



INDIVIDUAL OFF-SEASON WORKOUT – Guaranteed to make you a better player!

Ball Handling	<p>Drills without dribbling - 5 minutes</p> <p>Drills with dribbling - 5 minutes</p> <p>Drills using two balls -10 minutes</p>
Passing	<p>Against a wall or with a partner... chest, bounce, post entry.</p>
Foot Quickness	<p>Jump Rope - 5 minutes at 3/4 speed for endurance. Jump Rope - 15 seconds off right foot for quickness. Jump Rope - 15 seconds off left foot for quickness. Jump Rope - 15 seconds alternating feet. Jump Rope - 15 seconds on both feet. (Do 3 repetitions of each with 30 seconds rest between the quick sets)</p> <p>Run Steps - Up to build leg strength and down to build quickness - Six repetitions of 15-20 seconds each.</p> <p>Intervals - Sprint straight-aways on a track and jog on curves. Alternate up to one mile. (Build to running 2-3 miles a day at 7 to 8 seconds.) To build additional quickness and leg strength run backwards or sideways, picking up your feet and putting them down quickly.</p>
Rebounding	<p>Six and In - 4 repetitions on each side of the basket. (6 tips and put it in)</p> <p>Superman Drill - 4 repetitions of 10.</p> <p>Tap Drill - 4 repetitions of 10 with each hand.</p> <p>Rebound & In – throw off glass, catch, go straight back up (high as you can) – 3 sets of 10</p>
Shooting	<p>Post - Spin ball to yourself, catch ball with both feet off the floor, look over baseline shoulder and Drop Step at Low Post - Practice both ways - 4 sets of 10 shots each way and on each side of the lane.</p> <p>Post - Spin the ball to yourself, catch ball with both feet off the floor, look over baseline shoulder, pivot in the opposite direction, and shoot a jump shot - 4 sets of 10 shots on each side of the lane.</p> <p>Post - Duck Under - Spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, pivot in opposite direction, shot fake and duck under. - 4 sets of 10 shots on each side of the lane.</p> <p>Post - Step-in-Direction Hook - At the low post spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, take a long step in direction of the opposite elbow, and shoot a hook shot. - 4 sets of 10 shots on each side of the lane.</p> <p>Guards & Post - At the High Post practice stationary moves for a baby jump shot or a power lay-up. - 4 sets of 15 shots on each side of the lane. Work the shot fake into every 3rd set of shots, either on the move or at the very end.</p> <p>Guards – Make 50 3-pointers... follow shot and get the next one up quickly (game speed)</p> <p>Guards – Full Court Shooting – dribble length of floor and pull up for a shot (make 10 3's, 10 10 footers, & 10 lay-ups)</p> <p>Guards – Spin & shoot: spin ball to yourself and take a shot (make 50)</p> <p>Guards – 1 dribble, pull-up: start at 3 point line, take one hard dribble, pull-up (make 50)</p> <p>Shoot 10 free throws between each set to rest - record in a notebook!</p>