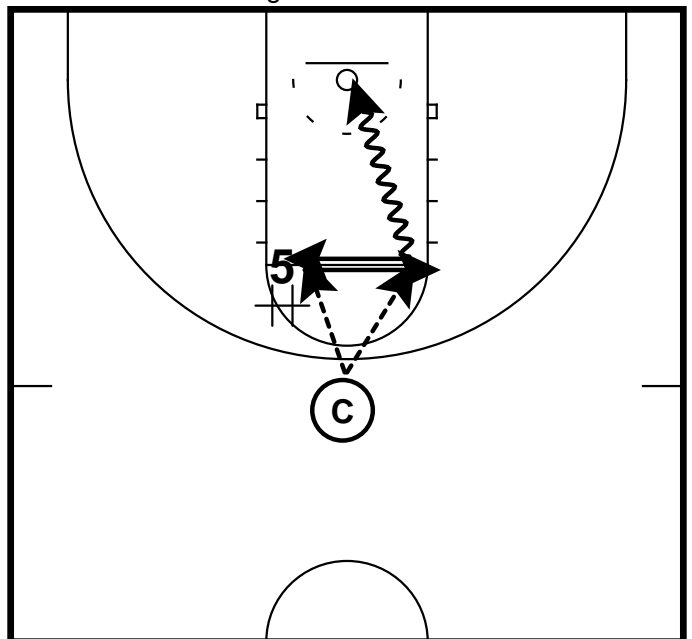
KEY TEACHING POINTS:

- Bend At Knees For Ball. Drop Step Toward Rim. Keep Shoulders Parallel To Basket. Explode To The Rim. Shoot Ball With Outside Hand Or Dunk
SERIES: 1) Dunk 10 In A Row (No Time) 2) Power Layups 3) Shot Fake Then Finish

Dwight Howard Drill



Dwight Howard Drill



Activity

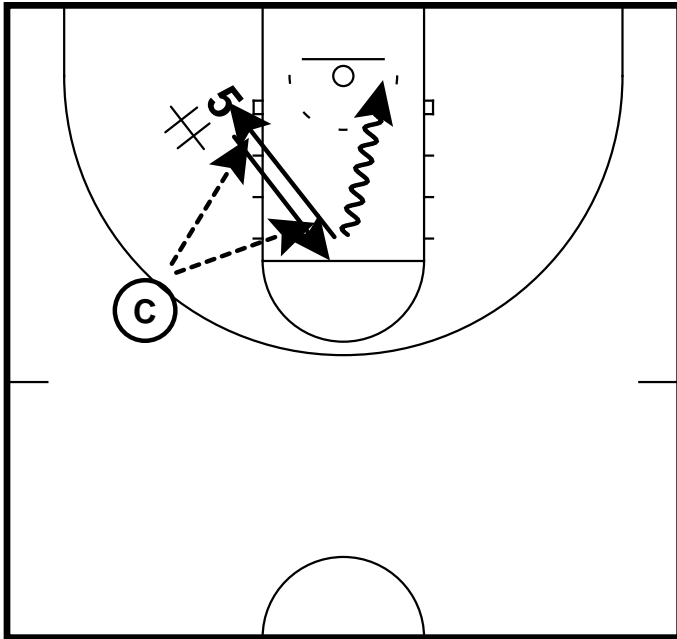
* Player slides across the free throw line in a defensive stance. Hands remain up. Coach throws ball randomly. Player works on various moves then drives to basket. Player then returns to slides and drill repeats

Series

- 1) Get middle quick
- 2) Get middle counter back
- 3) Arm bar spin
- 4) High side and go
- 5) High side counter back

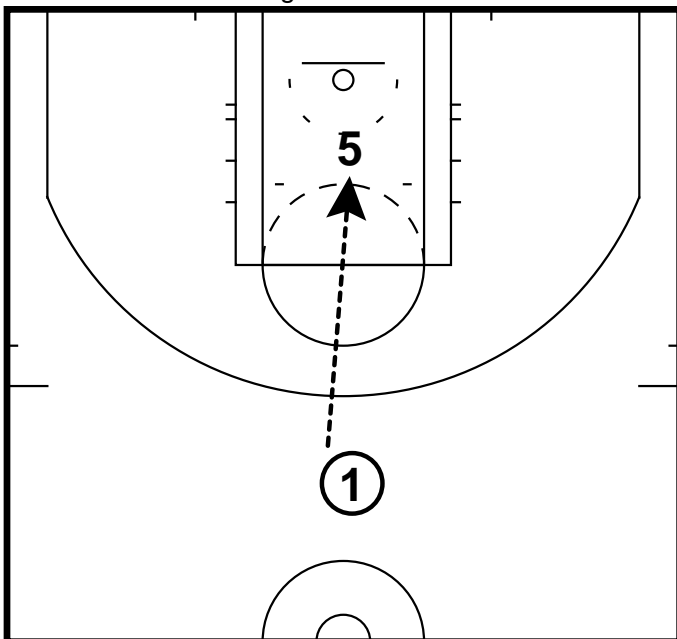
Post Moves

Dwight Howard Drill



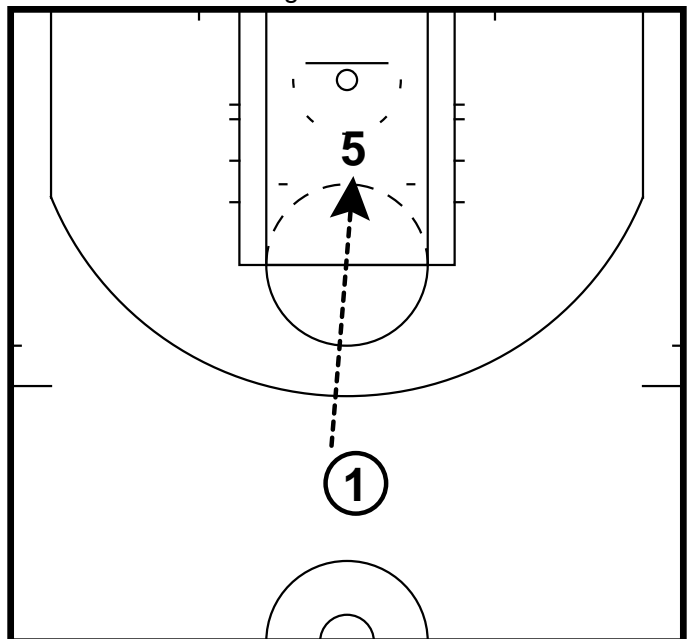
Other Options and Different Angles

Agholor Drill



- The passer can stand at the top of the key or either wing.
- The receiver stands on the charge circle facing the basket. When the passer yells "GO". The passer passes the ball while the receiver is turning around.

Agholor Drill

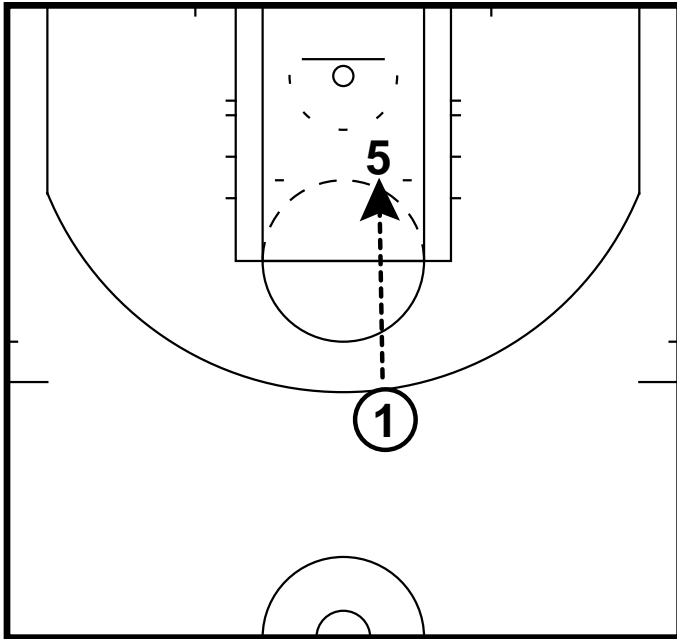


- The receiver goes into different finishes (R hand hook, L hand hook, dunks, L hand lay ups and R hand lay ups). Total: 20 makes

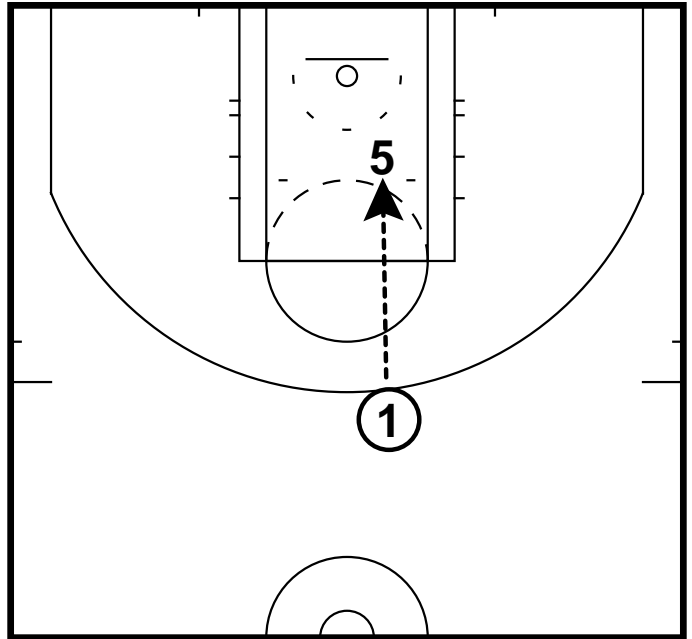
Points of Emphasis: locating and catch the ball, having your hands ready, and finishing.

Post Moves

DK Drill



DK Drill



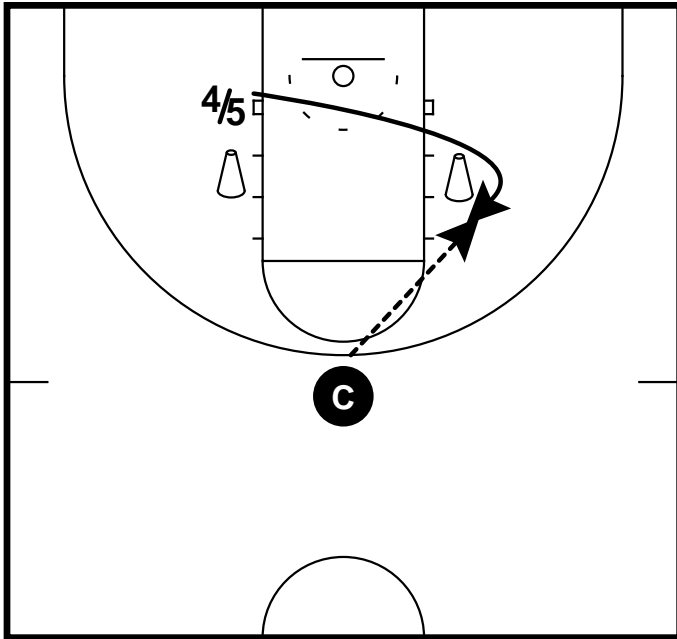
-The passer stands at the 3 point line directly in front of the nail. The receiver stands just outside the charge circle and faces the basket looking upward towards the sky waiting/ready for the pass. When the passer is ready, they throw an over the shoulder pass to the receiver. Then, the receiver catches and finishes.

-Combination of catch/dunk and catch/lay up for 20 makes.

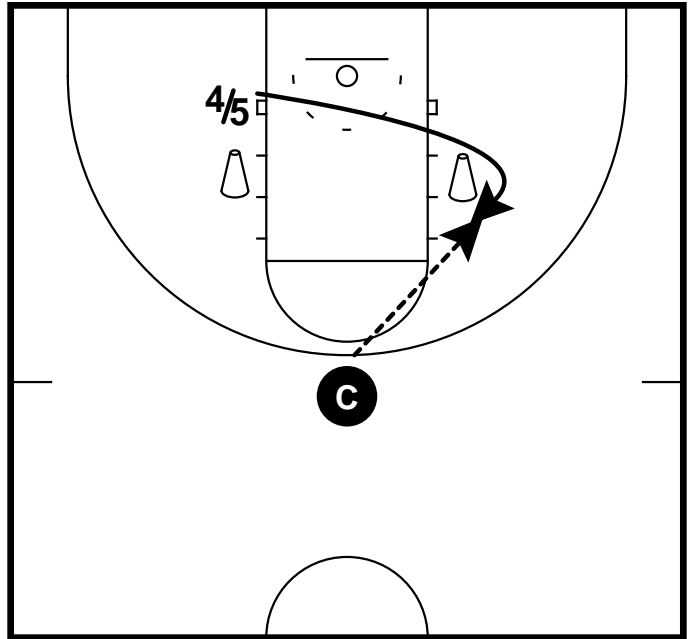
Points of Emphasis: locating and catch the ball, having your hands ready, finishing, and keeping the ball high.

Post Moves

Baseline Rip Finishes



Baseline Rip Finishes



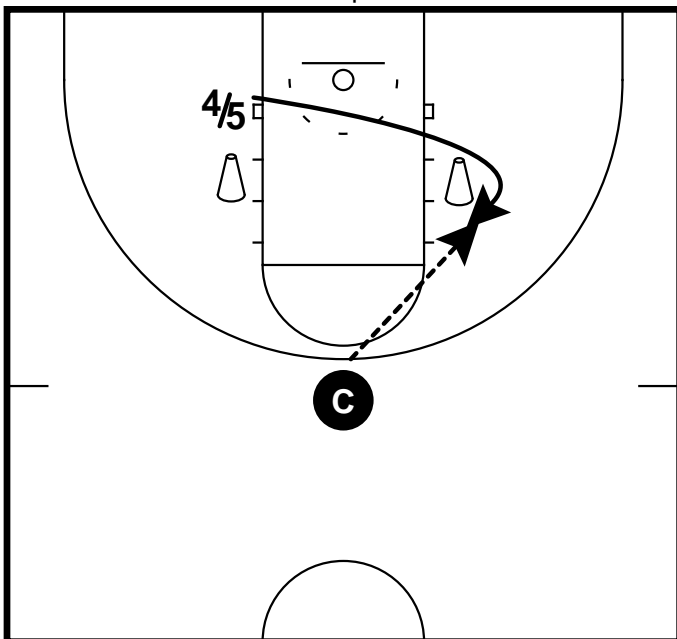
DRILL BASICS:

- * Cut Around Cone Along Baseline
- * Step With Inside Foot
- * Rip Basketball Low and Attack Rim
- * Run Going Right Then Going Left

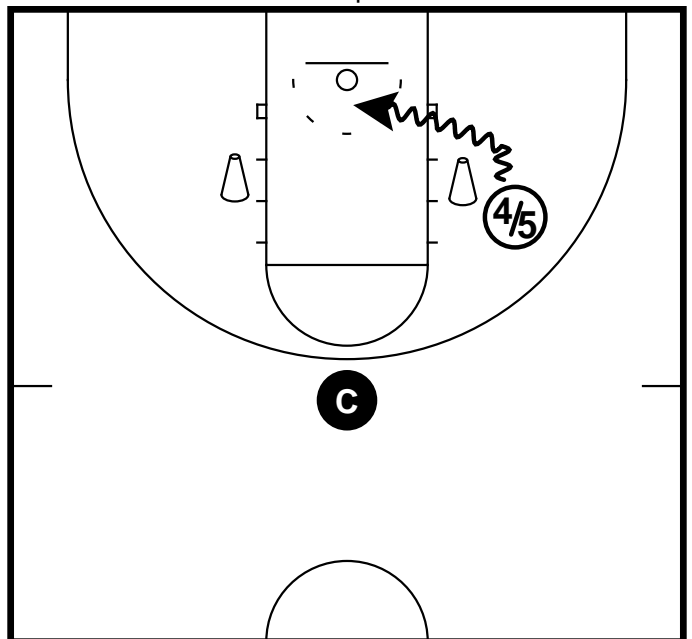
KEY TEACHING POINTS:

- Step Toward Ball with Inside Foot
- Ball Should Be Ripped Low and Below Knees
- Drive Tight Off Defender's Hip (Do Not Allow Space)

Baseline Rip Finishes



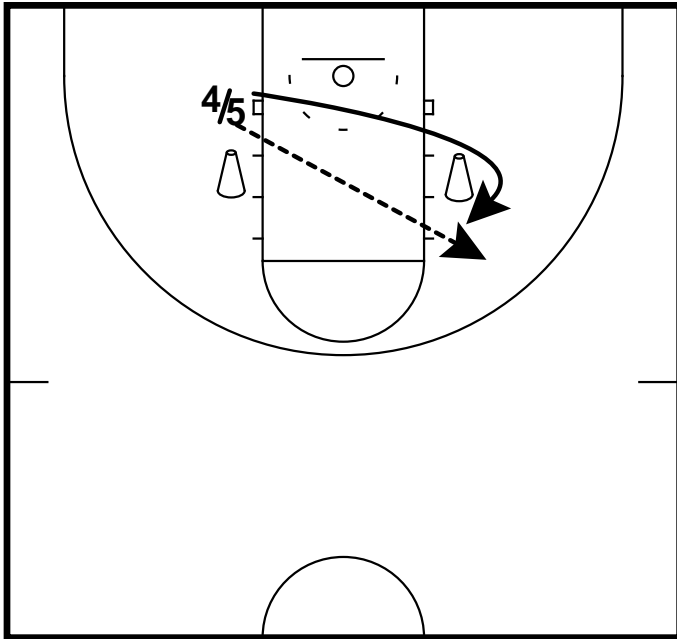
Baseline Rip Finishes



- SERIES:**
- 1) Rip Through Power Layup
 - 2) Rip Through Shot Fake Power Layup
 - 3) Rip Through Shielded Reverse
 - 4) Rip Through Reverse
 - 5) Jump Shot on Wing Catch
 - 6) Tight Curl

Post Moves

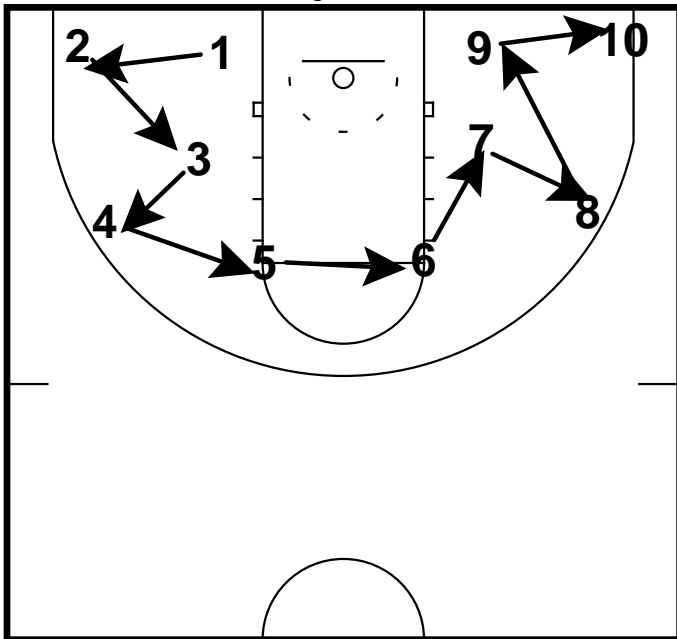
Baseline Rip Finishes



DRILL BASICS: Cut Around Cone Along Baseline. Step With Inside Foot. Rip Basketball Low and Attack Rim. Run Going Right Then Going Left

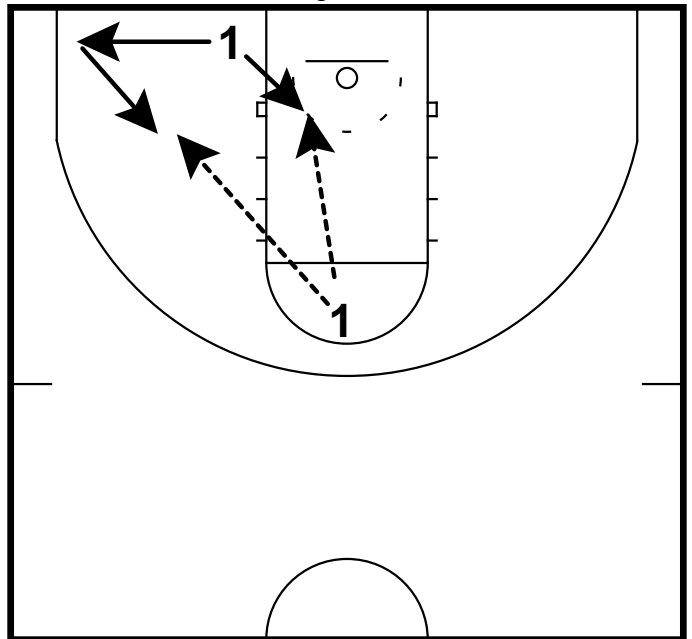
This drill can also be done by yourself using a SELF-TOSS

Lunge Series



Start with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim. There will be a total of 10 finishes: two on each baseline and wing and one on each elbow. Return to the next spot after each finish. You can use a self-toss or have a passer.

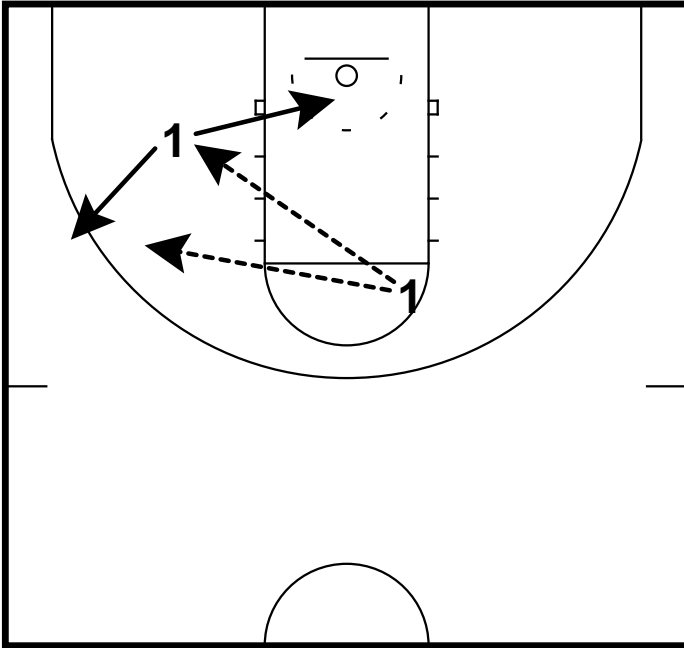
Lunge Series



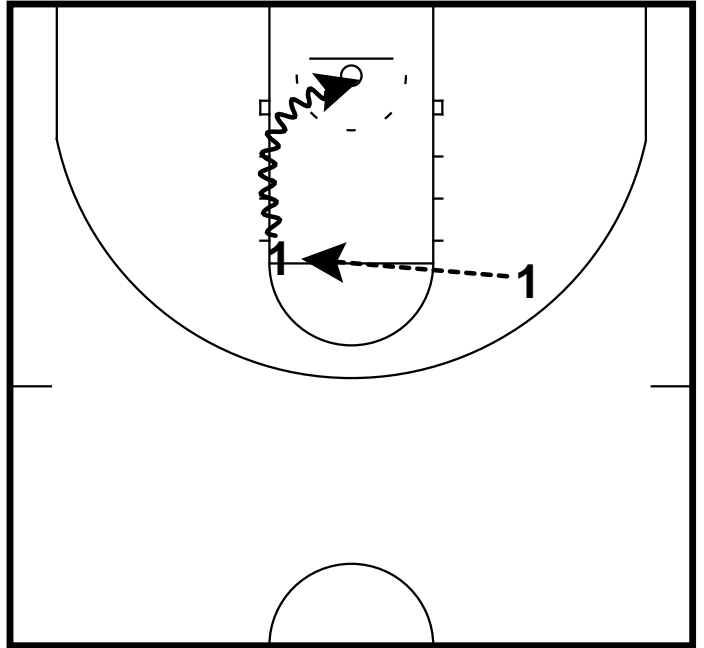
Start with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim. The second spots on the baseline and wings will require a power dribble in addition to your lunge step.

Post Moves

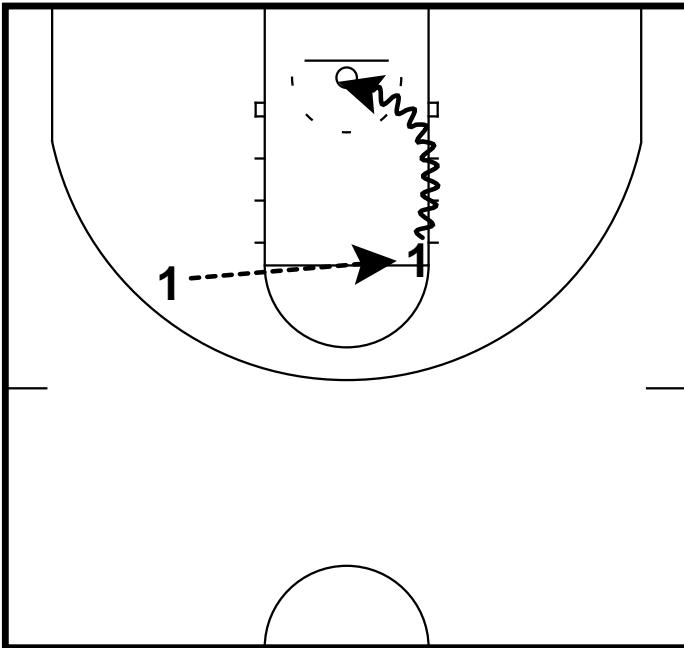
Lunge Series



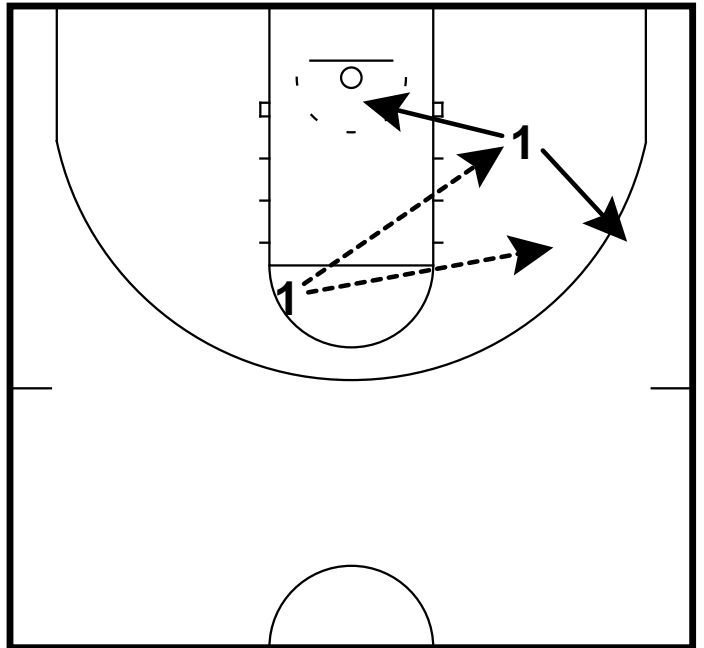
Lunge Series



Lunge Series

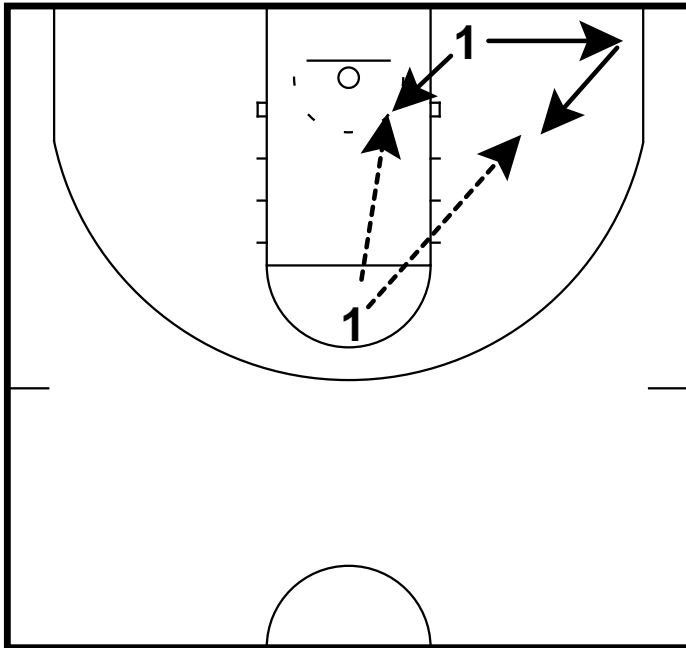


Lunge Series



Post Moves

Lunge Series

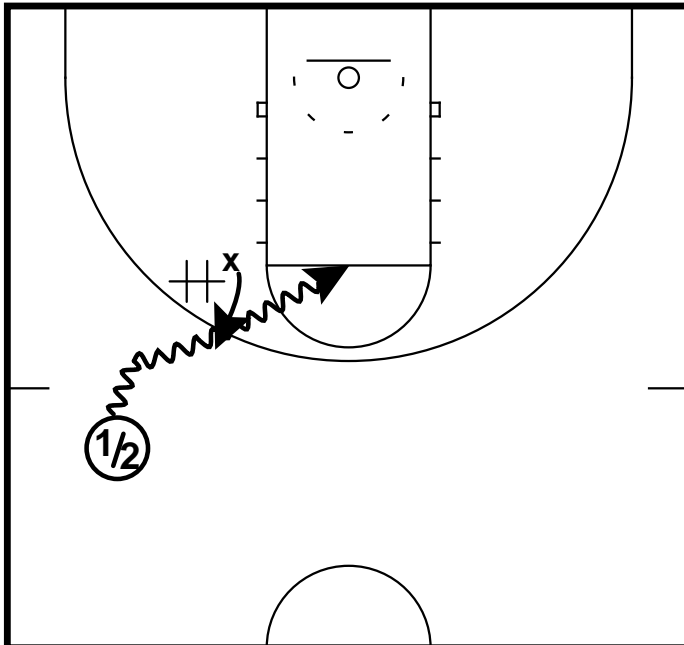


End with your back to the baseline and step towards the ball with your inside foot and explode up towards the rim.

The second spots on the baseline and wings will require a power dribble in addition to your lunge step.

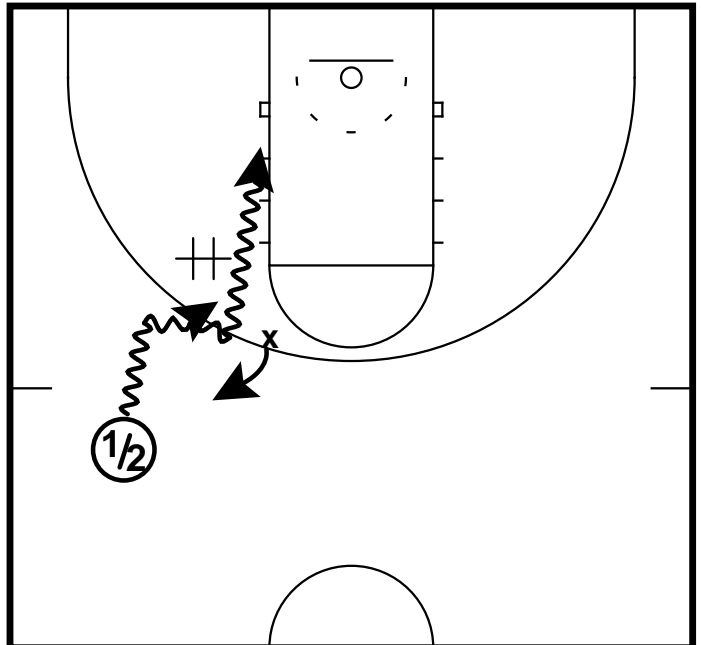
Ball Screens

Ball Screen Fundamentals (Guards)



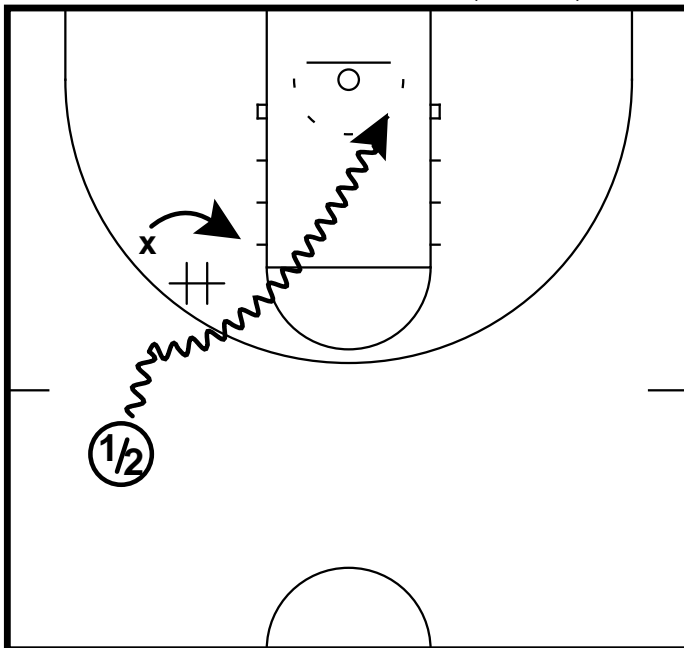
1) Short Show (Over)= Drive Through
Dribble Moves: In/Out Crossover or Through Legs
Shots: 5 Pull-Up Jump Shots

Ball Screen Fundamentals (Guards)



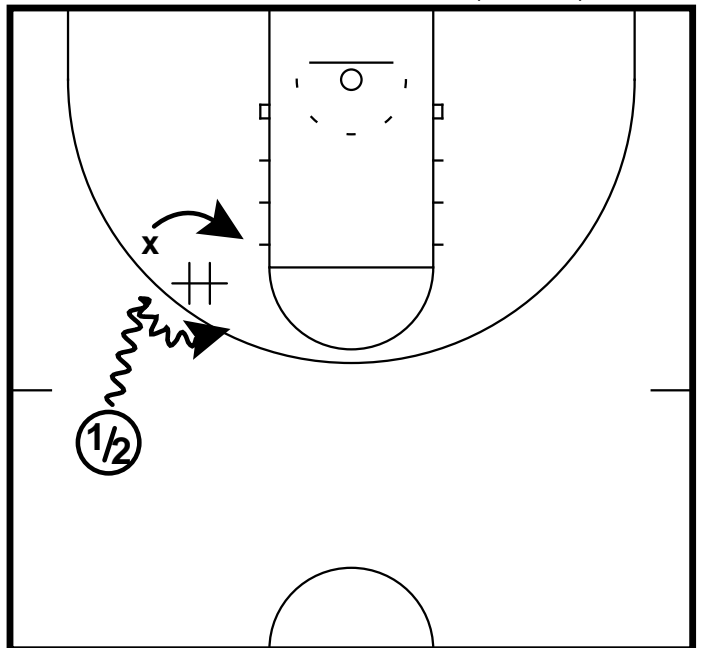
2) Show (Over)= Split
Dribble Moves: In/Out Crossover or Through Legs
Shots: 2 x Finishes 2 x Jump Stop Floaters/Half Hooks 1 x Jump Stop Shot Fake Floater/Half Hook

Ball Screen Fundamentals (Guards)



3) Behind (Under) = Footrace to the rim
Dribble Moves: In/Out Crossover or Through Legs
Shots: Layups and Finishes

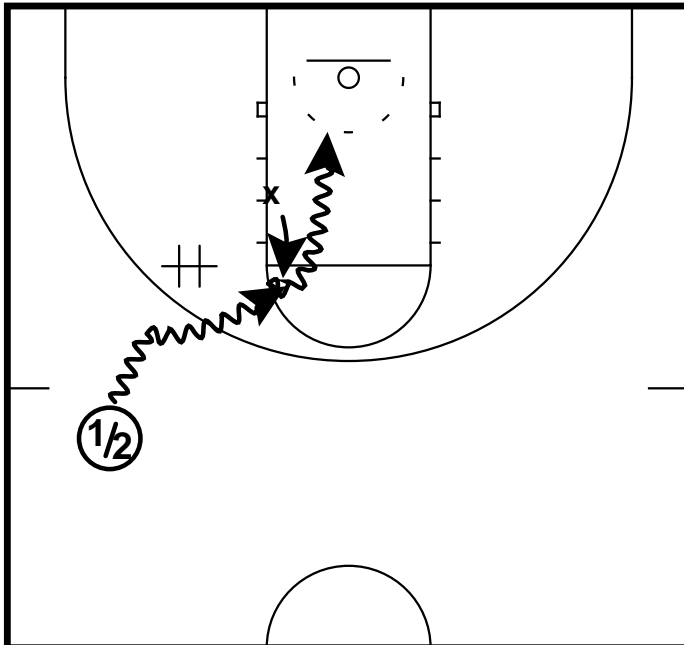
Ball Screen Fundamentals (Guards)



4) Behind (Under)= Play behind Screen .5
Dribble Moves: In/Out Crossover or Through Legs
Shots: Stop Behind 3 pt Shots

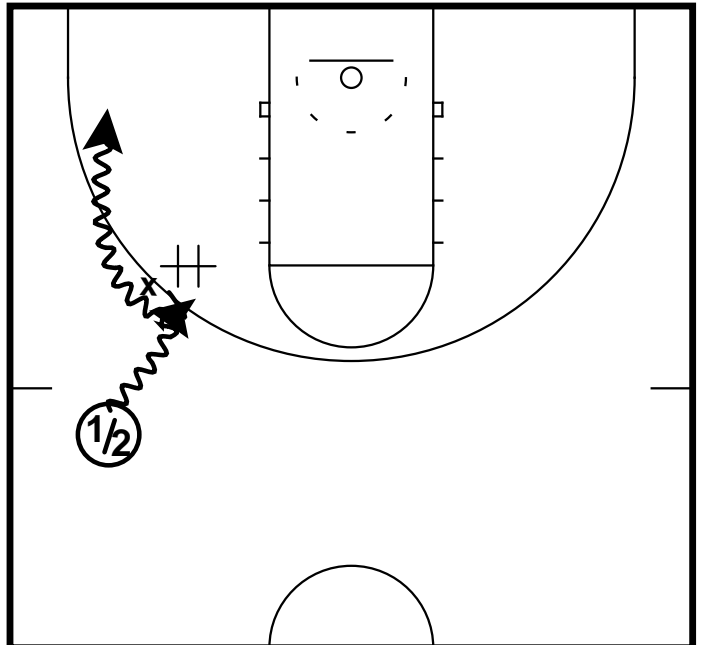
Ball Screens

Ball Screen Fundamentals (Guards)



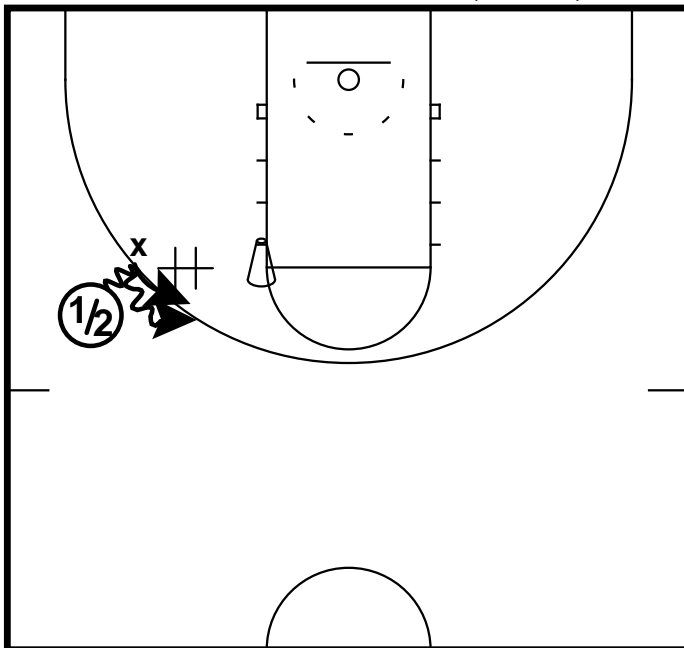
4) Flat Show (Over) = Attack the Big Man Drive To The Rim
 Right or Left
Dribble Moves: In/Out Crossover or Through Legs
Shots: 2 x Finishes to Right 2 x Finishes to Left 1 x Choice Finish

Ball Screen Fundamentals (Guards)



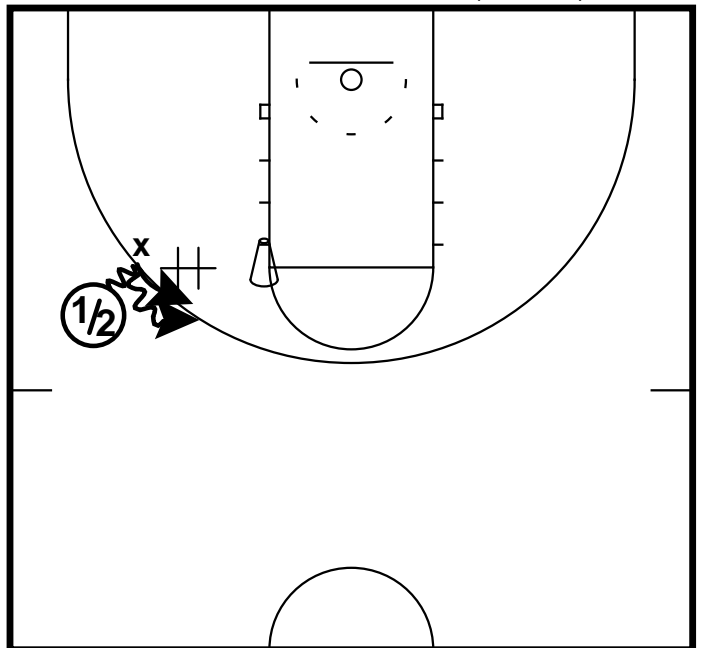
5) Turn Down (Bingo) to score
Dribble Moves: In/Out Crossover or Through Legs
Shots: 5 Pull-Up Jump Shots

Ball Screen Fundamentals (Guards)



Start With Live Dribble
Basics: Left Wing:
 * Create space with a Step-Over move (inside foot)
 * After creating space, rip through low to take off the ball screen

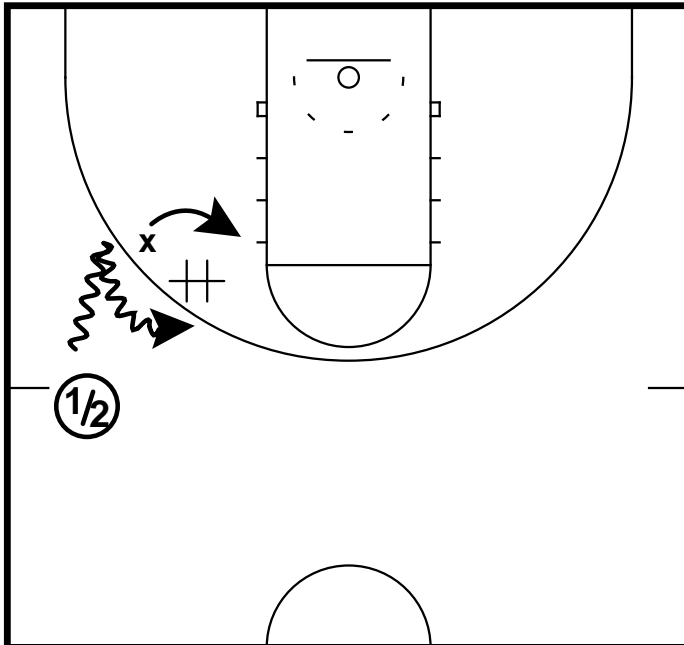
Ball Screen Fundamentals (Guards)



Right Wing:
 * Hard Jab (Outside Foot)
 * Bring Ball Low and Through or Up and Over (Lead with Elbows-careful)

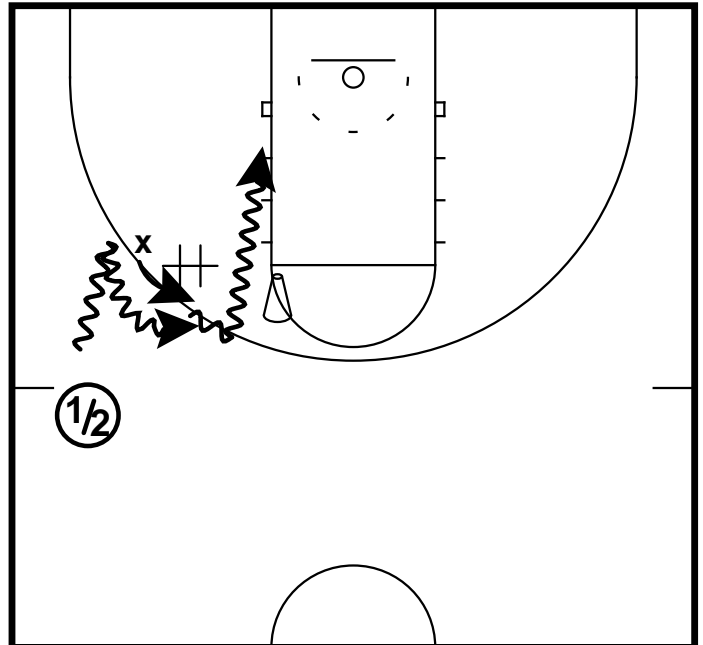
Ball Screens

Ball Screen Shooting (Guards)



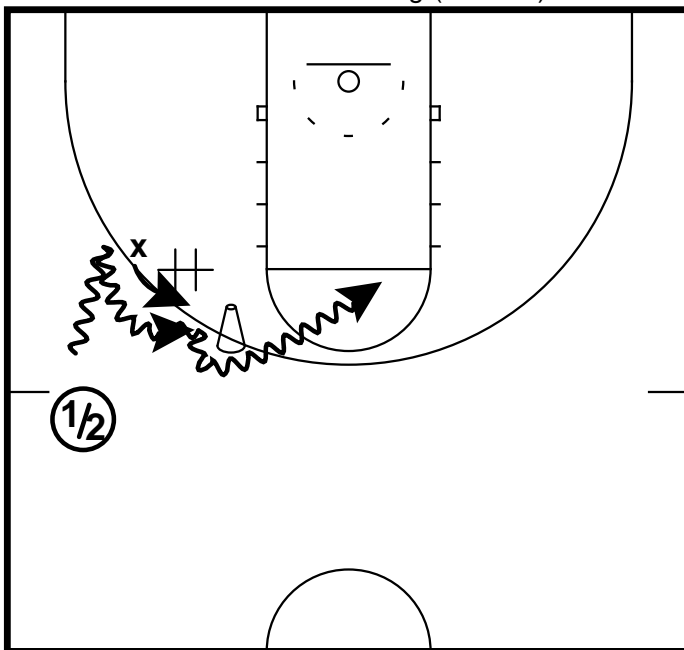
1) Behind (Under) = Play behind Screen & Dribble Moves: 1 x Change of Pace Crossover 1 x Change of Pace Through Legs 1 x Change of Pace Behind Back 1 x Change of Pace Spin Dribble 1 x In/Out Crossover Shots: Stop Behind 3 pt Shots

Ball Screen Shooting (Guards)



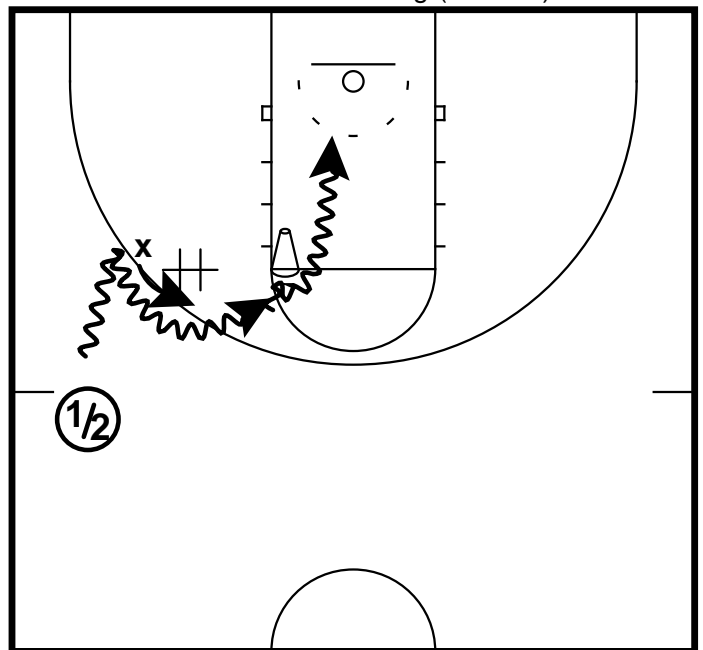
2) Late Show = Split then floater Dribble Moves: 1 x Change of Pace Crossover 1 x Change of Pace Through Legs 1 x Change of Pace Behind Back 1 x Change of Pace Spin Dribble 1 x In/Out Crossover Shots: 2 x Finishes 2 x Jump Stop Floaters/Half Hooks 1 x Jump Stop Shot Fake Floater/Half Hook

Ball Screen Shooting (Guards)



3) 5A Show = Hesitation then Drive Through Outside Shoulder or Straight Burst Through Dribble Moves: 1 x Change of Pace Crossover 1 x Change of Pace Through Legs 1 x Change of Pace Behind Back 1 x Change of Pace Spin Dribble 1 x In/Out Crossover Shots: Pull Up Jump Shots

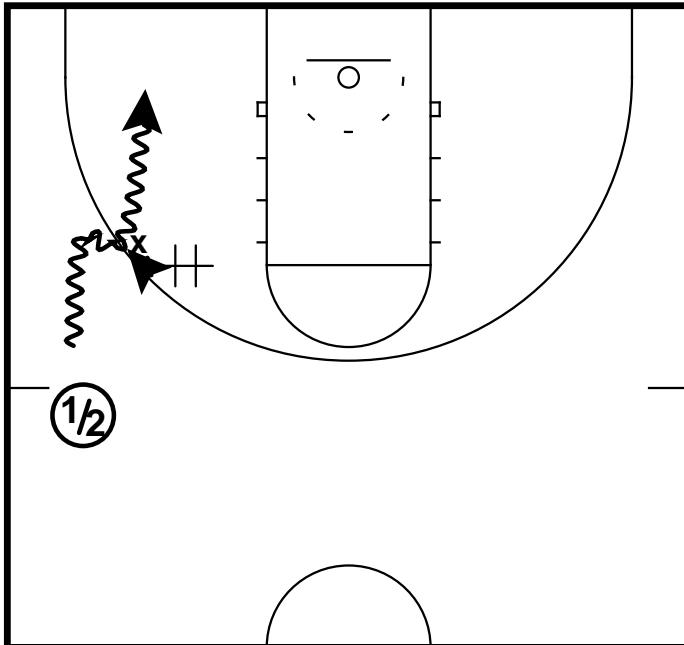
Ball Screen Shooting (Guards)



4) Flat Show = Attack the Big Man Drive To The Rim Right or Left Dribble Moves: 1 x Change of Pace Crossover 1 x Change of Pace Through Legs 1 x Change of Pace Behind Back 1 x Change of Pace Spin Dribble 1 x In/Out Crossover Shots: 2 x Finishes to Right 2 x Finishes to Left 1 x Choice Finish

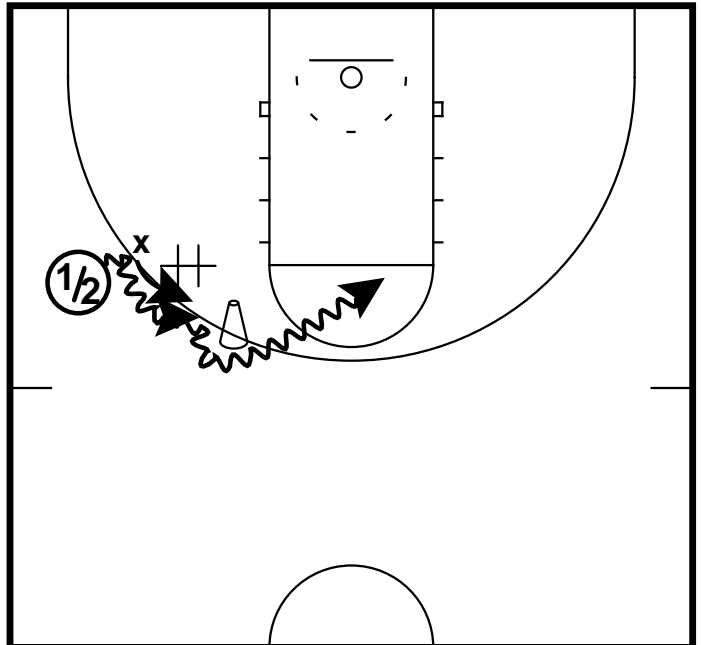
Ball Screens

Ball Screen Shooting (Guards)



5) Turn Down (Bingo) to score Dribble Moves: 1 x Change of Pace Crossover 1 x Change of Pace Through Legs 1 x Change of Pace Behind Back 1 x Change of Pace Spin Dribble 1 x In/Out Crossover Shots: Pull Up Jump Shot

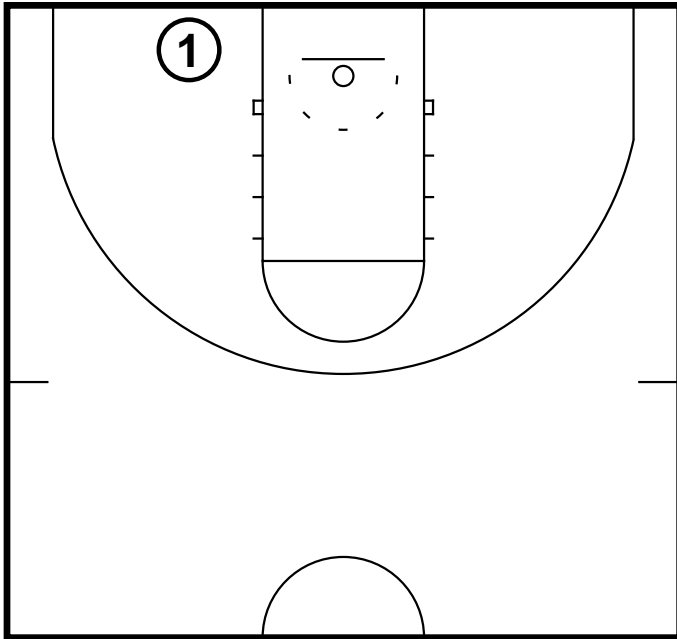
Ball Screen Shooting (Guards)



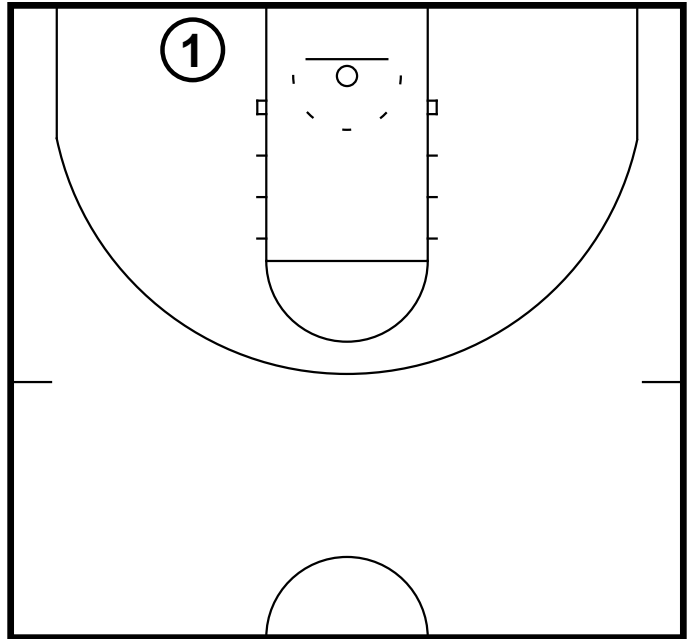
6) Start With Live Dribble Footwork and Pivoting: Maintain Balance Still Sell Baseline with Jab (Outside Foot) Crossover Step Bring Ball Up and Over (Lead with Elbows) or Low and Through Shots: 3 x Pull Up 2 x Drive

Ball Handling

Stationary 1 ball



Stationary 1 ball



Stationary Drills with 1 basketball

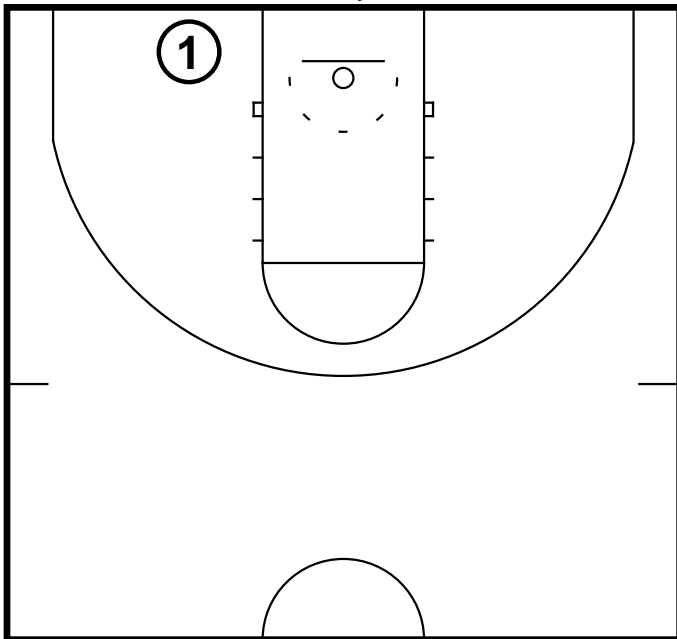
-Standing up, right hand dribbling the ball to your shoulder 25 times. Right hand dribbling the ball to your waist 50 times. Right hand dribbling the ball to your ankle 50 times.

-Push/pull on the side of your body 50 times

-Push/pull in front of your body 50 times

Repeat the same series with your left hand/Repeat going in the opposite direction

Stationary 1 ball

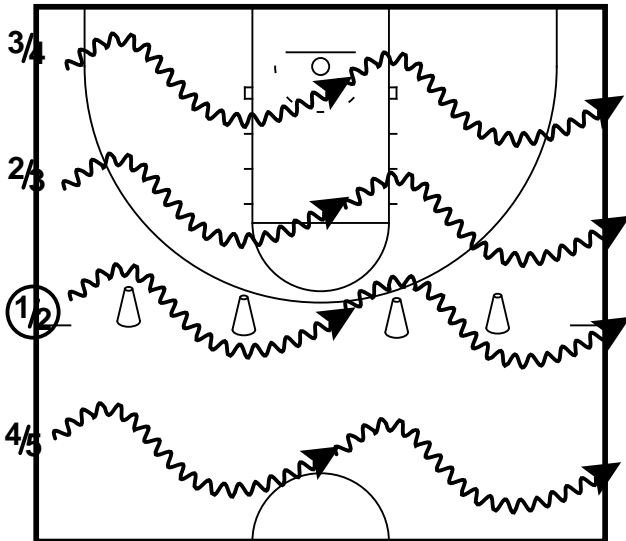


-Double in and outs 25 times. Crossover, between the legs 25 times. Between the legs, behind the back 25 times. In and out behind the back 25 times. Crossover, between the legs, behind the back 25 times. Double crossover between the legs 25 times

Repeat going in the opposite direction

Ball Handling

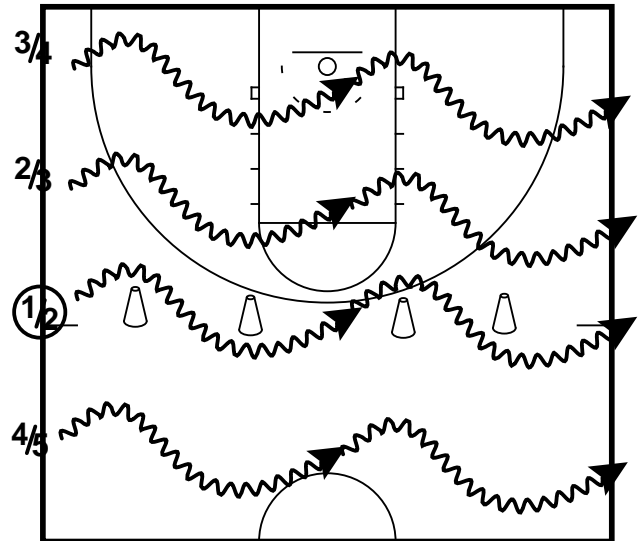
Ball Handling with Cones



Ball Handling

- * Players Starts With Ball On Sideline
- * Players Executes Moves at each quarter mark
- * Start Dribble With Right Hand
- * Stop At Opposite End and Start Drill Again When Directed with Left Hand

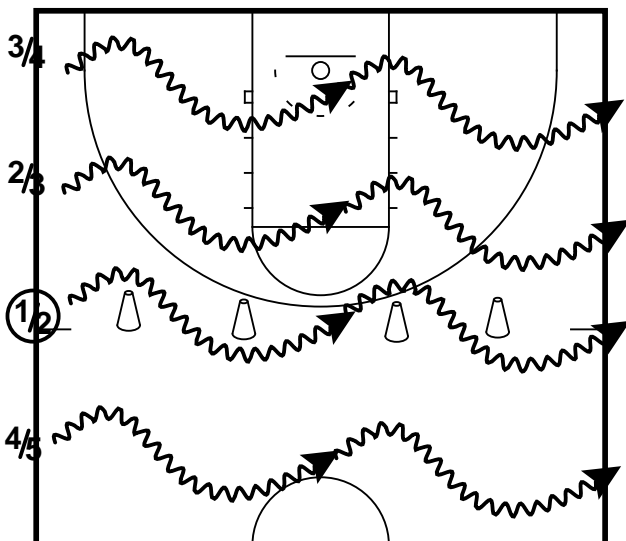
Ball Handling with Cones



Key Teaching Points:

- Eyes Up
- Control Handle
- Explode Out Of Moves
- Keep Shoulders Down

Ball Handling with Cones

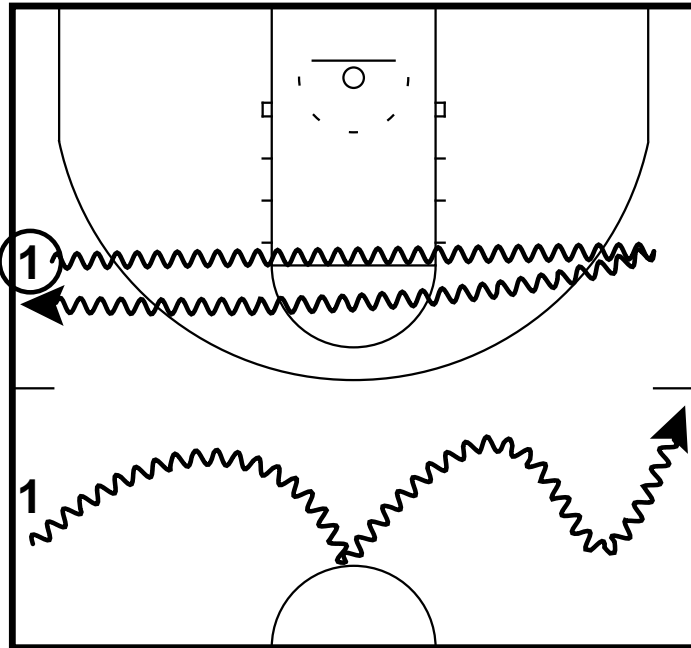


Series:

- 1) Continuous Crossover
- 2) Continuous Through Legs
- 3) Crossover
- 4) Through Legs
- 5) Hesitation Dribble
- 6) Pull Back/Crossover
- 7) Double Cross
- 8) In/Out Crossover
- 9) Control Dribble 15 Feet Out and Back

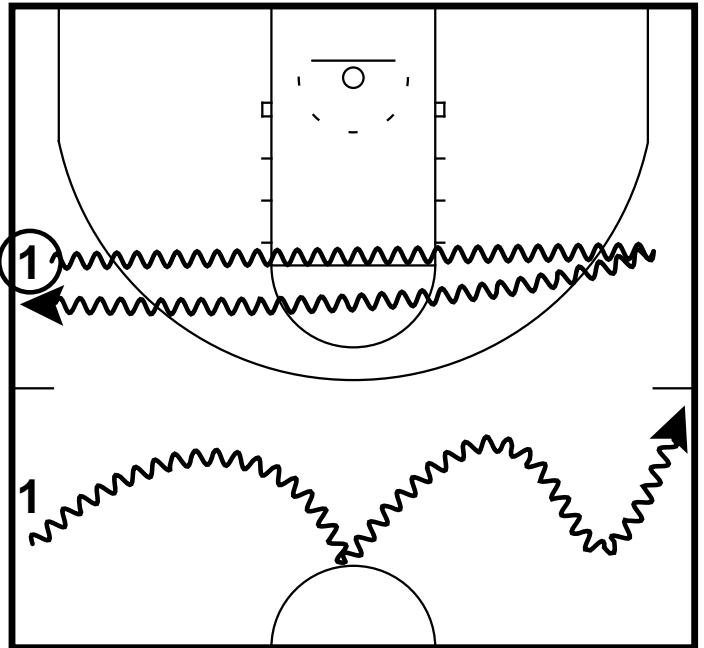
Ball Handling

Mobile 1 Ball



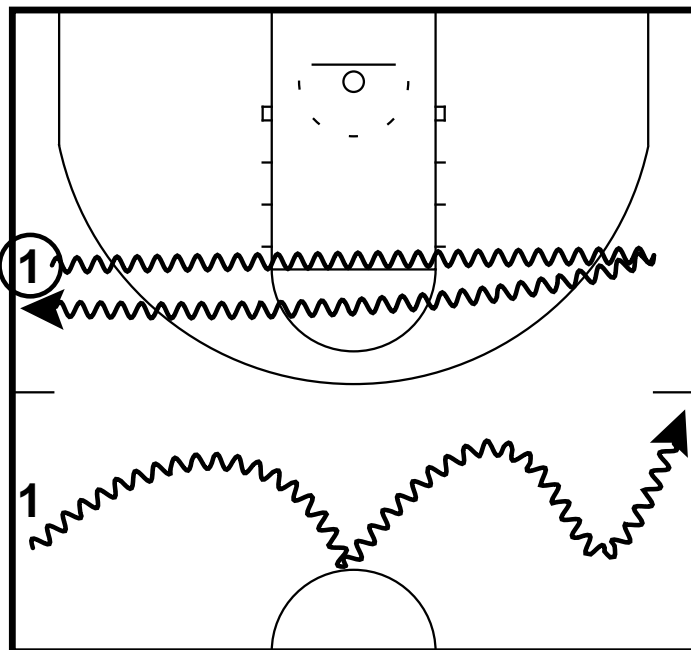
- double in and outs, break for 2 dribbles 20 times
- 3 attack dribbles, 2 retreat dribbles, in and out 10 times
- 3 attack dribbles, 2 retreat dribbles, between the legs 10 times

Mobile 1 Ball



- 2 dribbles between the legs 10 times
- 2 dribbles behind the back 10 times
- 2 dribbles between the legs, crossover 10 times
- 2 dribbles between the legs, behind the back 10 times

Mobile 1 Ball

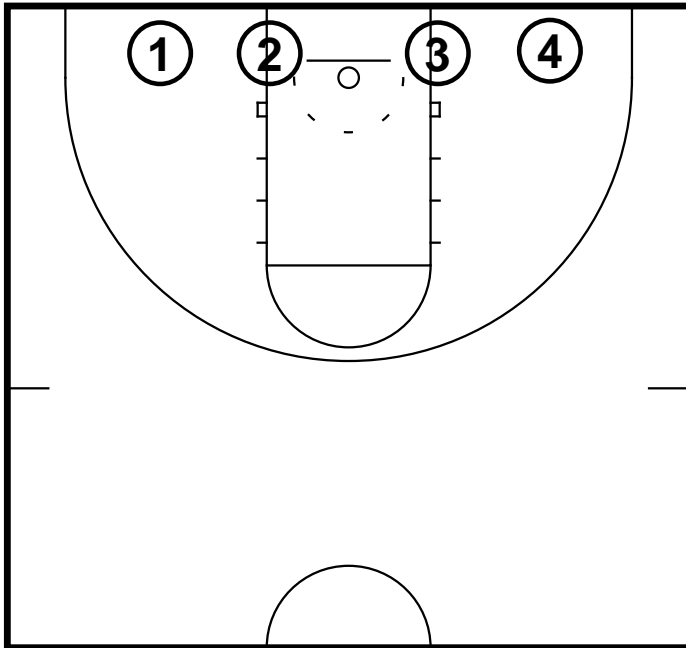


- 2 dribbles double crossover between the legs 10 times

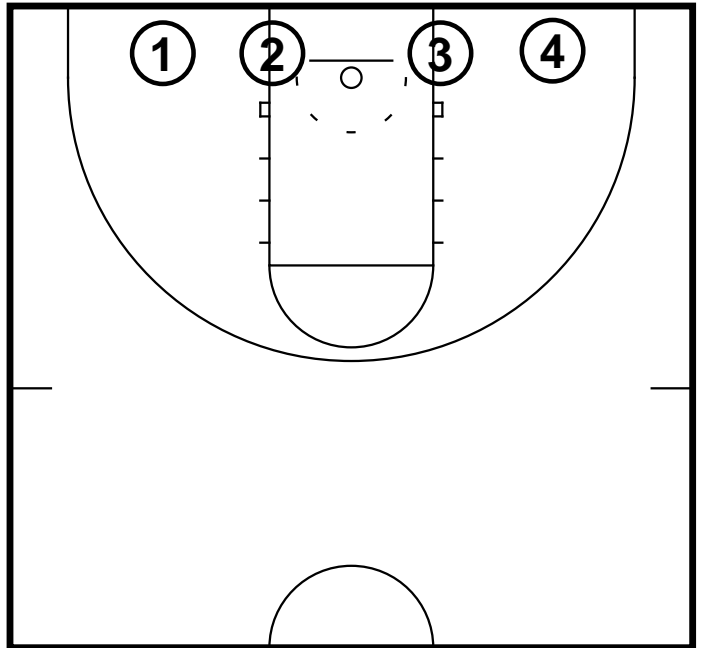
*Do the drills in a straight line and do the drills at game speed changing direction (*zig zag*)

Ball Handling

Stationary 2 Ball - Version A



Stationary 2 Ball - Version A



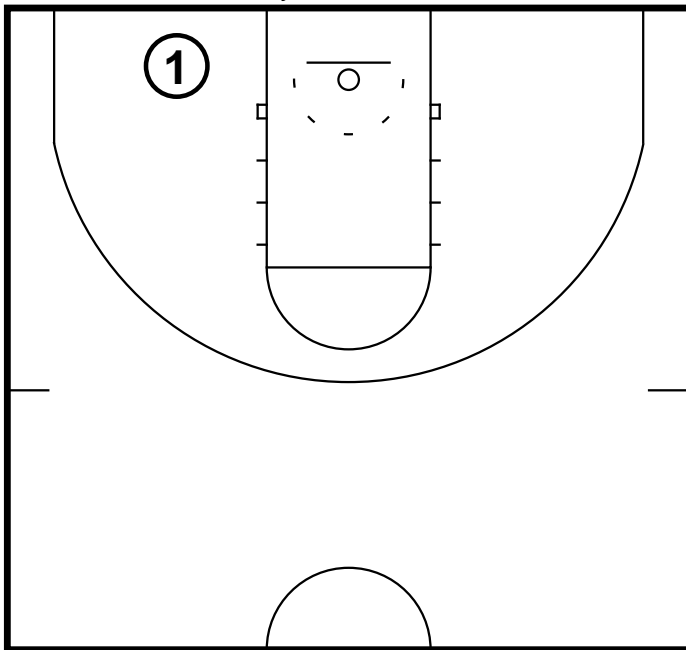
2 Ball Stationary Ball Handling

DRILL BASICS: Dribble in one place with two balls

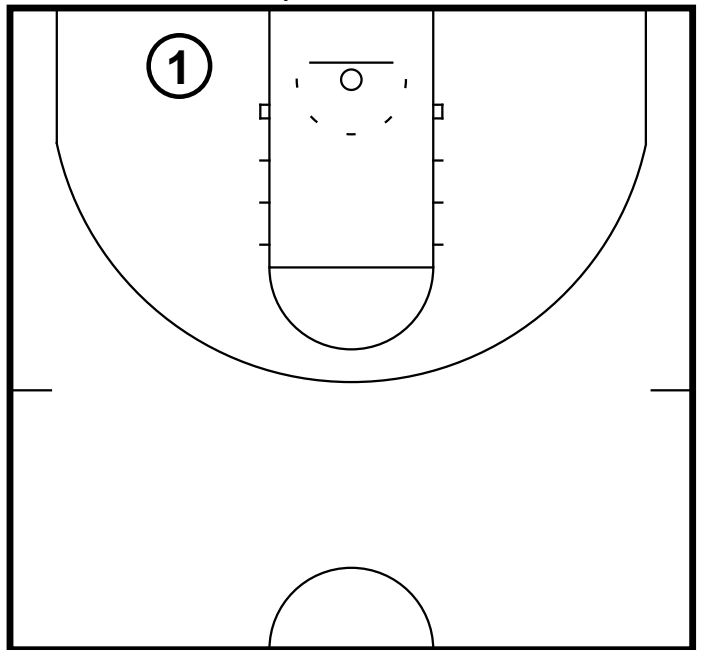
* KEY TEACHING POINTS: - Eyes Up - Knees Bent - Control Handle - Keep Butt Down, Shoulders Down

SERIES: 1) Same Time 2) Alternate 3) Same Time Pound Dribble (Hard) 4) Alternate Pound Dribble (Hard) 5) Same Time Low Dribble 6) Alternate Low Dribble 7) Push/Pull Dribbles 8) Side to Side Dribbles 9) Crossovers - Right Hand Out then Left Hand Out

Stationary 2 Ball - Version B



Stationary 2 Ball - Version B

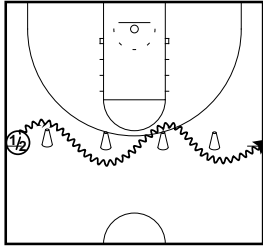


-Standing straight up, dribbling the ball to your shoulder 25 times
 -Dribbling the ball to your waist 50 times
 -Dribbling the ball to your ankle 50 times

-Crossover/behind the back 50 times
 -Between the legs/crossover 50 times
 -Crossovers 50 times

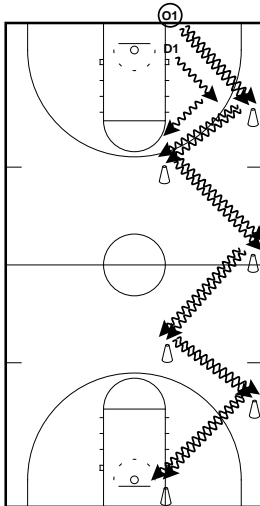
Ball Handling

2 Ball Moving Ball Handling



DRILL BASICS: ...

Two Person Zig-Zag Ball Handling



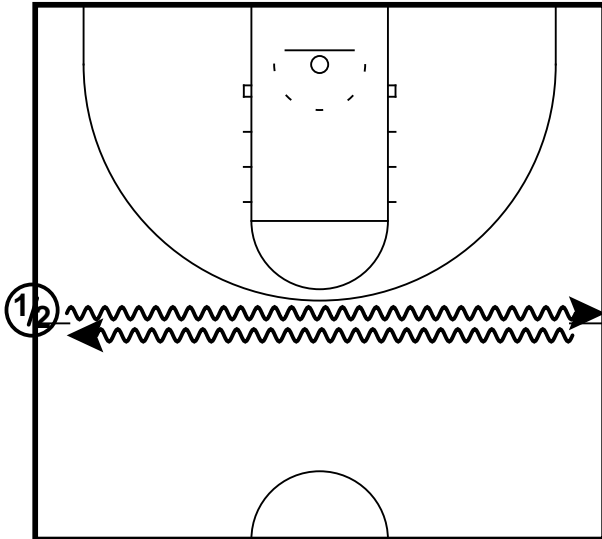
2 Person Zig-Zag Handling

DRILL BASICS: * Offensive player dribbles two balls on a zig-zag down the floor * Other player will guard the ball handler (who is still dribbling two balls) in a defensive stance down the floor * The defender will dribble one basketball while guarding the offensive player. * The defender will make a crossover dribble when the offensive player changes direction on the zig-zag * On subsequent turns, the offensive player should try different dribble moves at each turn (i.e., crossover, through legs)

SERIES: 1) Continuous Same Time 2) Continuous Alternate 3) Continuous In/Out (Same Time) 4) Continuous In/out (Alternate) 5) Continuous Push/Pull (Same Time) 6) Continuous Push/Pull (Alternate) 7) Same Time Crossover (Right Hand Out) 8) Alternate Crossover (Outside Hand On Cone=Outside) 9) Same Time Through Legs (Outside Hand Goes Through Legs, Inside Hand goes Crossover) 10) Alternate Through Legs 11) Same Time Behind Back 12) Alternate Behind Back 13) Same Time Spin 14) Alternate Spin

Ball Handling

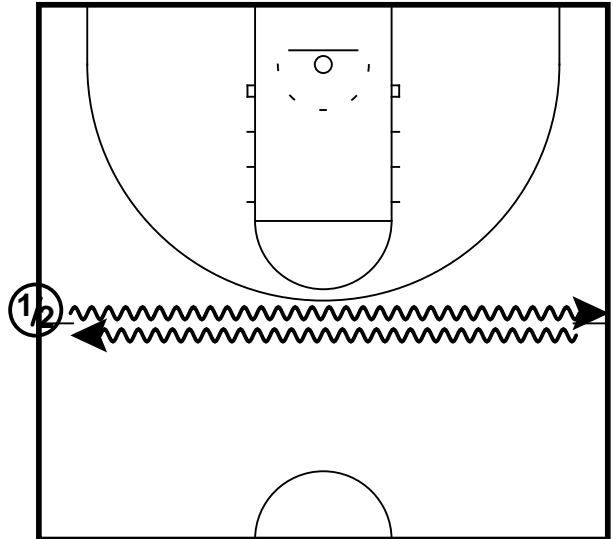
Continuous Ball Handling



DRILL BASICS:

- * Player Starts With Two Balls On Sideline
- * Player Dribbles Both Balls To Opposite End
- * Dribble While Walking Backwards To Original Position

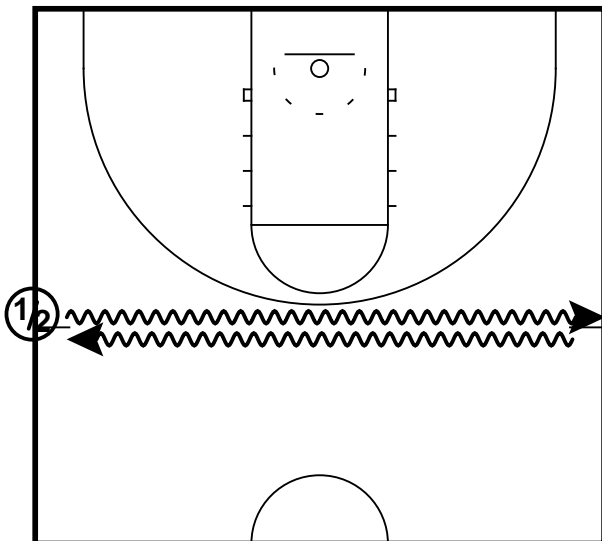
Continuous Ball Handling



KEY TEACHING POINTS: Eyes Up, Control Handle

- SERIES:** 1) Continuous Same Time Then Backward Same Time 2) Continuous Alternate Then Backward Alternate 3) Continuous Same Time Hard Pound Then Backward Same Time Hard Pound

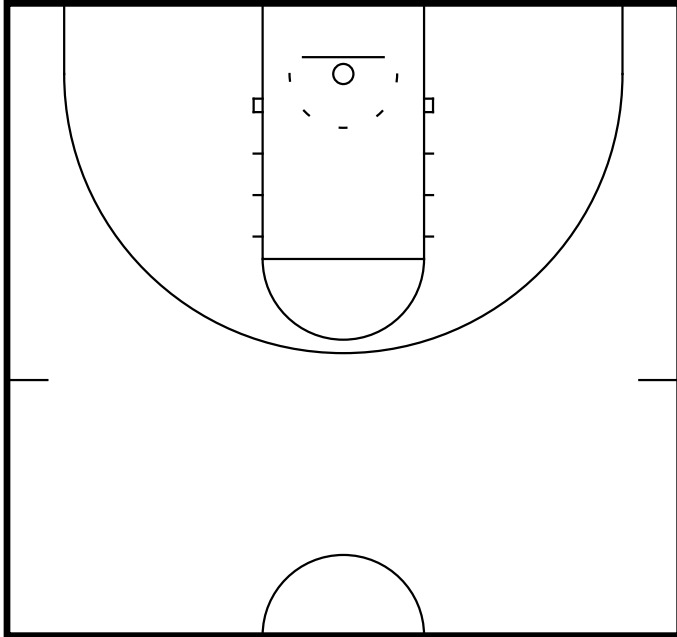
Continuous Ball Handling



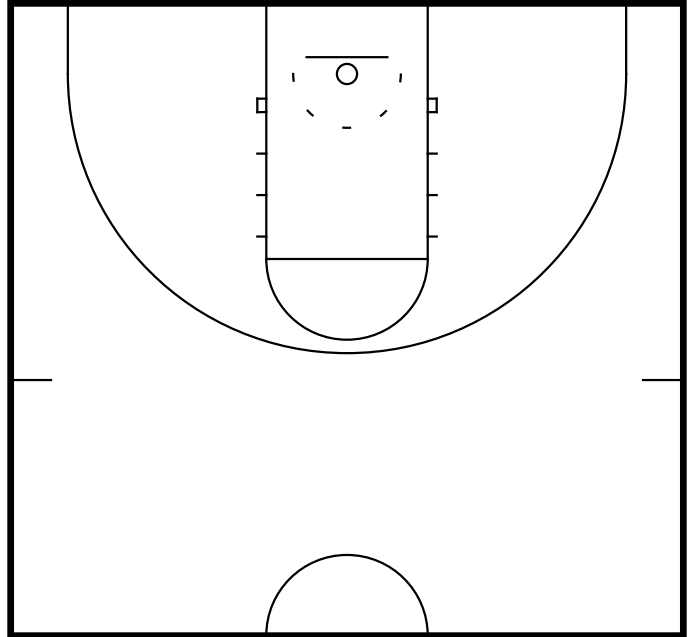
- 4) Continuous Alternate Hard Pound Then Backward Alternate Hard Pound
- 5) Continuous Same Time Low Controlled Then Backward Same Time Low Controlled
- 6) Continuous Alternate Low Controlled Then Backward Alternate Low Controlled

Ball Handling

Ball Handling with Tennis Balls



Ball Handling with Tennis Balls



Ball Handling With Tennis Balls

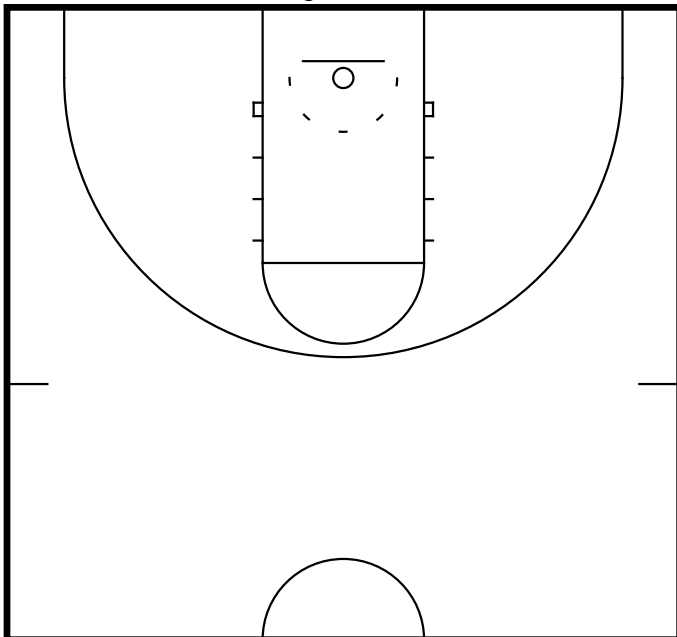
DRILL BASICS:

- * Ball Is Dribbled With One Hand
- * Tennis Ball Is Caught With Other

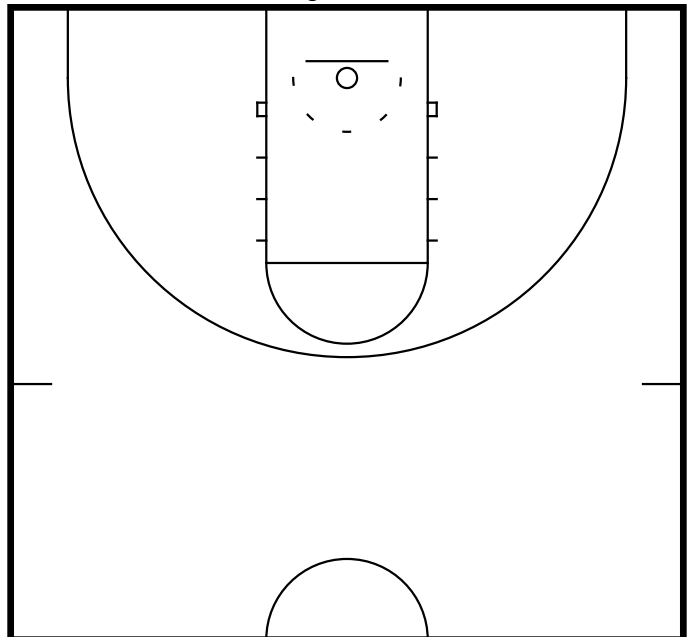
KEY TEACHING POINTS:

- Don't Leave the Ball
- Continuous Control of the Basketball
- Eyes Up
- Knees Bent

Ball Handling with Tennis Balls



Ball Handling with Tennis Balls

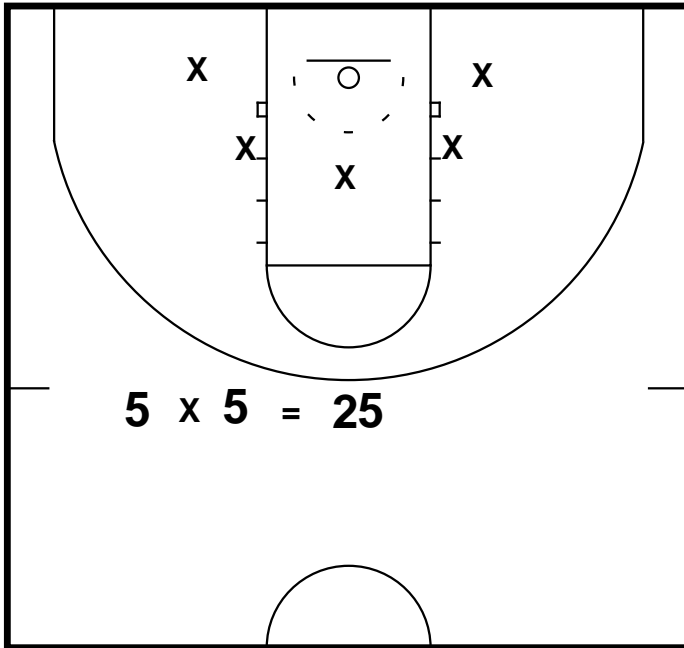


- SERIES:** 1) Tennis Ball Toss Stationary To Self (Right Hand) 2) Tennis Ball Toss Stationary To Self (Left Hand) 3) Tennis Ball Toss Stationary From Coach (Right Hand) 4) Tennis Ball Toss Stationary From Coach (Left Hand) 5) Tennis Ball Catch After Making Single Move To Self (Stationary)

- 6) Tennis Ball Catch After Making Combo Move To Self (Stationary) 7) Tennis Ball Catch After Making Single Move From Coach (Stationary) 8) Tennis Ball Catch After Making Combo Move From Coach (Stationary) 9) Moving Tennis Ball Catch From Coach 10) Moving Tennis Ball Catch After Move From Coach

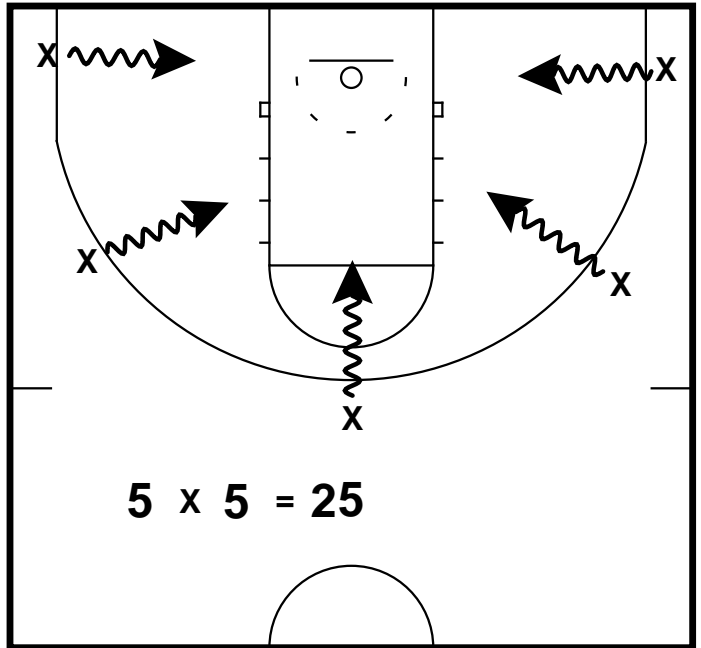
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 1)



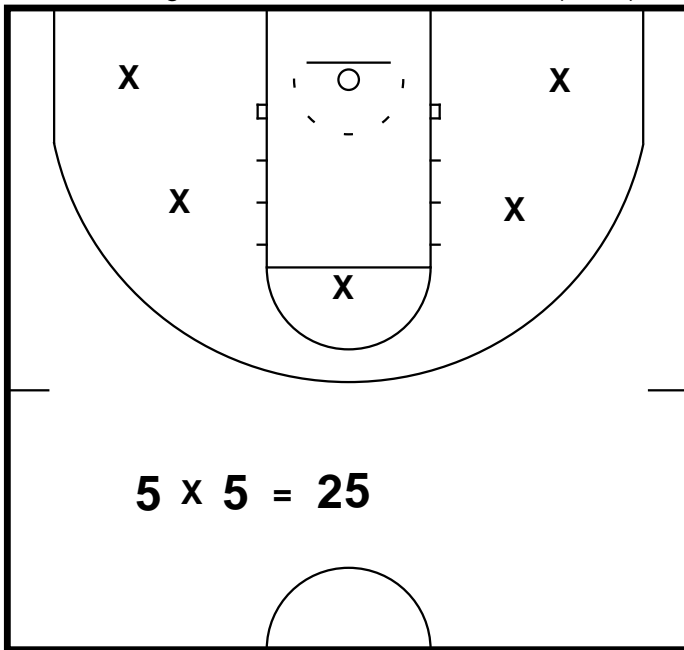
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 1)



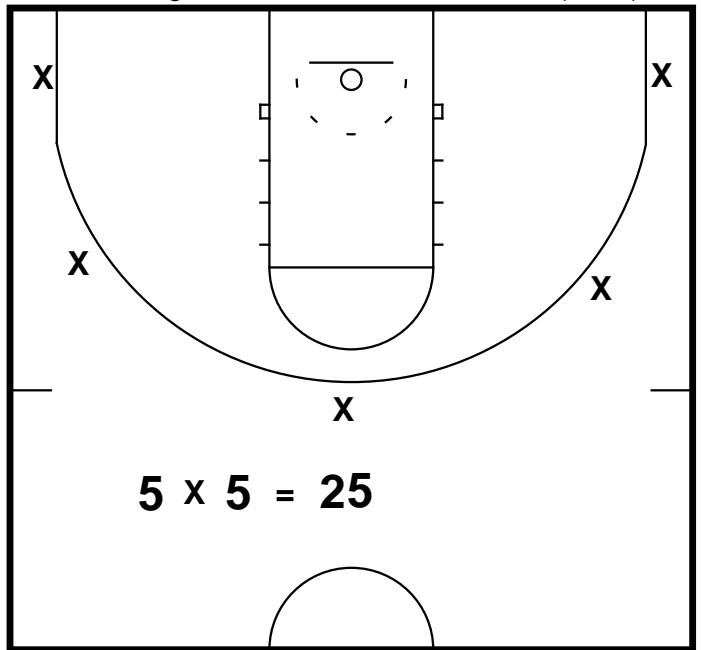
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 1)



Jab step and shoot 15 footers

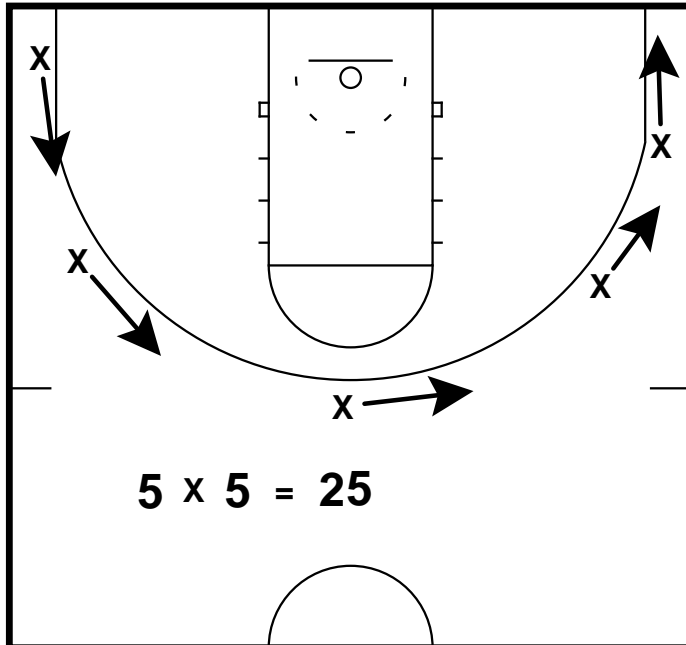
Shooting Workout Postseason 2020 (wk 1)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

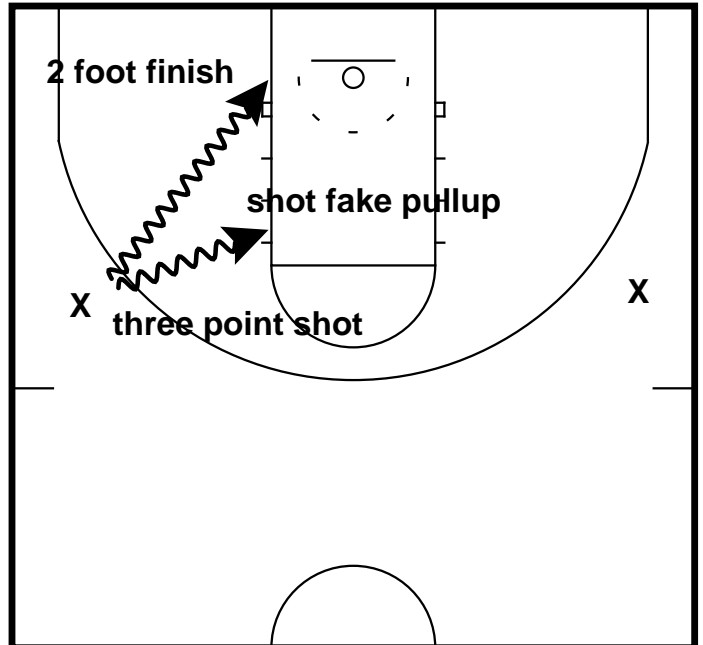
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 1)



Off the move 3pt shots (either self toss or have a rebounder pass to you)

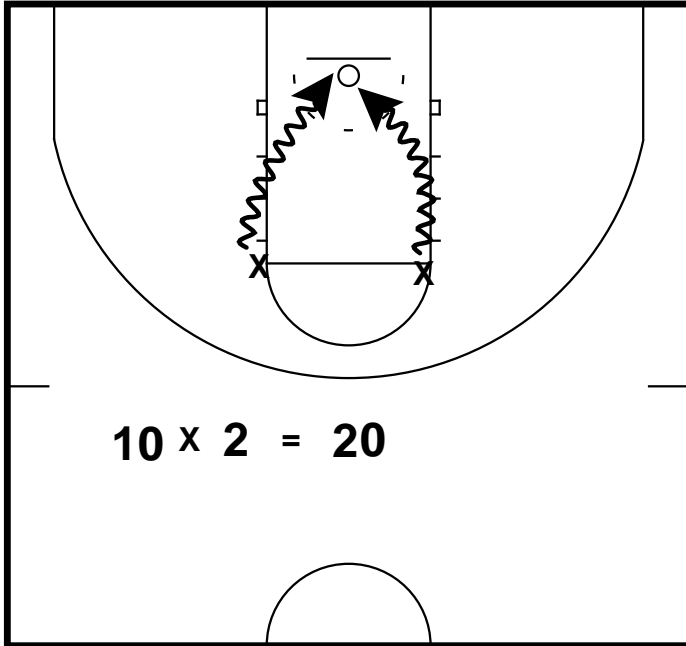
Shooting Workout Postseason 2020 (wk 1)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

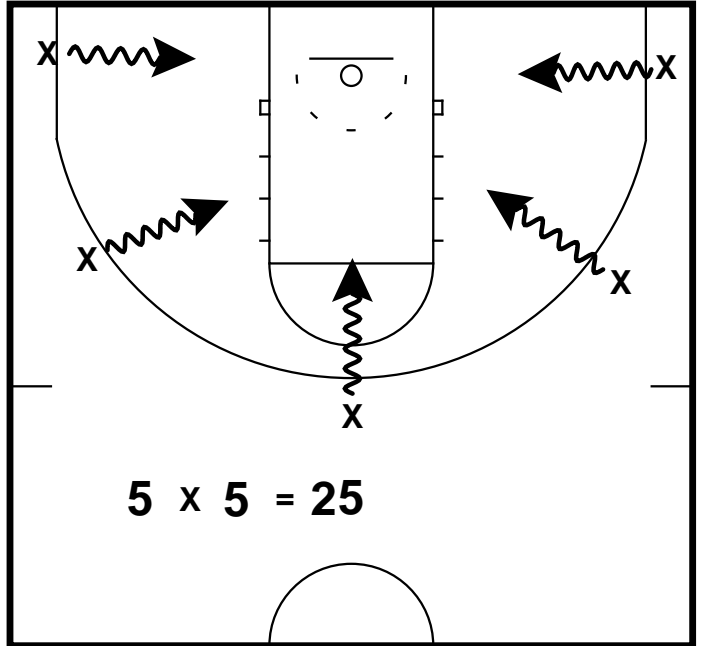
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 2)



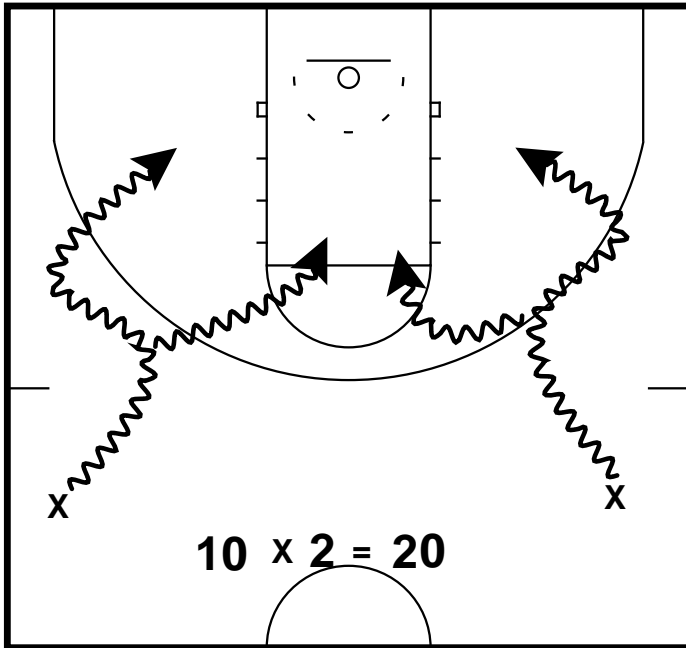
10 driving layups on each elbow

Shooting Workout Postseason 2020 (wk 2)



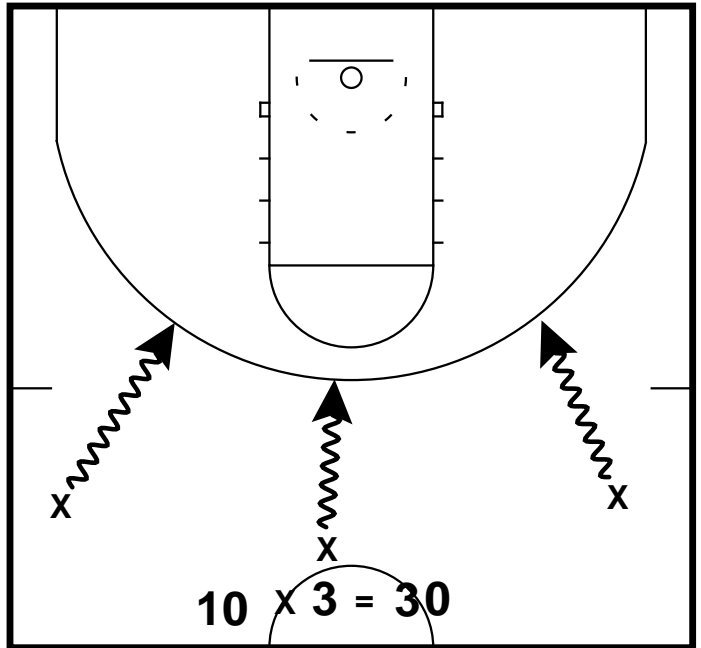
5 one dribble pullups at 5 spots (alternate going left and right)

Shooting Workout Postseason 2020 (wk 2)



Transition wing attack - pullup jumpers 10 makes each side (use crossover, between the legs, or behind the back)

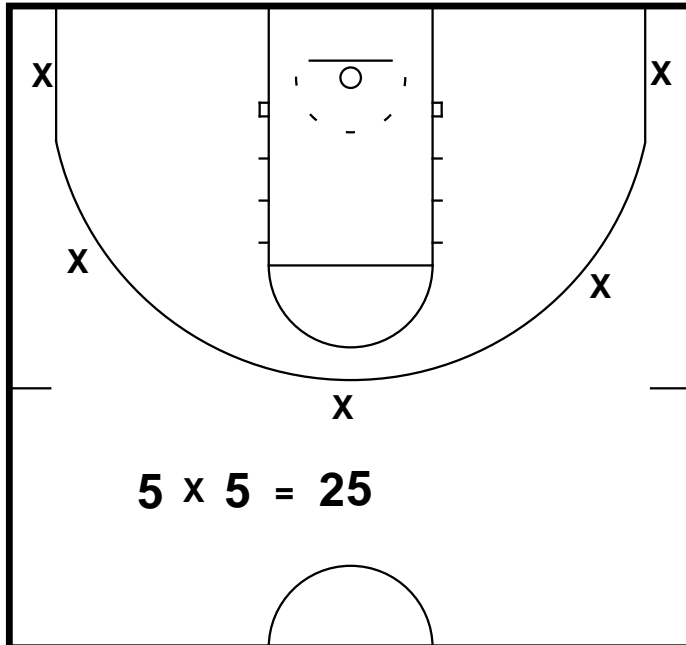
Shooting Workout Postseason 2020 (wk 2)



Transition threes - pullup jumpers 10 makes each spot (30 total)

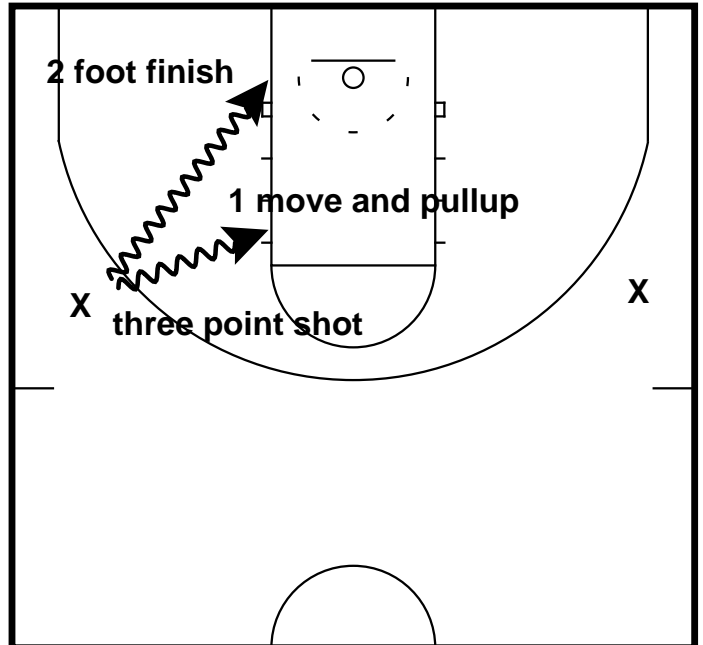
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 2)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

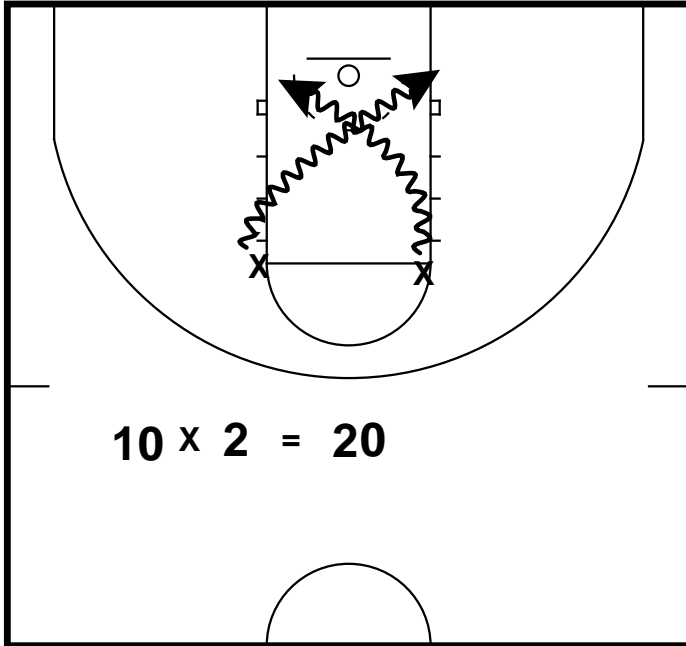
Shooting Workout Postseason 2020 (wk 2)



Complete this wing series 5 times through of 3 makes each on both sides of the floor

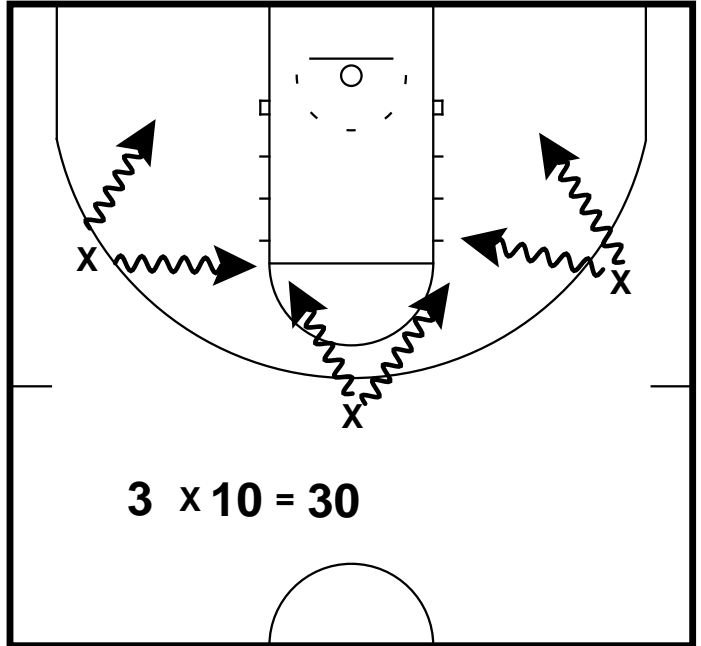
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 3)



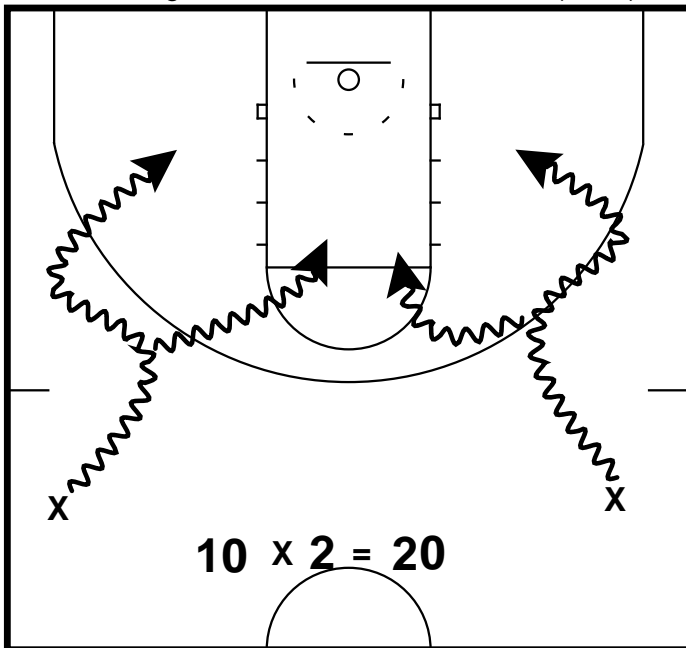
10 driving reverse layups from each elbow

Shooting Workout Postseason 2020 (wk 3)



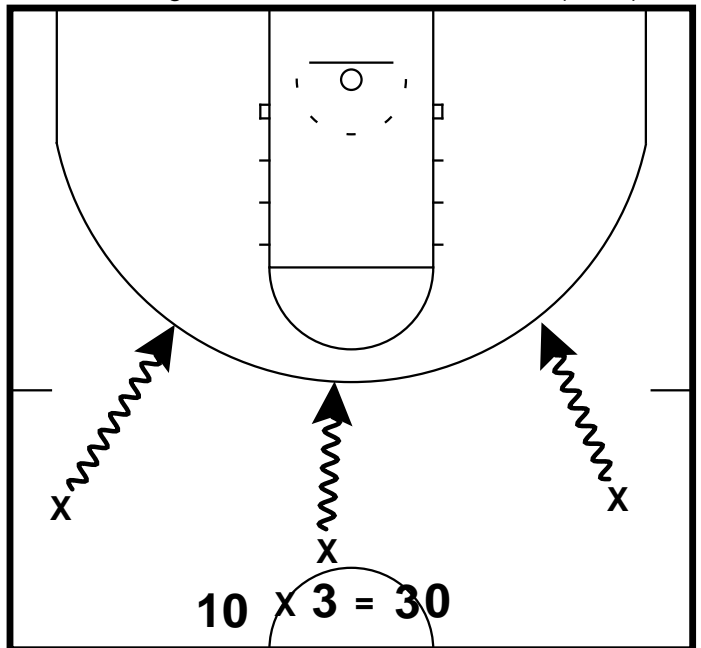
5 one dribble pullups at 6 spots (alternate going left and right 5 makes each direction at 3 spots)

Shooting Workout Postseason 2020 (wk 3)



Transition wing attack - pullup stepback jumpers 10 makes each side (use crossover, between the legs, or behind the back)

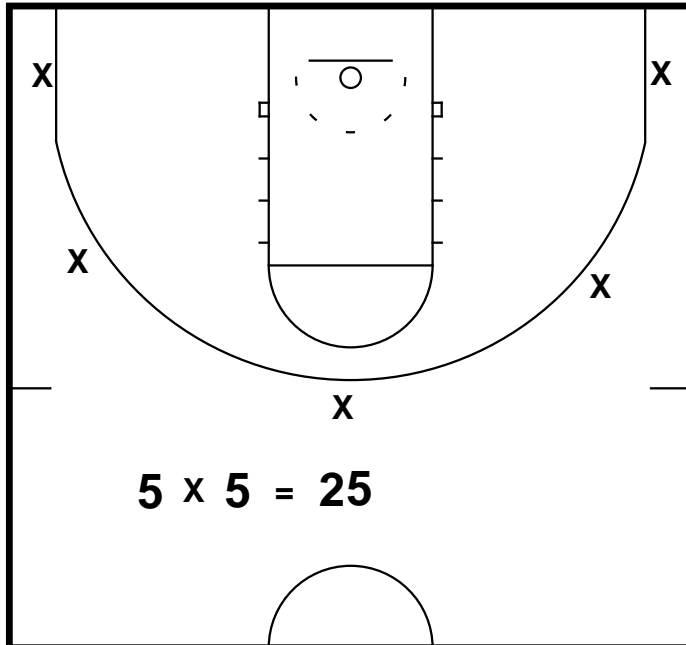
Shooting Workout Postseason 2020 (wk 3)



Transition threes - pullup jumpers 10 makes each spot (30 total)

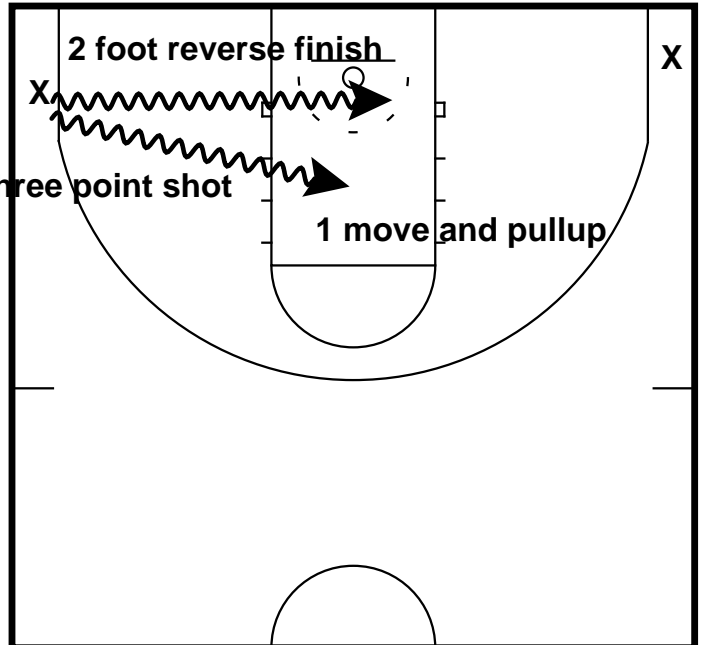
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 3)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

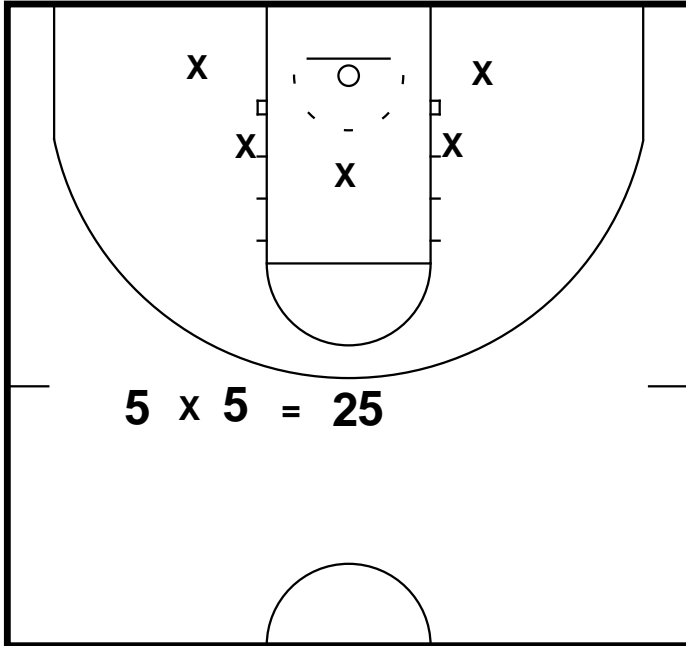
Shooting Workout Postseason 2020 (wk 3)



Complete this baseline series 5 times through of 3 makes each on both sides of the floor

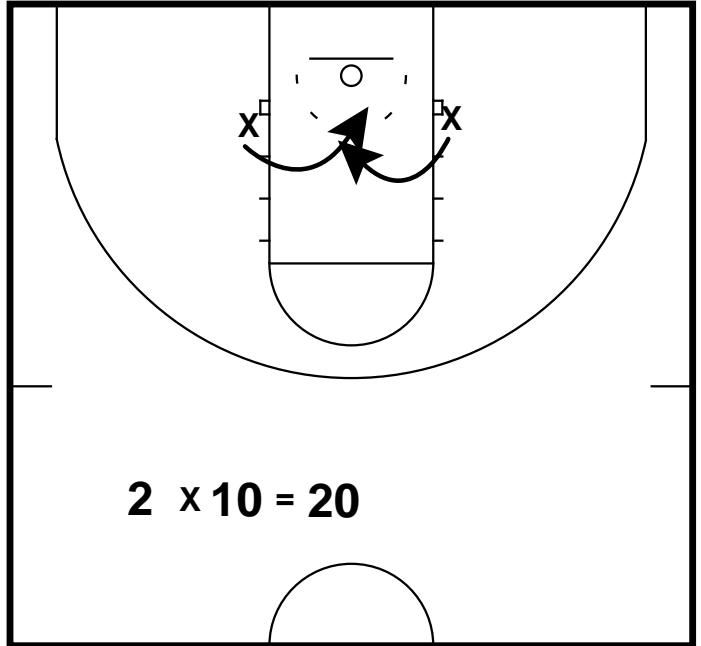
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 4)



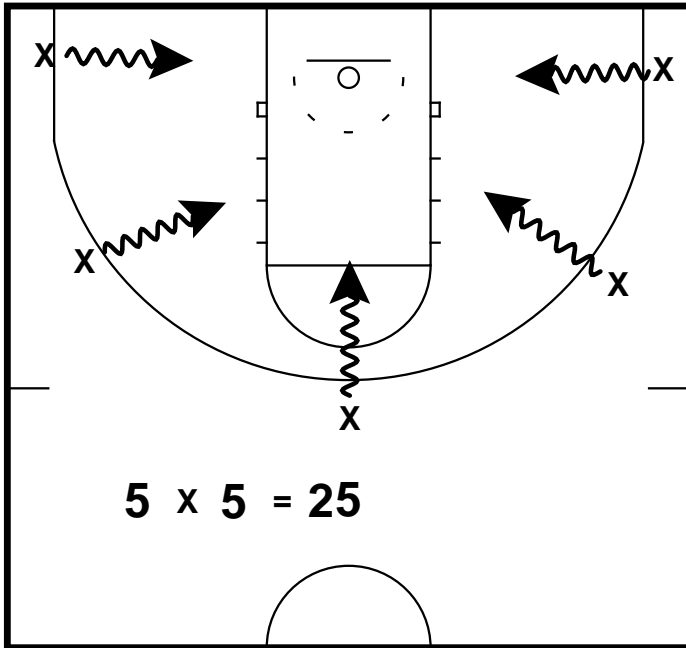
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 4)



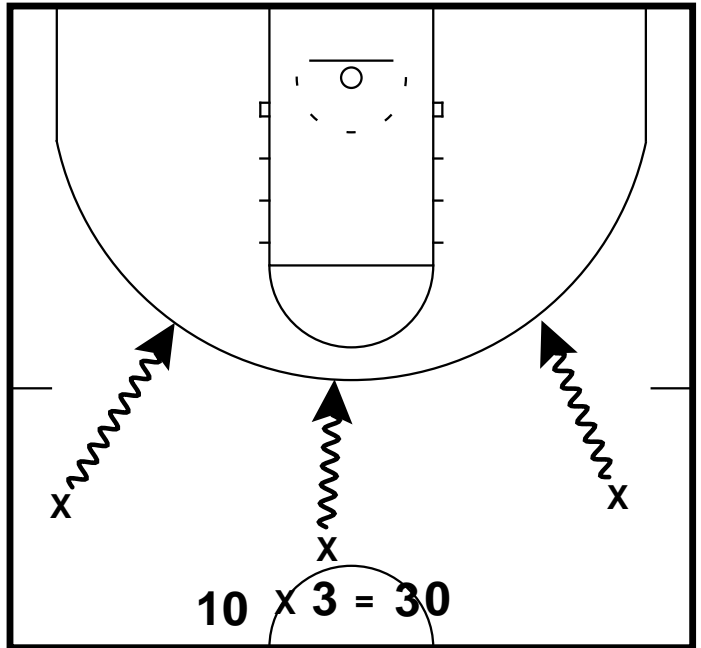
Get Middle Jump Hooks

Shooting Workout Postseason 2020 (wk 4)



5 one dribble pullups at 5 spots (alternate going left and right)

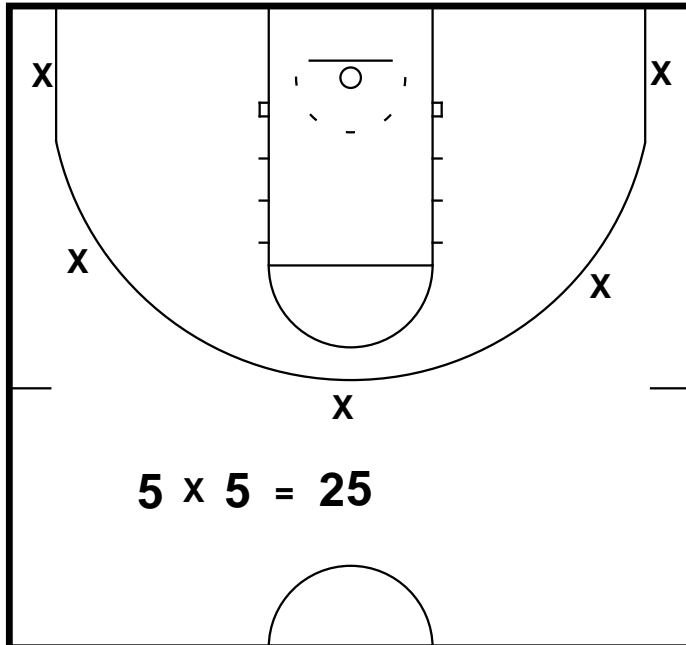
Shooting Workout Postseason 2020 (wk 4)



Transition threes - pullup jumpers 10 makes each spot (30 total)

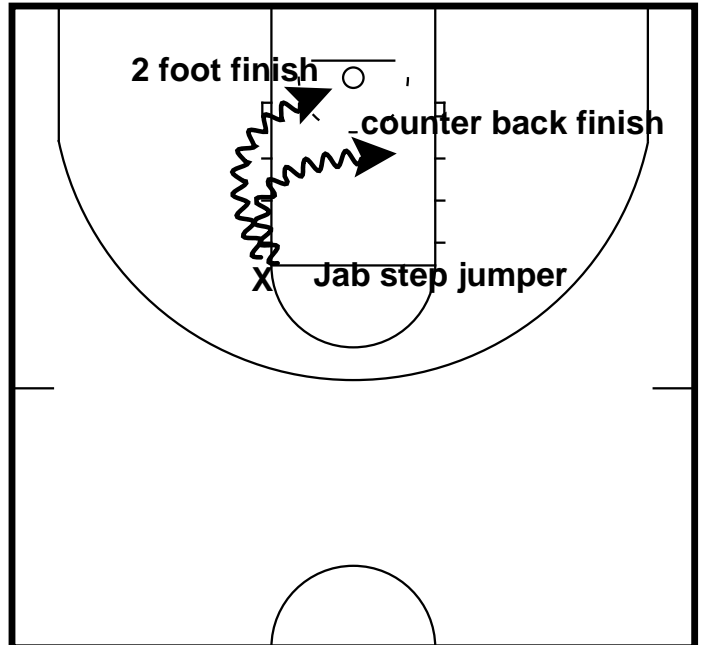
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 4)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you)

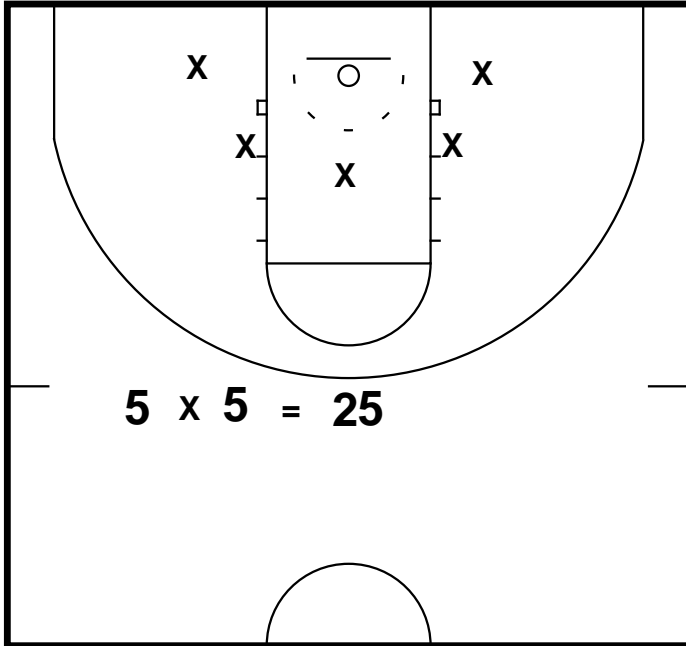
Shooting Workout Postseason 2020 (wk 4)



Complete this elbow series 5 times through of 3 makes each on both sides of the floor

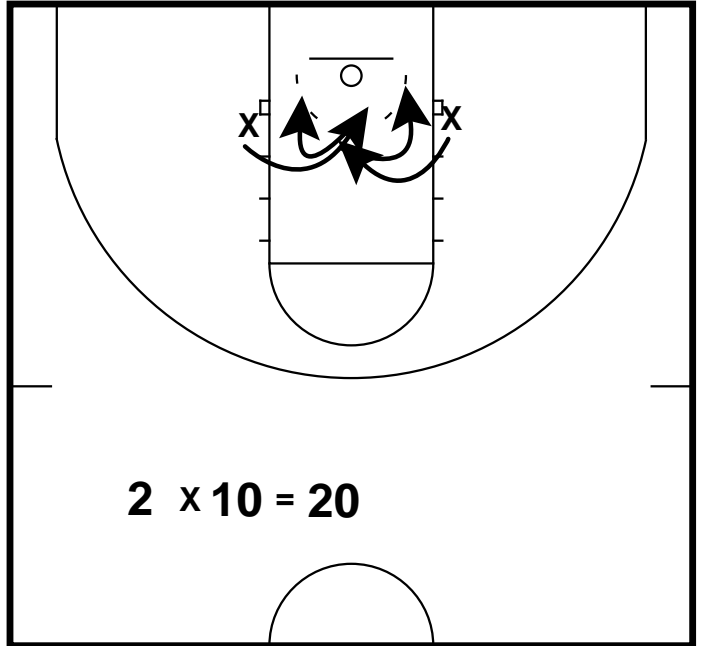
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 5)



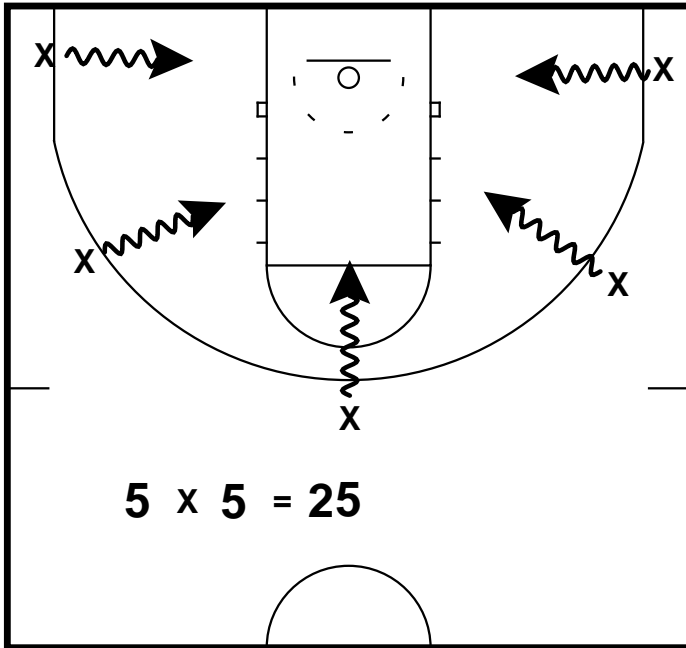
5 shots at 5 warmup spots

Shooting Workout Postseason 2020 (wk 5)



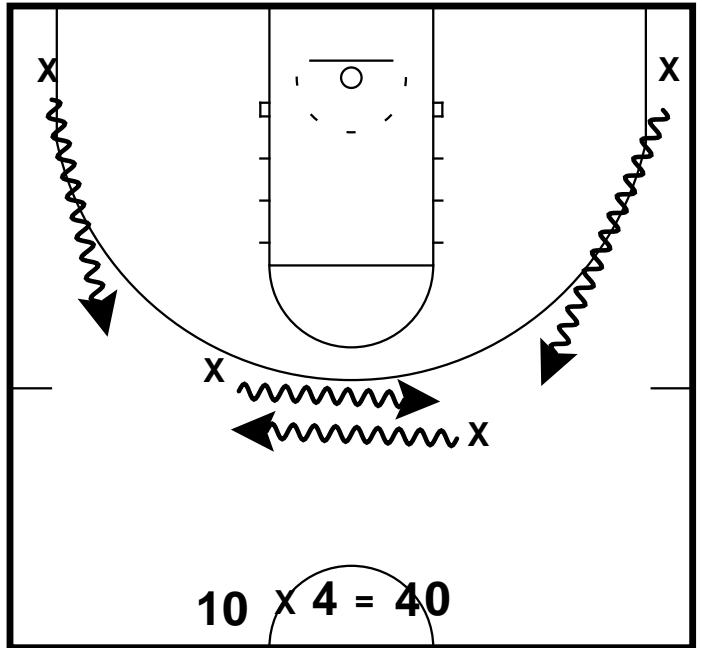
Get Middle counter back

Shooting Workout Postseason 2020 (wk 5)



5 one dribble pullups at 5 spots (alternate going left and right)

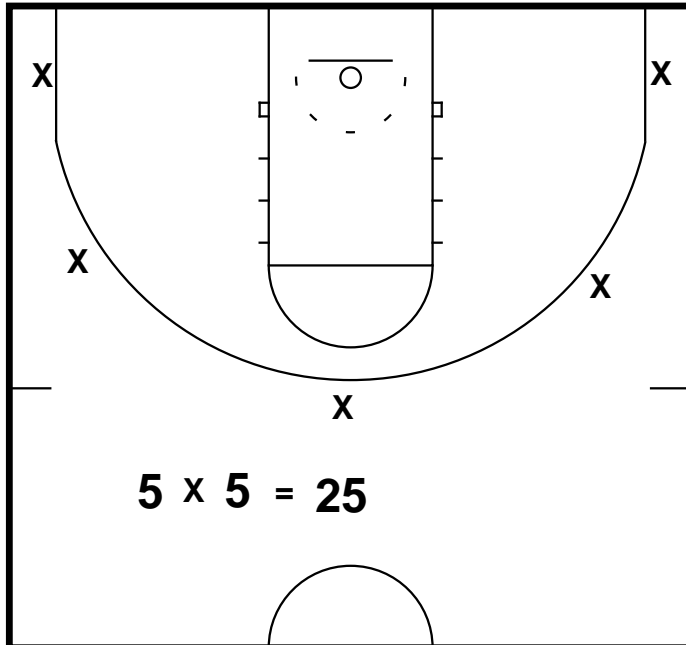
Shooting Workout Postseason 2020 (wk 5)



Self-toss threes - 10 makes each spot (40 total)

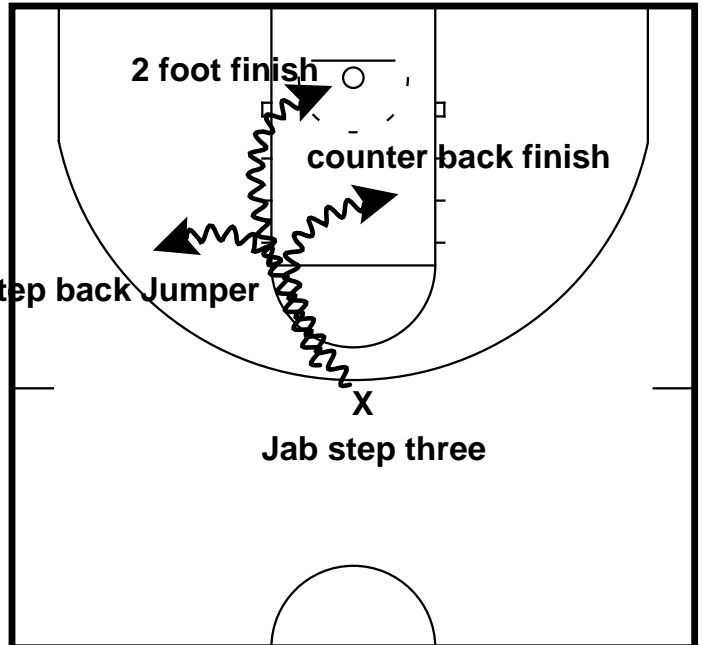
200 Make Shooting Workouts (Bonus)

Shooting Workout Postseason 2020 (wk 5)



Catch and Shoot 3pt shots (either self toss or have a rebounder pass to you). 2 times, 50 total shots

Shooting Workout Postseason 2020 (wk 5)



Complete this top of the key series 10 times through (5 time through on each side of the floor, 4 makes each)