

Basketball Workout!

Ball Handling

Focus on keeping your butt down and head up. It's more important to do the drills correct than to do them fast. The better you get, the faster you can go.

- Ball Smacks
- Quick Hands
 - o Back and forth
 - o Around ankles
 - o Around waist
 - o Around head
 - o All together
 - o Right leg
 - o Left leg
 - o Figure Eights
 - o Reverse figure eights
 - o Between leg catches
- Two Balls
 - o Same time pounds to kill
 - o Alternate pounds to kill
 - o One high one low, switch sides
 - o Crossovers; right in front, left in front
 - o Move both balls side to side
 - o Move both balls side to side
 - o Two ball pounds, moving
 - o Two ball alternate pounds moving
 - o ZigZag dribble pounds
 - o ZigZag alternate dribble pounds
 - o ZigZag dribble crossovers
- One Ball
 - o Pound to kill in each hand
 - o Spider
 - o Kills to dead in each hand
 - o Figure 8 as few dribbles as possible, reverse
 - o Figure 8 as many dribbles as possible, reverse
 - o Stationary scissors
 - o Cones in a straight line (close together)
 - Cross overs
 - Fake crossovers (both sides)
 - Scissors

- Behind your back
- Cones in ZigZag spread out
 - Crossovers
 - Scissors
 - Behind back
 - Spin move
 - Pull back crossovers

Shooting

Remember B.E.E.F- Balance, Elbow in, Eye on the basket, Follow through. You should be shooting with only your right hand, using your left to balance the ball. Your feet are always shoulder width apart with the right slightly ahead of the left

- Layups- the more reps you do, the easy they will become
- 5-10ft banks- aim for the top corner of the square when shooting from the side
- Outside shots- just because you are further away from the basket, does not mean you should change your shot. If your shot does change, you are too far out. Move in until you get stronger. The only thing that should change is the amount of legs you use.
- High post moves (from the elbows)
 - Turnaround jump shot
 - Fake turnaround jump shot, drive to the basket
 - Bird move
 - Sweep
- Low most move (from the block)
 - Drop Step
 - Turnaround jump shot
 - Up and under

Defense

Defensively be sure to be in an athletic stance at all times, butt down! When your quads are burning and you want to stand up, that means you are doing it right!! Be able to move side to side in order to keep your girl in front of you.

- Defensive slides
- Close out with one hand contesting shot, while the other defends the drive
- Help side defense, flat triangle, protect the basket

Post Ups

Making contact with the girl defending you is a good thing. Keep your butt on her with your knees bent. As your defender moves, you move in order to keep yourself in front of her. Always call for the ball especially when you are open in the post! When it is passed jump to the ball, don't let it come to you and **BE STRONG WITH THE BALL!**

- Short Stop drill (different shapes and size balls - work on jumping to the ball)
- Knock outs (hold the ball and have someone try and knock the ball out of your hand)
- Tie ups (have someone hold the ball and try and rip it out of their hands)

Box Outs/ Rebounding

Every shot that goes up, you have to find the girl closest to you and put your butt into her. Push her as far out as you can. Go up strong for the rebound and keep the ball high.

- Shot to Box out
- Shot to box out, go after the rebound
- Center box out
- Back to back box outs
- Rebounding- toss ball off the backboard, rebound and put it back up without bringing the ball down

Triple Threat

Triple threat is the go-to stance! Keep your knees bent, the ball in your pocket and wipe your nose when you pivot to switch to the other pocket.

- Catch the ball, triple threat position
 - o Shot
 - o Pass
 - o Drive right
 - o Drive left