

Step 1

- Take a look at the Build Your Own Workout template (first tab) and example.
- Explore the different combinations by looking at the bank of drills on the right.
- Select the drills that you think will help take your game to the next level.

Step 2

- If you don't know how to do a drill, just simply look it up in the PDF Drill Guide
- Play around with drill combinations for 100's of different workouts

Build Your Own Workout

Example 1

	DRILL	Emphasis	Makes	Time (n
Warmup (5-10min)	Full Court Layups	Get Loose, feel the ball	-	3
	Form Shooting	your shotfeel the fundamentals (feet to	25	5
Footwork (5-10min)	Self-Toss Wing Pivots	ow, nail through pivot foot,play in straig	20	8
	-	-	-	-
Ball-Handling / Moves / Finishing (20-25 min)	Stationary 1 ball	es up, energy into the ball, game inten	-	5
	2-Ball Moving (version A)	energy into the ball,work on using both	-	5
	Wing Scoring Series	sell it with your eyes,be explosive/shou	25	10
	1 v 1 in the post	Work on 3 go-to post moves	-	8

Shooting (20-25 min)	50 shots	Perfect form when you're tired	50	7
	Wide Pin Shooting	1 step setup, explode into shot	25	10
	Celtic Shooting	Never 2 misses in a row	20	4
Cooldown (5-10min)	Beat the PRO FT's and Stretch	Swish your FT's	10	10
Totals			155	75

Basketball

Warmup

min)

- Full Court Layups
- Full Court Layups 2 Balls
- Mikan Layups
- Sideline Handles

- Form Shooting
- Lane Line Shooting
- Lane Line Finishing
- 5 Spot Warmup Shooting
- String Shooting
- First to 50
- lane line passing
- Ball Wraps (Head, Waist, Knees, Ankles)

Ball-Handling / Moves / Finishing

1 Ball

- Mobile 1 Ball
- Stationary 1 Ball
- Ball Handling with Cones
- Wing Scoring Series
- Wing Rip Series
- Top Scoring Series
- Elbow Finishing Series
- Ball Screen Shooting
- 1 v 1 (King of the Hill, Spots)
- 2 v 2

Timed Drills

Untimed Drills

2 Ball

- 2-Ball Stationary (Version A + B)
- 2-Ball Moving
- 2-Ball Zig Zag
- Continuous Ball Handling

Post Play

- Agolor Drill
- DK Drill
- Get Middle Series
- 30 Second Layups
- Back Pedal Finishes
- Block Pick Ups
- Lunge Series

- Dwight Howard Drill

Workout

Footwork

Chair Drill

Baseline Triple Threat

Wing Square Ups

Self-Toss Wing pivots

Lunge Series

Shooting

With a Rebounder

Celtic Shooting

3 Man / 2 ball

5 Minutes Shooting

5 Spots in 4 Minutes

2 Minute Shooting

The Crucible

50 Shots

Allen Houston

Around the World

Wide Pin Shooting

4 Spot Shooting

Pitch and Blur

3pt Marathon

Plus / Minus Shooting (Version A + B)

Catch and Shoot from Spots

Never Miss 2 In a Row

Streak Game

W - Shooting

NO Rebounder

21 Shooting

5 Spots in 4 Minutes

Plus / Minus Shooting

30 Point Frenzy

Ray Allen Shooting

Perimeter Threes

Cooldown

Free Throws (shoot 25 or 50 and count your makes + misses)

Steve Nash Finishing

Get Middle Jump Hooks

Make _____ threes in a row before you leave

25 threes

Mikans

Free time / work on out-of-the-box moves

Stretch

Beat the Pro (free throws)

GOLF (free throws)

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Footwork (5-10min)				
Ball-Handling / Moves / Finishing (20-25 min)				

Shooting (20-25 min)				
Cooldown (5-10min)				
Totals			0	0

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min)

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