

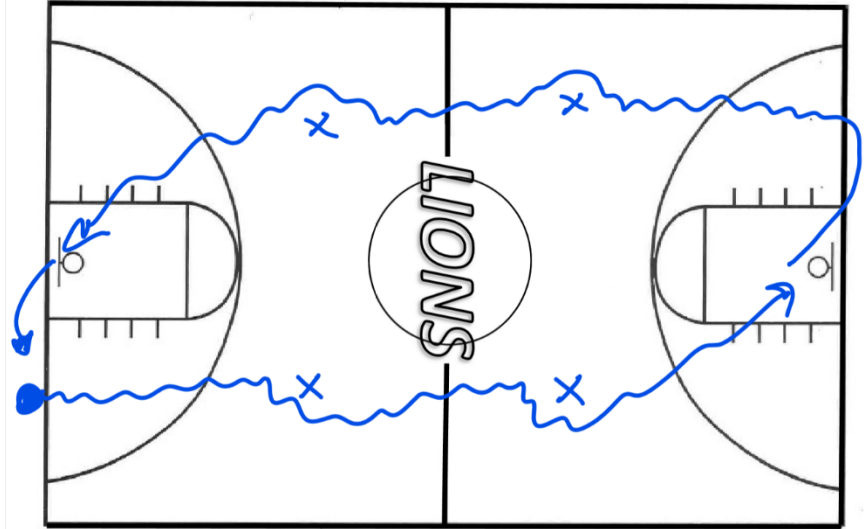
LIST OF SUGGESTED WORKOUTS FOR BASKETBALL
(Examples of many drills in video links on website)

- 1) Agilities – Jog / Hi Knees / Butt-kicks / Arm Circles / Layup Skips / Jump Stops / Pivots / Close-outs / Lunges / Defensive Slides / Defensive Stance
- 2) Stationary Ballhandling (not dribbling, specific time or reps) -
Basketball Slaps / Pitter-pat above head down to toes
Circles (both directions) – Around Head / Around Waist / Around knees / Around each knee
Figure eight between legs (both directions)
- 3) Stationary Dribbling (1 basketball, do with each hand, specific time or reps) –
Knee high pound / Waist high pound / Low pound
Side of body front to back (walk the dog) / Front of body side to side / Behind body side to side
Combo of above (one hand) forward backward, side to side
Combo of above – backward forward crossover backward forward crossover
Combo of above – backward, behind back, forward, crossover, repeat
Dribble figure eight
Between legs
Spider Drill / Hike drill
- 4) Stationary Dribbling (2 basketballs, specific time or reps)
Simultaneous / Alternating / One hi, one low
Crossover / Between legs / Behind back
- 5) Dribbling on the Move (1 basketball, specific time or reps, use cones or markers to change directions)
Speed dribble down and back (same hand the whole way) RH and LH
Inside out (hesitation) / Crossover / Between legs / Behind back / Pull back crossover / Spin / Double move
- 6) Dribbling on the move (2 basketballs, use cones or markers to switch hands)
Simultaneous / Alternating / Crossover / Behind back
Sideways slides / Sideways crossovers
- 7) Mikan Drill (Finishing)
One foot regular / one foot reverse / 2 foot regular / 2 foot reverse / wrong hand / wrong foot
- 8) Layups
RH / LH / Center RH / Center LH / Power layup (2 feet) / Reverse
- 9) Finishing Moves
Floater (1 foot) / Floater (2 feet) / Pull up jumper
- 10) Box drill (ballhandling, footwork, finishing)

Set cone at location about 20 feet from hoop (change location after time or reps) / start under the rim / dribble to the cone / jumpstop / pivot (choose outside foot, inside foot, front pivot, reverse pivot) / make a move (sweep & go, crossover, shot fake) / finish (choose type of layup or finishing move)

- 11) Wooden (full court ballhandling and finishing, do for set time or number of reps) - Similar to "Commando" drill in video link.

Set 4 cones on court at X's (see below) / Start on one baseline, dribble to each cone, make a move (mix it up), dribble to hoop, finish (mix it up) / do on right and left sides



- 12) Shooting (Form / technique)

Lying on back / one hand wrist snap / one hand full shot

Against wall / one hand shot

Very close to hoop / one hand shot / guide hand as mirror / guide hand with only 4 fingers on the ball

- 13) Shooting (jump shots)

Step in shots / 1-2 step into shot straight toward basket

Toss out shots / spin ball to the side / plant inside foot on catch / catch and shoot or shot fake and drive

Make 5 from a spot before you can move to new spot

"Beat the Pro" ... pick an imaginary opponent (like Steph Curry) ... every shot you make counts for 1 point for you ... every shot you miss counts for 2 points for your opponent ... pick a score to play to ... you must make 67% of your shots to win the game

- 14) Passing

Use a wall or a "toss-back" (or a partner) ... chest pass, bounce pass, flick pass, overhead pass (excellent videos for these drills)

- 15) Defense

Lane slides / Full court zig zag slides / Full court slide-sprint-slide / Close-out drills

16) Conditioning (here are a few ideas)

5 EVERY DAY EXERCISES (you can do these at home without a gym!):

Pushups / Abs / Plank Hold / Wall Sit / Jump Rope (or line-hops)

CIRCUIT TRAINING ...

Jump Rope 30 sec

Push ups 30 sec

Jump Rope 30 sec

Squats 30 sec

Jump Rope 30 sec

Plank 30 sec

Jump Rope 30 sec

Wall Sit 30 sec

Jump Rope 30 sec

Burpies 30 sec

Jump Rope 30 sec

REPEAT AS MANY TIMES AS YOU WANT