

2008 individual workouts-guards



Xavier
basketball

X

good

Better



BEST

Never let it rest.

Until your good **is Better**
and your Better is BEST



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"The achievements of a team are the results of the combined effort of each individual."





ball handling: stationary

Purpose: To improve your ball handling skill set.
Each individual workout will begin with 5 minutes of ball handling drills.

EYES UP-BE QUICK, BUT UNDER CONTROL

One Ball Stationary:

- 1) Big Hands-Pound the ball
- 2) Popcorn Drills-Finger tips
 - Above Head, Waist, Knees
- 3) Body Circles
 - Head, Waist, Knees, Ankles,
 - Single Leg—Left and Right
- 4) Figure 8
- 5) Scissors
- 5) Push / Pull Dribble
 - Side to Side/Front to Back
- 6) Dribble Low Around:
 - Both legs, right leg, left leg
- 7) Dribble Figure 8
- 8) Spider Dribble
- 9) Ricochet
 - Start ball in front have legs spread and bounce ball between legs to back

Two Ball Stationary:

- 1) Together in front high
- 2) Together in front low
- 3) Alternate in front high
- 4) Alternate in front low
- 5) Side to side
- 6) Front to back
- 7) Kills
 - Dribble both balls waist high, then suddenly "kill" it by dribbling them as low as you can, hold this for a few seconds, then bring it back up to waist high.
- 8) Crossovers
 - Dribble 2-3 times together then switch hands
- 9) Right hand around right foot while left maintains dribble
- 10) Left hand around left foot while right maintains dribble





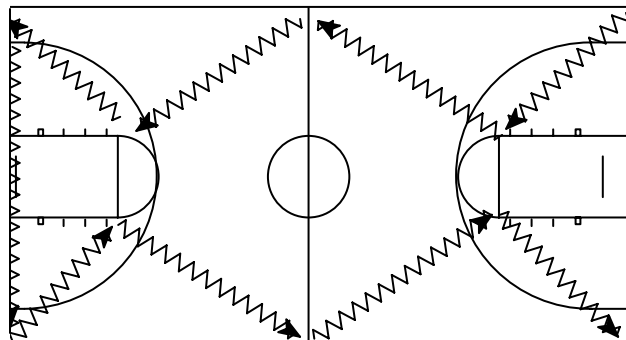
ball handling: one ball full court & two ball 1/2 court

EYES UP-BE QUICK, BUT UNDER CONTROL

One Ball Full Court:

- 1) Speed dribble down and back-R
- 2) Speed dribble down and back-L
- 3) Change of Speed
 - Stutter, hesitate and go
 - Both R and L
 - BE EXPLOSIVE!
- 4) Crossover Dribble
 - Low and quick, plant and cut
- 5) Between the Legs
- 6) Behind the Back
- 7) Reverse Spin Dribble

USE FOR 4-7



START

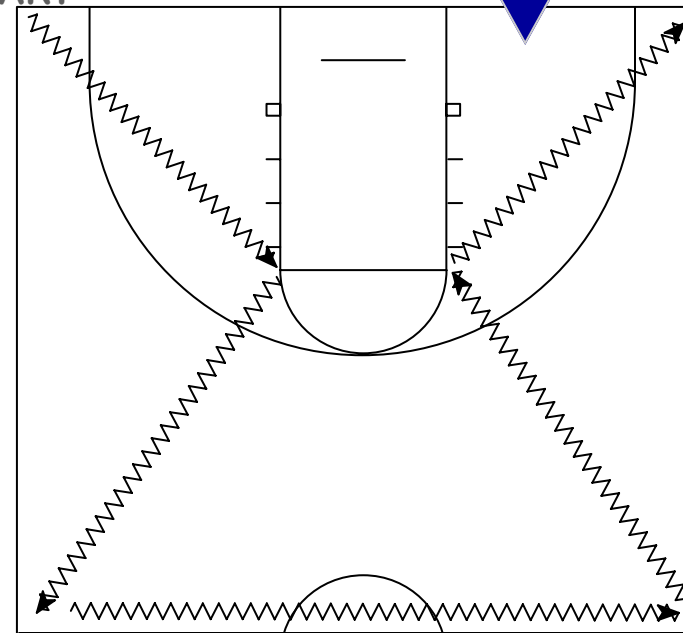


Two Ball 1/2 Court:

- 1) Crossover
- 2) Through legs
- 3) Behind back
- 4) Spin
- 5) Pot-luck
 - One of each

USE FOR ALL

START





ball handling: full court dribbling

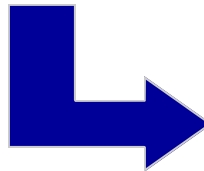
EYES UP-BE QUICK, BUT UNDER CONTROL

Two Ball Full Court Dribbling:

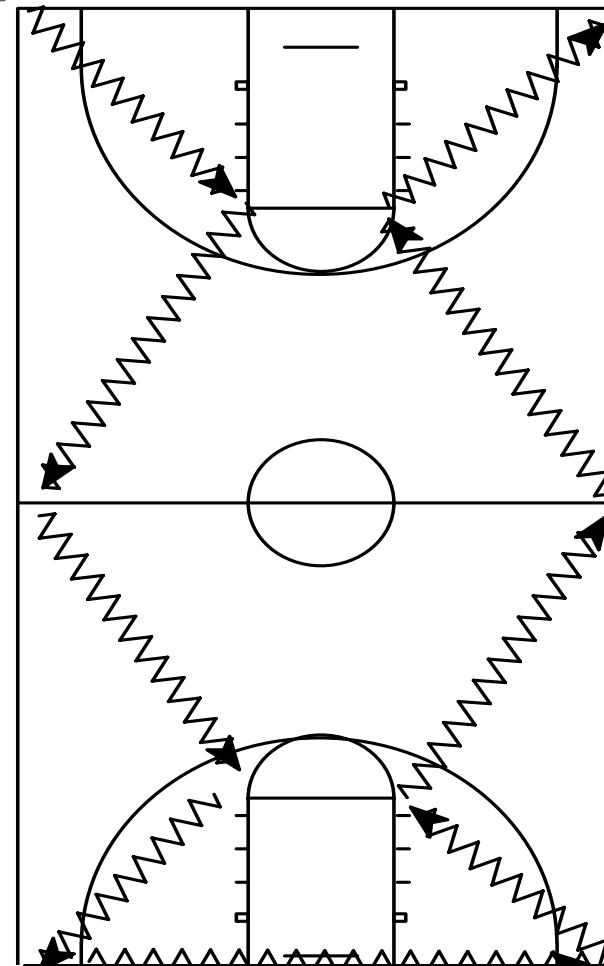
GO DOWN AND BACK

- 1) Together
- 2) Alternate
- 3) Hesitation
 - 4-5 hesitations each time
- 4) Zig Zag
 - Switch hands on each turn
- 5) Zig Zag Behind the Back
- 6) Zig Zag Between the Legs
- 7) Zig Zag Reverse Spin
- 8) Push / Pull
- 9) Backwards
- 10) Attack and Retreat

USE FOR 4-7



START





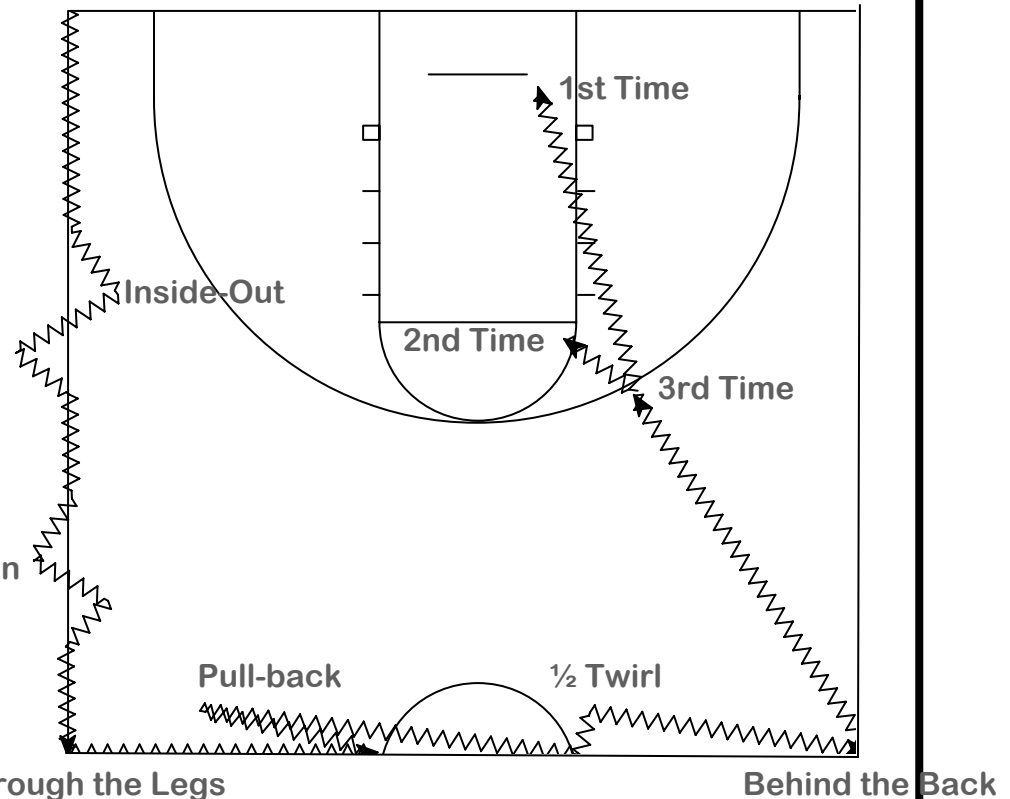
ball handling: chill drill

EYES UP-BE QUICK, BUT UNDER CONTROL

Chill Drill:

- 1) Start at the intersection of sideline/baseline
- 2) Dribble w/ ball in right hand:
 - Take 2 dribbles ON-THE-LINE
 - Take 1 dribble INSIDE the court
 - Take 1 dribble OUTSIDE the court
 - Take 2 dribbles ON-THE-LINE
 - Take 1 dribble OUTSIDE the court
 - Take 1 dribble INSIDE the court
 - Repeat if necessary
- 3) At $\frac{1}{2}$ court sideline intersection go through the legs
- 4) Dribble along $\frac{1}{2}$ court line to the jump circle:
 - Pull-back dribble
 - Explode out after 2 backslide bounces
- 5) $\frac{1}{2}$ twirl (fake spin move) at other side of the jump circle and explode out
- 6) At opposite $\frac{1}{2}$ court/sideline put behind your back then push it toward the basket
- 7) At 3 point line, make a move to elude defense
- 8) 1st time: take it to the rack
2nd time: elbow jumper
3rd time: pull for 3
- 9) Repeat from left side of the floor

START





ball handling: alley drills

Explode out of each move...GET A STEP!

Alley Drills:

1) Sprint dribble

- Guards=5/6 dribbles

2) Hesitation moves

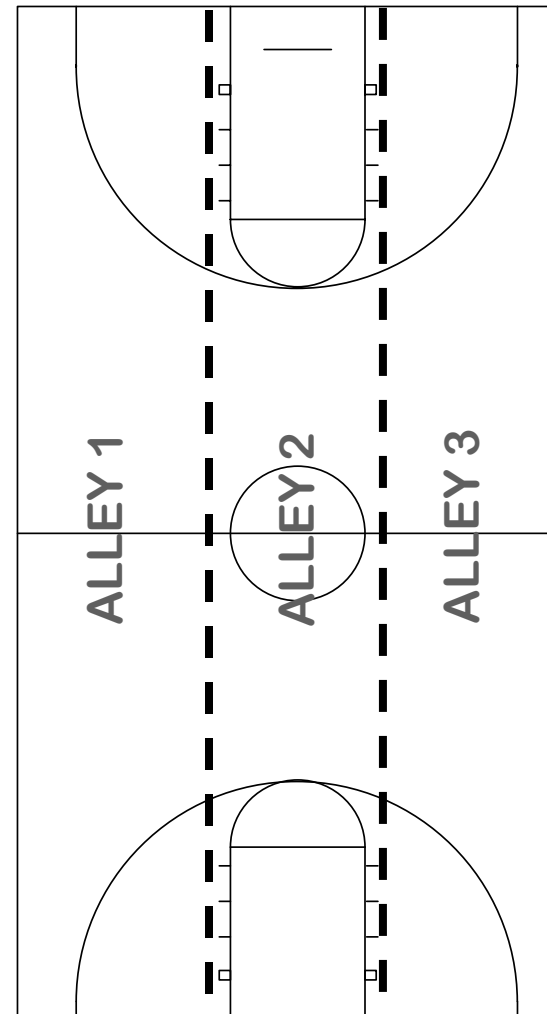
- Every 3rd dribble make a change of speed, change of direction move
- X-over
- Inside-out
- Through legs
- Behind back

Go down in Alley 1

Back in Alley 2 with opposite hand

Then down Alley 3

ALWAYS WORK STRONG HAND & WEAKHAND





consistency/form: palm, pocket, flips & arcs

Purpose: To create muscle memory of your proper shot technique, to improve confidence in your shot, and to identify range and shot selection

Palm, Pocket, Flips:

- 1) Begin with ball in palm of your hand in front of body.
 - Palm under the ball
- 2) Without using your fingers to balance ball, bring ball into your shooting pocket.
 - It's impossible to accomplish without proper form
- 3) Once in shooting pocket, place fingers on ball and take 1 handed shot at basket.

Arcs:

Each arc consists of 5 shots. There are 5 arcs around the basket:

Arc 1: 2 ft from the basket—Shots 1,2,3,4,5

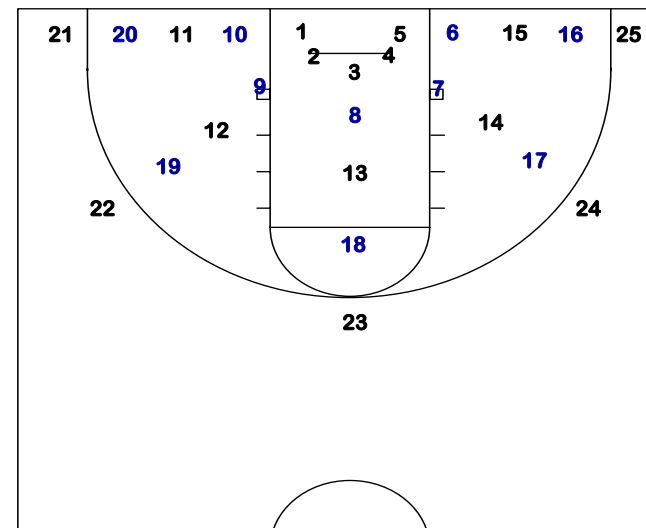
Arc 2: 5 ft—Shots 6,7,8,9,10

Arc 3: 10 ft—Shots 11,12,13,14,15

Arc 4: 15 ft—Shots 16,17,18,19,20

Arc 5: 19.9 ft—Shots 21,22,23,24,25

If you don't have 3 pt range, shoot Arc 4 twice.

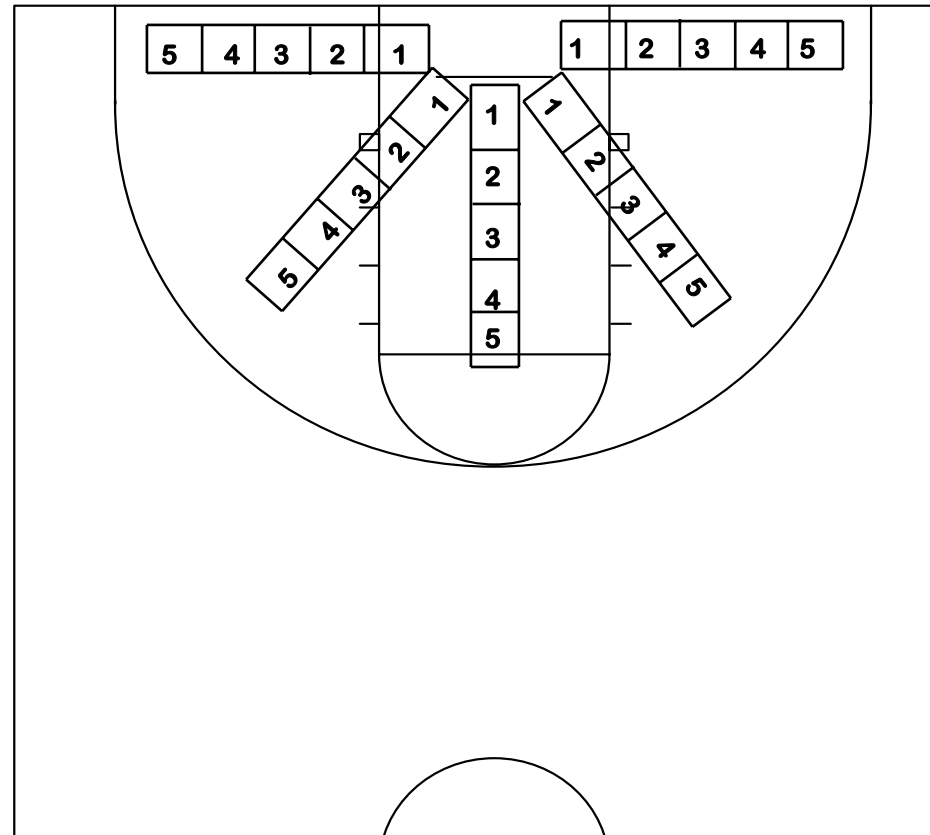




consistency/form: ladder

Ladder:

- From our 5 spots begin each spot 2 ft from the goal, when you make the shot step back to 5 ft, if the shot is made step back to 10ft, if missed go back to 2ft.
- If shot is made you step up the ladder, if missed you go back down the ladder
- Each ladder has 5 shots
- The last shot should be the deepest shot in your range

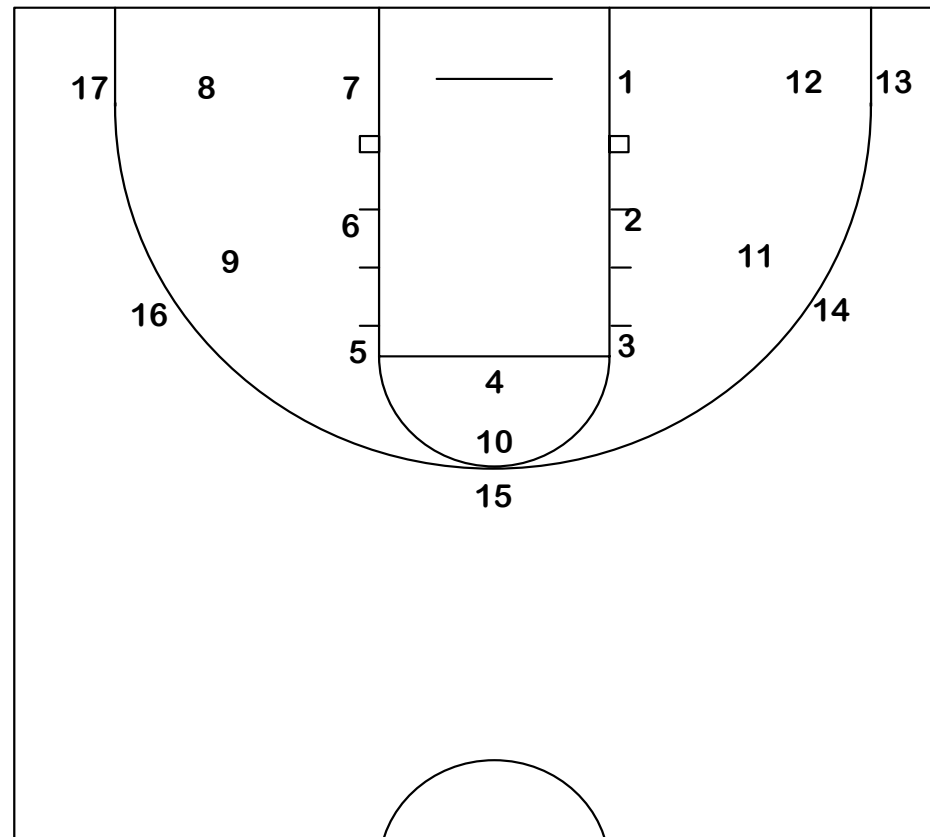




consistency/form: around the world

Around the World:

- Begin at 1, if shot is made move to the next spot.
- If at anytime you miss 2 shots from the same spot you must go back to 1 and begin again.





consistency/form: maryland shooting & streaks

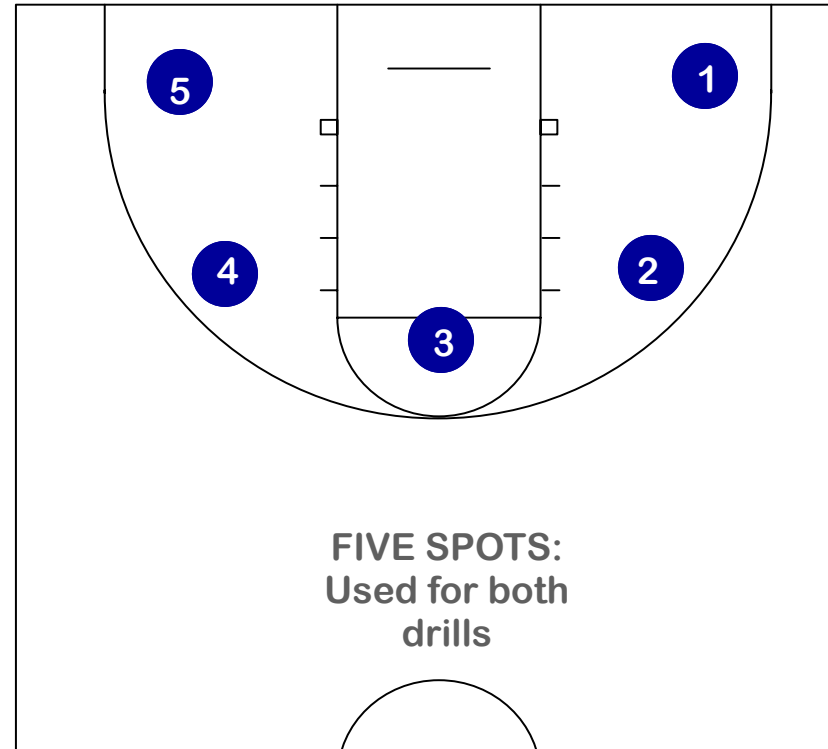
These drills need total concentration!

Maryland Shooting:

- 1) Begin the drill with one hand form shooting.
 - Elbow in, ball on finger tips, extend high, flick your wrist, let the ball fall off your finger tips, follow through
 - Your goal is to NOT let the ball touch the rim
- 2) Close shots:
 - 3 ft shots around the perimeter
 - Shoot approximately 10 shots
- 3) Five spots:
 - 10 shots each spot

Streaks:

- 1) Begin at spot 1 on a spot within your range
 - Made shots are worth 1 point and you stay in the same spot until you miss 2 shots in a row.
 - Example: make, make, make, miss, make, miss, make, make, miss, miss = 6 pts
 - Once you miss 2 consecutive shots move to spot 2 and so on until you finish spot 5



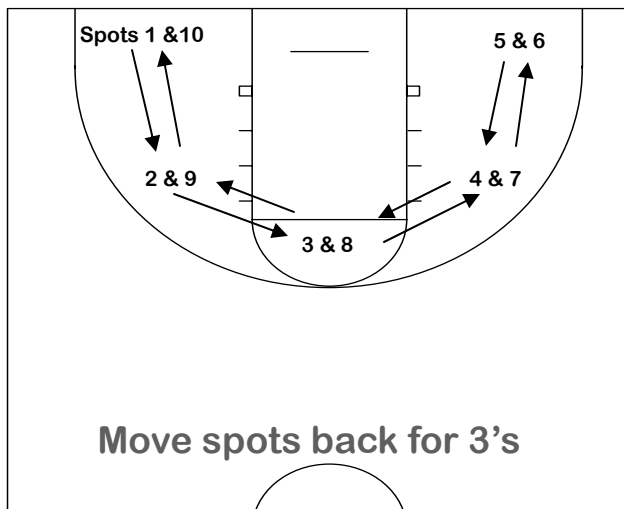


gs/gS/gS: shoot the moon & shoot the star

Shoot the Moon: 2's and 3's

- Shooter begins in the corner (Spot 1) of her choice. Each shot is to be taken at about 15 ft.
- As soon as the shot is taken, the shooter moves to spot 2 (45°), where she will attempt her next shot.
- This is repeated to spot 3 (the key), then spot 4 (45°), then spot 5 (90°).
- The shooter has now attempted 5 shots and will stay in the corner and repeat in opposite direction.
- Will repeat for 3's

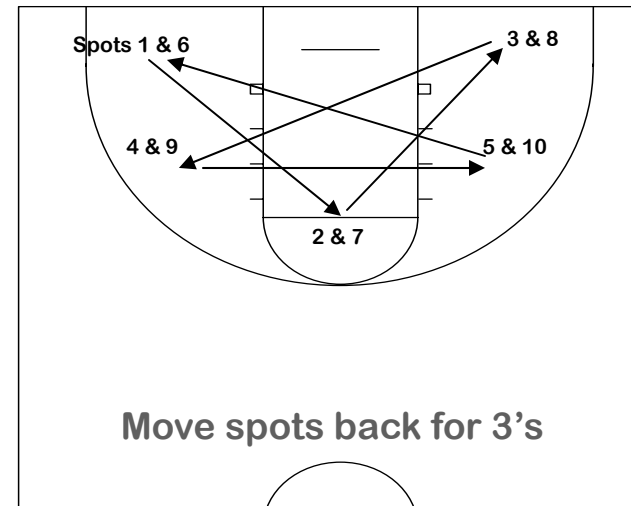
Will record the total number of makes on the 10 shots attempted



Shoot the Star: 2's and 3's

- Shooter begins in the corner (Spot 1) of her choice. Each shot is to be taken at about 15 ft.
- As soon as the shot is taken, the shooter moves to spot 2 (at the key), where she will attempt her next shot.
- This is repeated to spot 3 (90°), then spot 4 (45°), then spot 5 (45°).
- The shooter has now attempted 5 shots and will stay in the corner and repeat in opposite direction.
- Will repeat for 3's

Will record the total number of makes on the 10 shots attempted

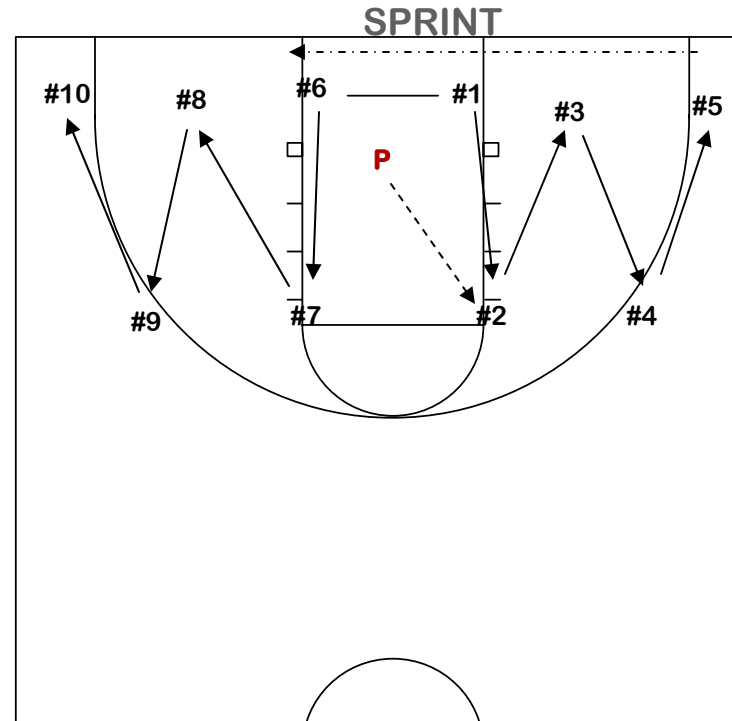




gs/gs/gs: zipper shooting

Zipper Shooting:

- This is a 10 shot half-court drill
- 1) Start with picking up the ball off the floor at spot #1 and powering-up a stick back
 - 2) Then to the elbow (spot #2) for a jumper
 - 3) Then to the short corner (spot #3)
 - 4) Out to the "45" (spot #4) for a 3
 - 5) Complete the side with spot #5 from the corner beyond the arc
 - 6) The shooter then sprints along the baseline to complete the pattern on the opposite side of the floor
 - 7) Shot #6 is another power-up



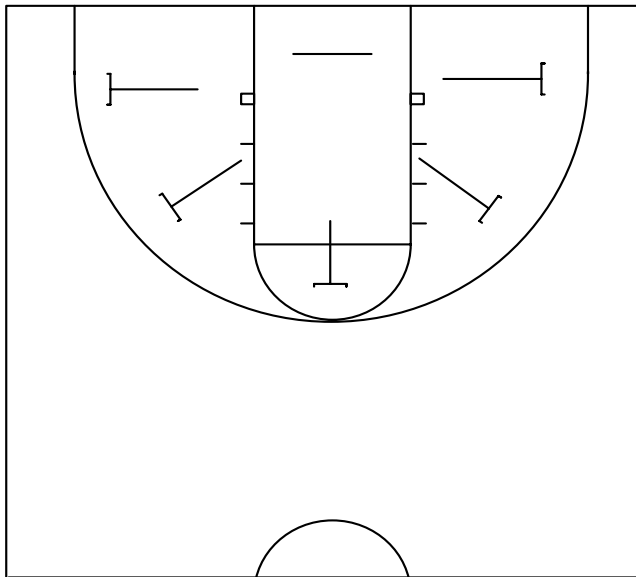
Will record the total number of makes on the 10 shots attempted



QS / QS / QS

Off the Rack: Simulate scoring off screens

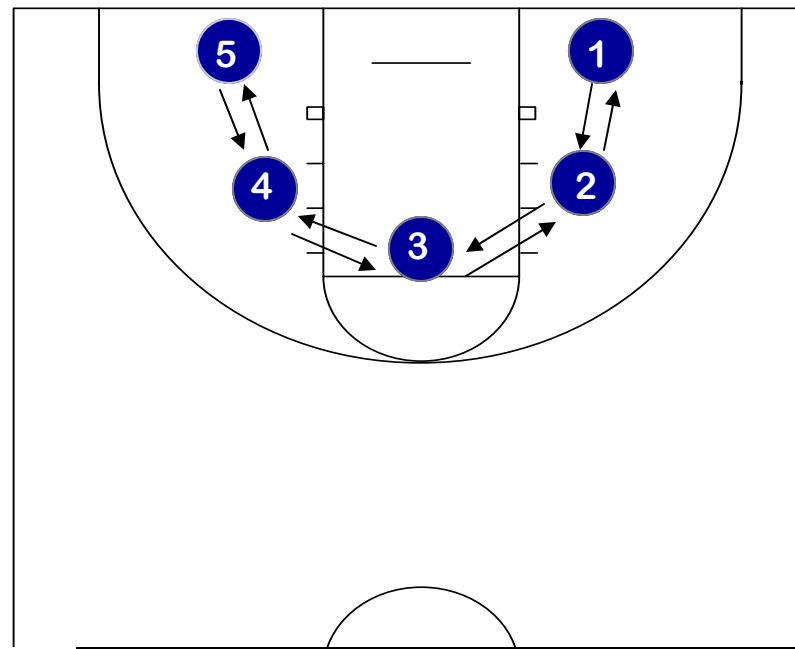
- Pop to our 5 spots
- Round 1) Straight cut, shot
 - Round 2) Straight cut, show / drive
 - Round 3) Curl
 - Round 4) Flare for shot
 - Round 5) Flare to show / drive



Shooting on the Move:

- 1) Alternate between spots 1-2 until 10 shots are attempted
 - If charting time until 10 shots are made
- 2) Repeat between spots 2-3
- 3) 3-4
- 4) 4-5

START WITH 2's THEN GO TO 3's





qs/qs/qs: 3-6-9-12-15

3-6-9-12-15:

- 2's cones are placed at 15 ft at spots 2, 3, 4
- 3's cones are placed around arc at spots 2, 3, 4

3 → Begin at $\frac{1}{2}$ court cone:

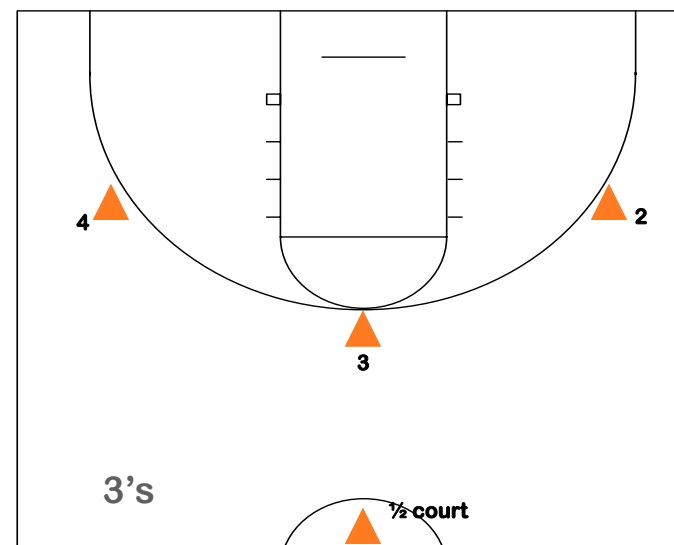
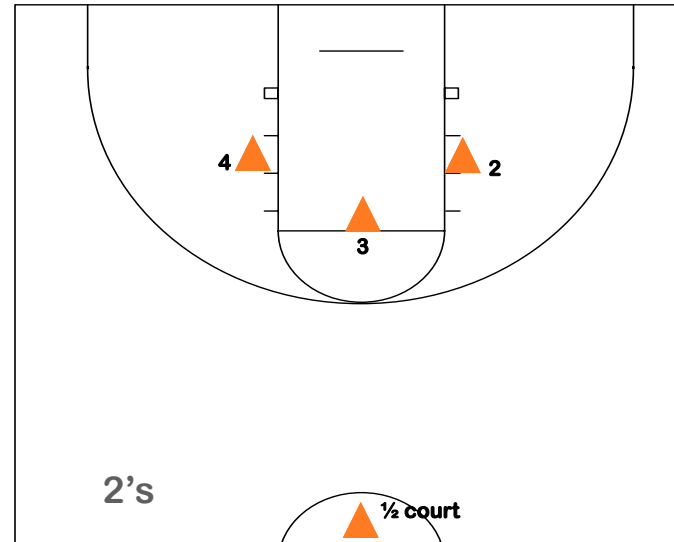
- 1) 1st shot at spot 3
- 2) 2nd shot at spot 2 or 4
 - You can go either way
- 3) 3rd shot at spot 4 or 2
 - That would conclude a 3 record # make out of 3 on workout chart

6 → Same as above, after 3rd shot is attempted sprint back to $\frac{1}{2}$ court cone back to cone at spot 3, complete cycle again

9 → 3 trips through

12 → 4 trips through

15 → 5 trips through



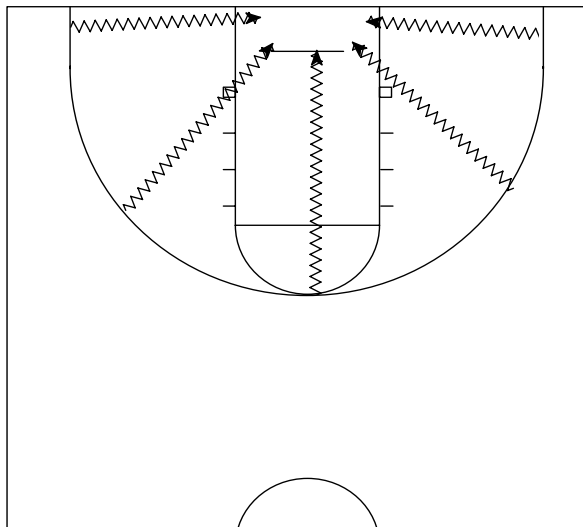


QS/QS/QS: 32'S

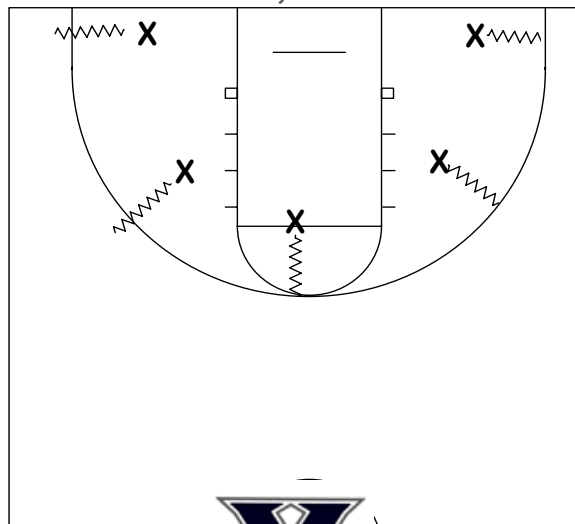
32's:

- You will shoot from 5 beginning spots
- 3 shots will be attempted from each spot in order:
 - 1) 1st shot is a drive to the basket to finish
 - Make is worth 1 point
 - 2) 2nd shot is a 15 ft jumper
 - Make is worth 2 points
 - 3) 3rd shot is a 3
 - Make is worth 3 points
- This is repeated at all 5 spots for a maximum total of 30 points
- Shooter finishes the drill with a 1 and 1 FT opportunity, each worth 1 point. Giving you a total of 32.

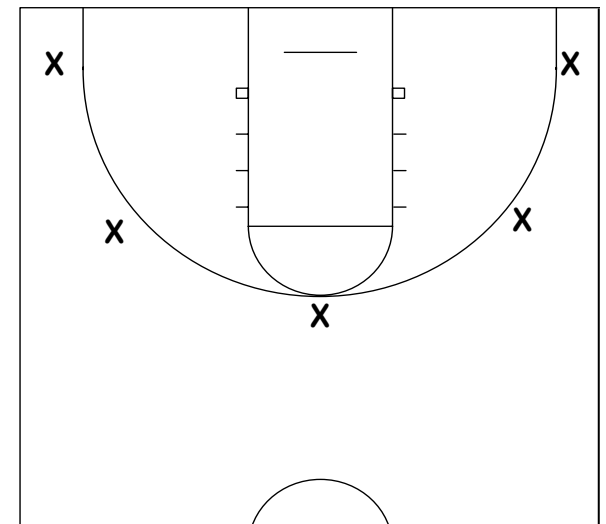
DRIVE TO THE BASKET



ONE DRIBBLE, 15 FT JUMPER



3 POINTERS



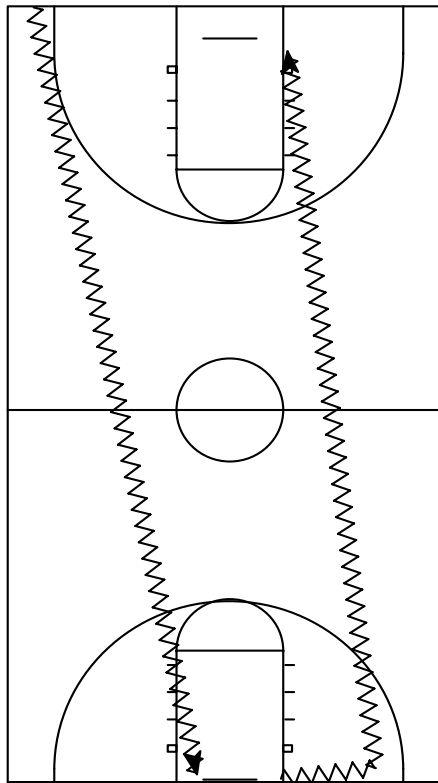


gs/gs/gs: time to make

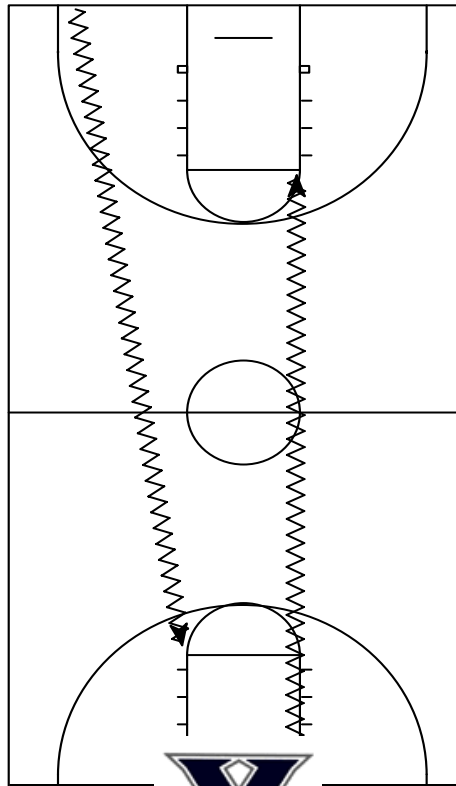
Time to Make: Always begin out of bounds

- 1) Time to dribble length of floor and make 1 lay-up...2 lay-ups...3 lay-ups...4 lay-ups...5 lay-ups
- 2) Time to dribble the length of the floor and make 1 elbow jumper...2 then get your own rebound...3...4...5 elbow jumpers
- 3) Time to dribble the length of the floor and make 1 3-pointer....2...3...4...5 3-pointers.

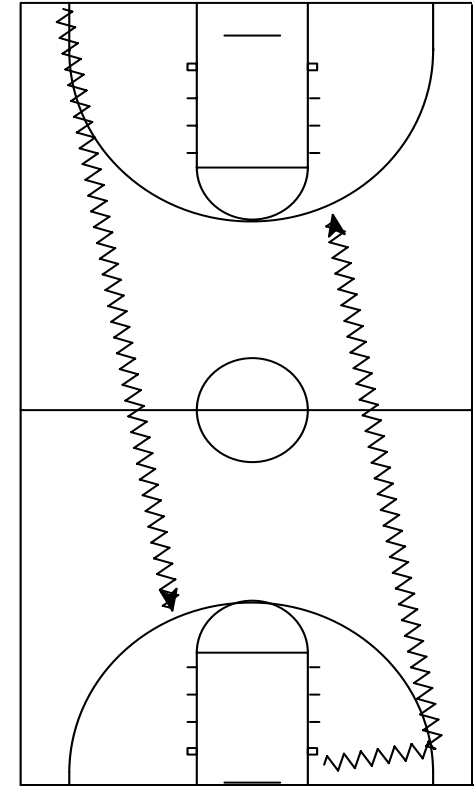
LAY-UPS



ELBOW JUMPERS



3-POINTERS



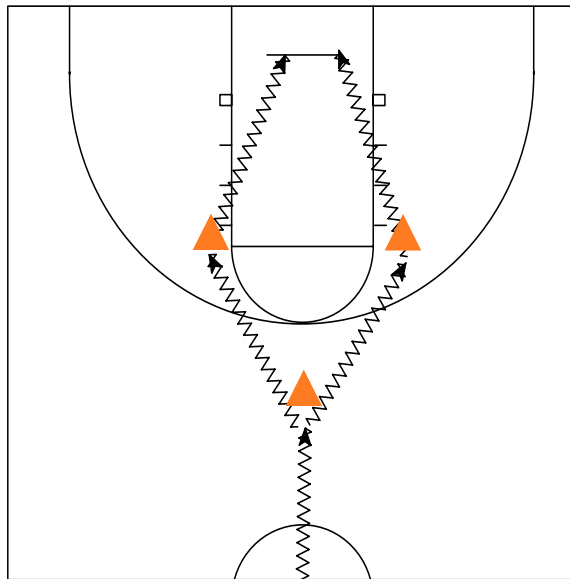


gs/gs/gs: transition scoring

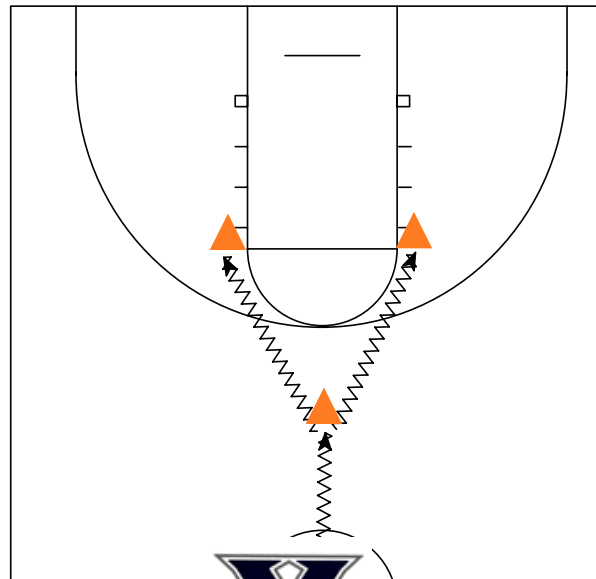
Transition Scoring:

- Start at ½ court and attack top cone ▲
 - Make a move to attack right cone ▲
 - 1) Make a move to elude, take to score
 - 2) Make a move to elude, pull-up jumper
 - 3) Freeze defense at top cone, pull-up 3
- REPEAT TO LEFT CONE

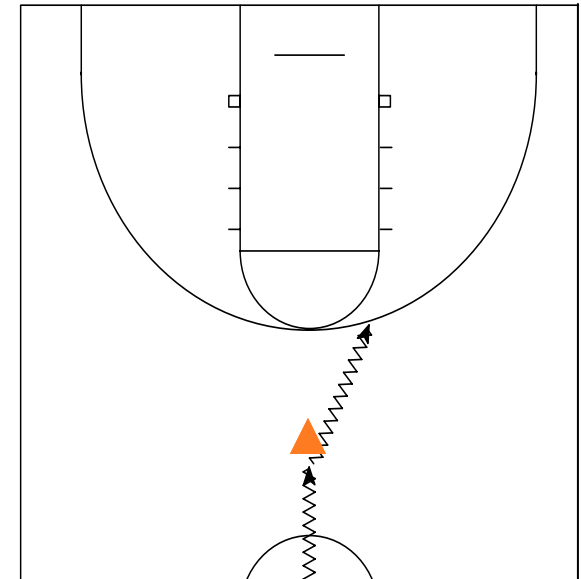
1) TAKE TO SCORE



2) PULL-UP JUMPER



3) PULL-UP 3





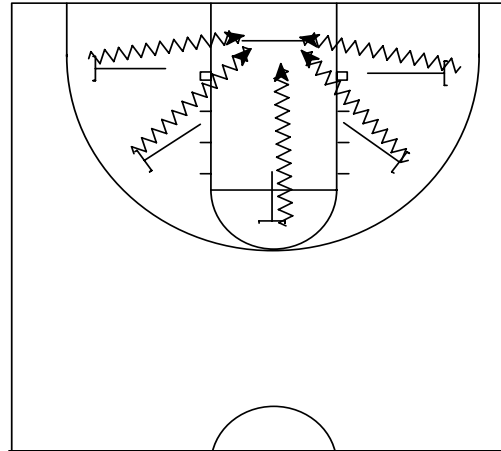
gs/gs/gs: using the screen

Using the Screen:

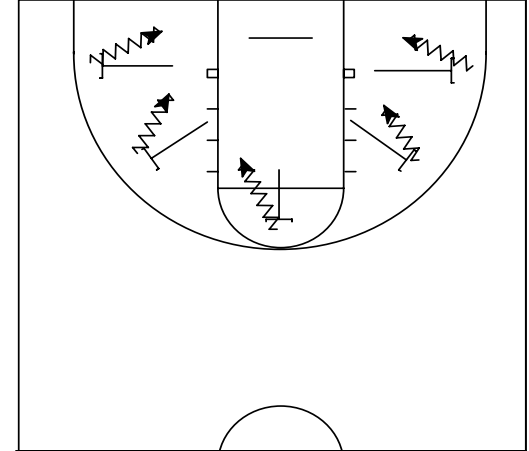
- Use a rack or chair to simulate an on-ball screen being set for you
- Will shoot 2 shots from each spot=10 shots each round
- There are 5 rounds for a total of 50 shots

RECORD YOUR TOTAL SCORE ON
WORKOUT SHEET

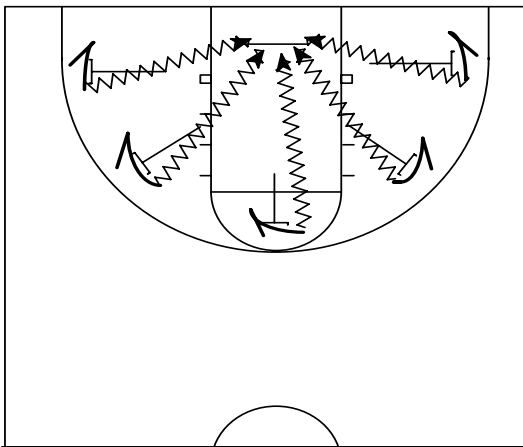
Round 1: Quick take at
screen for lay-up



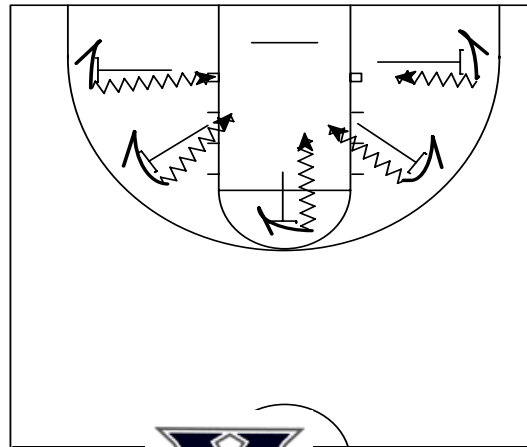
Round 2: Quick take at
screen for pull-up jumper



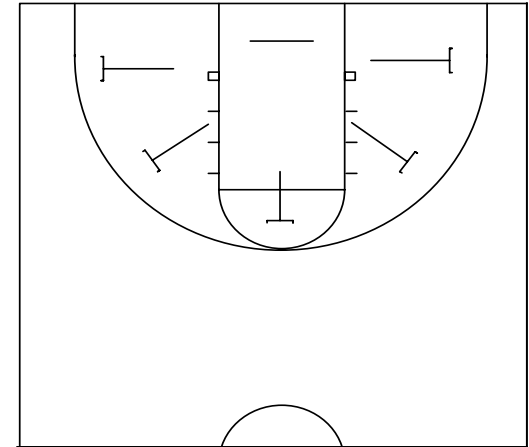
Round 3: Fake at screen,
attack away for lay-up



Round 4: Fake at screen,
attack away for jumper



Round 5: Freeze defense pull





ft games: beat lisa leslie & swish

Challenge Yourself!

Beat Lisa Leslie / LeBron:

- First one to 25 wins!
- 1) Attempt a FT:
 - Make = 1 point for you
 - Miss = 2 points for Lisa Leslie
- Keep a running score
- To win you need to make 25 FTs before you miss 13
- Once you have beat Lisa Leslie challenge yourself even more by giving the pro 3 points if you miss.
This doesn't HAVE to be Lisa Leslie... if you want to beat LeBron or someone else... DO IT!

Swish:

- In Swish you will attempt 25 FTs. Each shot has a point value:
 - 1 for a miss
 - 0 for a make
 - +1 for a clean swish
- Here's a quick example:

<u>Shot</u>	<u>Result</u>	<u>Running Score</u>
1	Make	0
2	Make	0
3	Swish	1
4	Swish	2
5	Miss	1
6	Make	1
7	Swish	2
8	Swish	3
9	Swish	4
10	Miss	3

Your goal is to finish with as high of a score you can

+ 25 = best you can do

- 25 = all misses



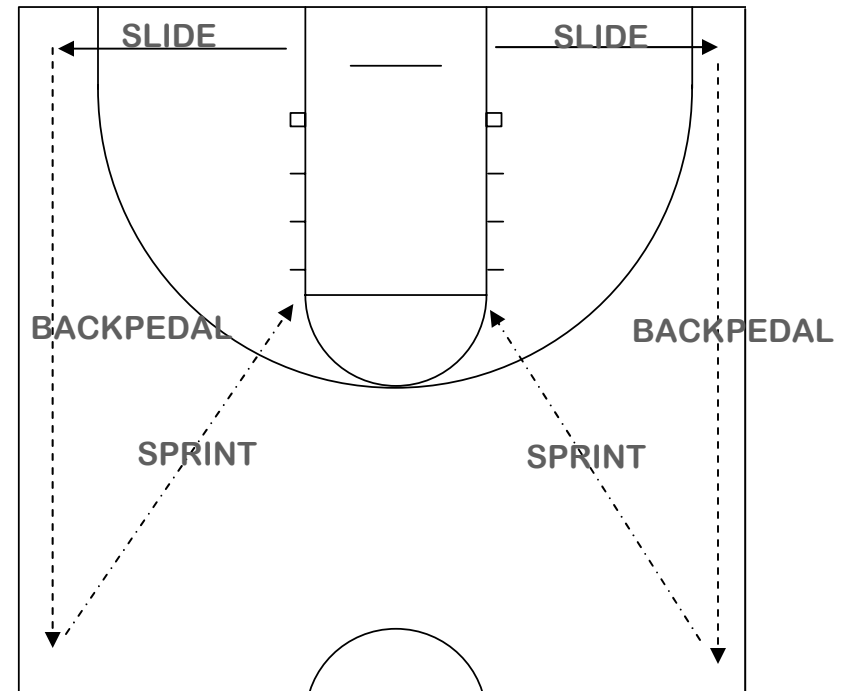


ft games: cooper fts

Cooper FTs:

1) Attempt a FT:

- On a Make-add 1 to your score. As long as you keep making your FTs keep adding 1
 - On a Miss-get your rebound and put it back in. Defensive slide to the corner, backpedal to the half-court, sprint to elbow, get pass from rebounder, take the jumper
 - If you make-go back to FT and continue. Once back at the FT your score remains the same until you make another FT.
 - If you miss-put back in and slide on opposite side, backpedal, sprint, jumper, and repeat until you make the elbow jumper.
- ♦ So if you are going to 5 points and you make 5 FTs in a row, there are no slide-backpedal-sprints
- ♦ We will play this game to 5, 10, 15, 20, 25 throughout the workouts





ft games: national championship fts

National Championship FTs: BRACKETS ON NEXT TWO PAGES

- 0:00 seconds on the clock...72-72 tie game. You're at the line with 1 FT to win the game.
- Make it...Xavier advance to the next round!!
- Miss it...Your season is over!
- Same thing happens in the next game and so on
 - Make 4 game winners in a row and you win the A-10 Championship and advance to the NCAA Tournament
 - Make 1 more—Round of 32
 - Make 2 more—Sweet 16
 - Make 3 more—Elite 8
 - Make 4 more—Final 4 in Tampa, Florida
 - Make 5 more—NCAA Finalist
 - Make 6 more—NCAA NATIONAL CHAMPION!!

GO AHEAD AND KEEP A RECORD HERE OF YOUR PROGRESS

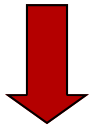
National Championship FTS	Round	Bracket
Workout # 2		
Workout # 8		
Workout # 11		
Workout # 15		





national championship pts

Each make advances you to the next round.



XAVIER



Charlotte

Temple

Dayton

Dayton

LaSalle

Richmond

Richmond

Fordham

Duquense

Duquense

St. Joe's

St. Joe's

St. Louis

St. Louis

GW

UMASS

GW

GW

✦ 4 FTs in a row
advances you
to the NCAA
tourney
NEXT PAGE



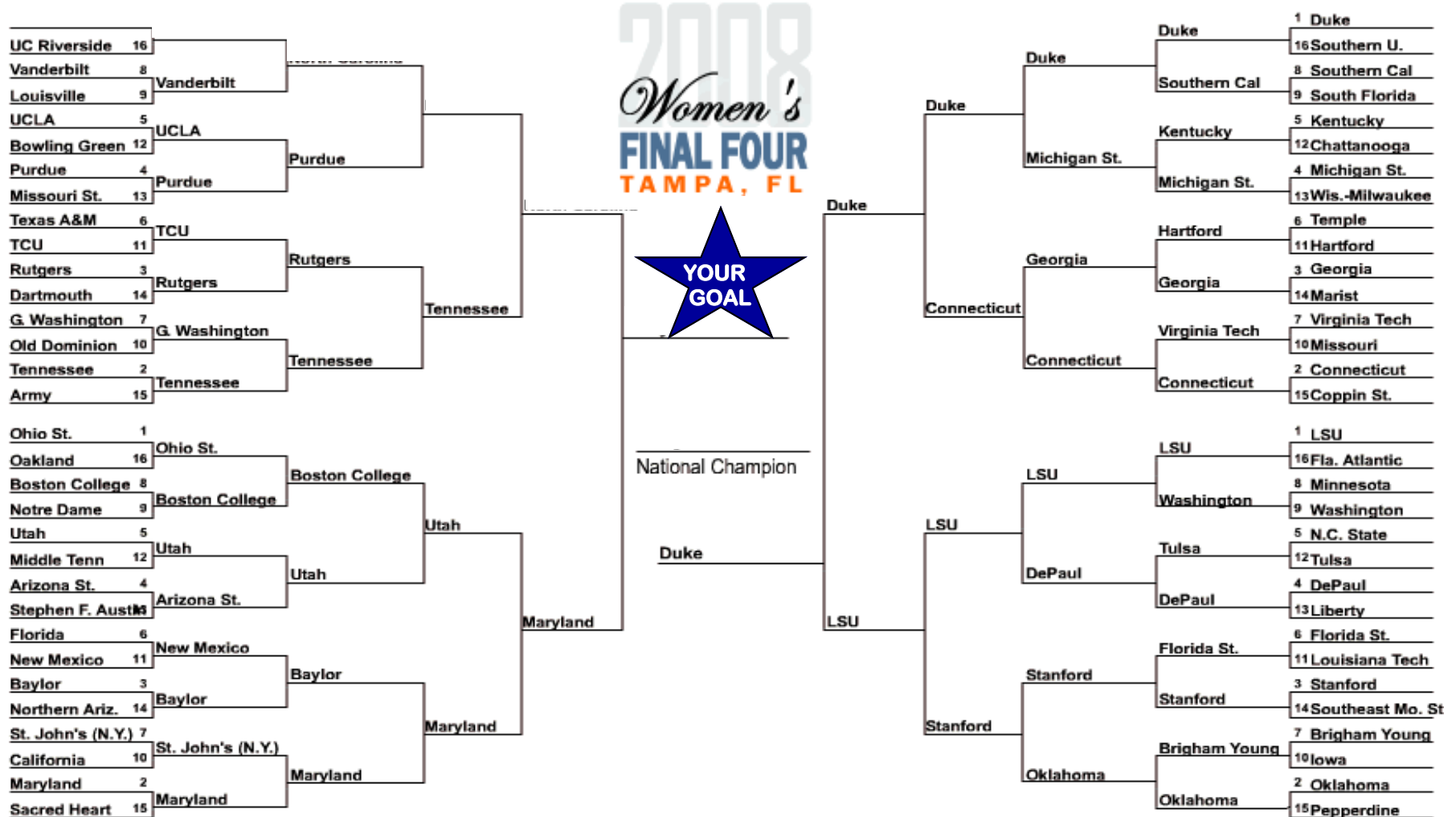


national championship fcs



6 FTs in a row makes you are the National Champion

FIRST ROUND* SECOND ROUND* REGIONALS NATIONAL SEMIF. NATIONAL CHAMP. NATIONAL SEMIF. REGIONALS SECOND ROUND* FIRST ROUND*



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workout #1

- ✦ Ball handling: One Ball Stationary (pg 2)
- ✦ Consistency/Form: Maryland (pg 10)
- ✦ Free Throws: _____ out of 5
- ✦ Game Shots/Game Spots/Game Speed:
 - 1) Shoot the Moon (pg 11)
 - 2) Shoot the Star (pg 11)

SHOOT 2 FT'S BETWEEN EACH ROUND

Round 1: 12-15 ft jumpers
 Round 2: 3's
 Round 3: Catch, 1 dribble jumper
 Round 4: 3's
 Round 5: 12-15 ft jumper
- ✦ Game Shots/Game Spots/Game Speed:
 - 1) Zipper (pg 12)
- ✦ FT Game: Swish Score= _____ (pg 19)
- ✦ Consistency/Form: Streaks Score= _____ (pg 10)
- ✦ Finish: Make 5 FTs in a row

CHART IT:

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
Moon	10	10	10	10	10	50
Star	10	10	10	10	10	50

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
FT's	2	2	2	2	2	10

	1	2	3	4	5	TOTAL
Zipper	10	10	10	10	10	50

*"It's not the time you put in,
it's what you put into the time"*



workout #2

★ Ball handling: 2 Ball Stationary (pg 2)

★ Consistency/Form: Palm, Pocket, Flips (pg 7)

1) 25 L

2) 25 R

★ Free Throws: _____ out of 5

★ GS/GS/GS: Shooting on the Move (pg 13)

SHOOT 2 FT'S BETWEEN EACH SPOT

1) 2's

2) 3's

★ GS/GS/GS: Off the Rack (pg 13)

TIMED-HOW LONG TO MAKE 5

★ FT Game: National Championship FTs (pg 21)

CHART IT ON PG 21

★ Consistency/Form: Maryland (pg 10)

★ Finish: Make 6 FTs out of 10

CHART IT:

On the Move	Spot 1 -2	Spot 2 -3	Spot 3 -4	Spot 4 -5	TOTAL
2's	10	10	10	10	40
3's	10	10	10	10	40

FT 's	1	2	3	4	TOTAL
	2	2	2	2	8

Off the Rack	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					



"Don't mistake activity
for productivity"



workout #3

◆ Ball handling: One Ball Full Court (pg 3)

◆ Consistency/Form: Arcs (pg 7)

◆ Free Throws: _____ out of 5

◆ GS/GS/GS: 3-6-9-12-15 (pg 14)

◆ Free Throws: _____ out of 5

◆ GS/GS/GS: 32 point game (pg 15)

Round 1= _____

Round 2= _____

Round 3= _____

◆ FT Game: Cooper FTs (10 makes) (pg 20)

◆ Consistency/Form:

1) 10 makes at 5 spots (2's)

2) 5 makes at 5 spots (3's)

◆ Finish: Make 7 FTs out of 10

CHART IT:

	3	6	9	12	15	TOTAL
2's	3	6	9	12	15	45
3's	3	6	9	12	15	45

“I hated every minute of training, but I said don’t quit, suffer now and live the rest of your life as a CHAMPION” ~ Ali



workout #4

- ★ Ball handling: 2 Ball ½ Court (pg 3)
- ★ Consistency/Form: Around the World (pg 9)
- ★ Free Throws: _____ out of 5
- ★ GS/GS/GS: Time to Make (pg 15)
TIME IT TAKES TO MAKE 1-5 SHOTS
 - 1) Full-court lay-ups
 - 2) Pull-up elbow jumpers
 - 3) Pull-up 3 pointers
- ★ Free Throws: _____ out of 5
- ★ GS/GS/GS: Transition Scoring (pg 17)
TIME TO MAKE 5—Go through twice
 - 1) Drive R to score _____
 - 2) Drive L to score= _____
 - 3) Pull-ups R elbow= _____
 - 4) Pull-ups L elbow= _____
 - 5) Pull-ups for 3= _____
- ★ FT Game: Beat Leslie/LeBron (pg 19)
- ★ Consistency/Form: Maryland (pg 10)
- ★ Finish: Make 5 FTs in a row

CHART IT:

	Time to make 1	Time to make 2	Time to make 3	Time to make 4	Time to make 5
Lay-ups					
Pull-up elbow					
Pull-up 3					

**“THERE ARE NO
HALF-HEARTED
CHAMPIONS”**





workout #9

- ★ Ball handling: Chill Drill (pg 5)
- ★ Consistency/Form: Streaks (pg 10)
 - 1) 2's Score= _____
 - 2) 3's Score= _____
- ★ Free Throws: _____ out of 5
- ★ GS/GS/GS: Using the Screen (pg 18)
SHOOT 3 FT'S IN BETWEEN EACH ROUND
- ★ Free Throws: _____ out of 5
- ★ GS/GS/GS: Transition Scoring (pg 17)
TIME TO MAKE 10
 - 1) Drive R to score= _____
 - 2) Drive L to score= _____
 - 3) Pull-ups R elbow= _____
 - 4) Pull-ups L elbow= _____
 - 5) Pull-ups for 3= _____
- ★ FT Game: Beat Sheryl Swoops (pg 19)

CONTINUE ON OTHER SIDE

- ★ Consistency/Form: Palm, Pocket, Flips (pg 7)
 - 1) 20 right block
 - 2) 20 front of rim
 - 3) 20 left block
- ★ Finish: Make 7 FTs out of 10

CHART IT:

Using the Screen	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Total
1	2	2	2	2	2	10
2	2	2	2	2	2	20
3	2	2	2	2	2	30
4	2	2	2	2	2	40
5	2	2	2	2	2	50

	1	2	3	4	5	TOTAL
FT's	3	3	3	3	3	15

"Learn to do things right then do them right every time"



workout #6

★ Ball handling: 2 Ball Full Court (pg 4)

★ Consistency/Form: Arcs (pg 7)

★ Free Throws: _____ out of 5

★ GS/GS/GS:

1) Shoot the Moon (pg 11)

2) Shoot the Star (pg 11)

SHOOT 2 FT'S BETWEEN EACH ROUND

Round 1: 12-15 ft jumpers

Round 2: 3's

Round 3: Catch, 1 dribble jumper

Round 4: 3's

Round 5: 12-15 ft jumper

★ Free Throws: _____ out of 5

★ GS/GS/GS: Transition scoring (pg 17)

TIME TO MAKE 10—Go through twice

1) Drive R to score= _____

2) Drive L to score= _____

3) Pull-ups R elbow= _____

4) Pull-ups L elbow= _____

5) Pull-ups for 3= _____

CONTINUE ON OTHER SIDE

★ FT Game: Swish score _____ (pg 19)

★ Consistency/Form: Ladder (pg 8)

★ Finish: Make 6 FT's in a row

CHART IT:

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
Moon	10	10	10	10	10	50
Star	10	10	10	10	10	50

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
FT's	2	2	2	2	2	10

"It's not the size of the dog in the fight, but the size of the fight in the dog"





workout #7

★ Ball handlings: Alleys (pg 6)

★ Consistency/Form: Streaks Score (pg 10)

GO THREE TIMES

★ 1)2's= _____

★ 2)3's= _____

★ 3)2's= _____

★ Free Throws: _____ out of 5

★ GS/GS/GS: Time to Make (pg 16)

TIME IT TAKES TO MAKE 1-5 SHOTS

- 1) Full-court lay-ups
- 2) Pull-up elbow jumpers
- 3) Pull-up 3 pointers

★ Free Throws: _____ out of 5

★ GS/GS/GS: Zipper (pg 12)

★ FT Game: Swish score _____ (pg 19)

CHART IT:

	Time to make 1	Time to make 2	Time to make 3	Time to make 4	Time to make 5
Lay-ups					
Pull-up elbow					
Pull-up 3					

	1	2	3	4	5	TOTAL
Zipper	10	10	10	10	10	50

Ability is what you are capable of doing
Motivation determines what you do
Attitude determines how well you do ~ Lou Holtz





workout #8

- ✦ Ball handling: One Ball Stationary (pg 2)
- ✦ Consistency/Form: Around the World (pg 9)
- ✦ Free Throws: _____ out of 5
- ✦ GS/GS/GS: 32 point game (pg 15)
Round 1= _____
Round 2= _____
Round 3= _____
- ✦ Free Throws: _____ out of 5
- ✦ GS/GS/GS: Using the Screen (pg 18)
SHOOT 3 FT'S BETWEEN EACH ROUND
- ✦ FT Game: National Championship FTs (pg 21)
CHART IT ON PG 21
- ✦ Consistency/Form: Arcs (pg 7)
- ✦ Finish: Make 7 FT's in a row

CHART IT:

Using the Screen	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Total
1	2	2	2	2	2	10
2	2	2	2	2	2	20
3	2	2	2	2	2	30
4	2	2	2	2	2	40
5	2	2	2	2	2	50

	1	2	3	4	5	TOTAL
FT's	3	3	3	3	3	15

"If what you did yesterday still seems big, you ain't done much today"



workout #9

★ Ball handling: Chill Drill (pg 5)

★ Consistency/Form:

- 1) 10 makes at 5 spots (2's)
- 2) 5 makes at 5 spots (3's)

★ Free Throws: _____ out of 5

★ GS/GS/GS: Transition scoring (pg 17)

MAKES OUT OF 10—Go through twice

- 1) Drive R to score= _____
- 2) Drive L to score= _____
- 3) Pull-ups R elbow= _____
- 4) Pull-ups L elbow= _____
- 5) Pull-ups for 3= _____

★ Free Throws: _____ out of 5

★ GS/GS/GS: Shooting on the Move (pg 13)

SHOOT 2 FT'S BETWEEN EACH SPOT

- 1) 2's
- 2) 3's

★ FT Game: Cooper FTs (15 makes) (pg

Consistency/Form: Ladder (pg 8)

Finish: Make 8 FTs out of 10

CHART IT:

On the Move	Spot 1 -2	Spot 2 -3	Spot 3 -4	Spot 4 -5	TOTAL
2's	10	10	10	10	40
3's	10	10	10	10	40

FT's	1	2	3	4	TOTAL
	2	2	2	2	8

**“Self-confidence
is the first
requirement for
achieving great
things”**



workout #10

★ Ball handling: Two Ball Stationary (pg 2)

★ Consistency/Form: Palm, Pocket, Flips (pg 7)

- 1) 20 right block
- 2) 20 front of rim
- 3) 20 left block

★ Free Throws: ____ out of 5

★ GS/GS/GS: Off the Rack (pg 13)
TIMED-HOW LONG TO MAKE 5

★ Free Throws: ____ out of 5

★ GS/GS/GS: 3-6-9-12-15 (pg 14)

★ FT Game: Beat Lisa Leslie (pg 19)

★ Consistency/Form: Streaks Score ____ (pg 10)
REPEAT IF SCORE IS BELOW 20

★ Finish: Make 8 FTs in a row

CHART IT:

Off the Rack	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

	3	6	9	12	15	TOTAL
2's	3	6	9	12	15	45
3's	3	6	9	12	15	45

"Motivation is what gets you started, habit is what keeps"





workout #11

- ★ Ball handling: One Ball Full Court (pg 3)
- ★ Consistency/Form: Maryland (pg 10)
- ★ Free Throws: ____ out of 5
- ★ GS/GS/GS:
 - 1) Shoot the Moon (pg 11)
 - 2) Shoot the Star (pg 11)

SHOOT 2 FT'S BETWEEN EACH ROUND

Round 1: 12-15 ft jumpers

Round 2: 3's

Round 3: Catch, 1 dribble jumper

Round 4: 3's

Round 5: 12-15 ft jumper
- ★ Free Throws: ____ out of 5
- ★ GS/GS/GS: 32 point game (pg 15)

Round 1= _____

Round 2= _____

Round 3= _____
- ★ FT Game: National Championship FTs (pg 21)
CHART IT ON PG 21
- ★ Consistency/Form: Arcs (pg 7)
- ★ Finish: Make 8 FTs out of 10

CHART IT:

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
Moon	10	10	10	10	10	50
Star	10	10	10	10	10	50

	Round 1	Round 2	Round 3	Round 4	Round 5	TOTAL
FT's	2	2	2	2	2	10

“Unless commitment is made, there are only promises & hopes, but no plans”



workout #12

★ Ball handling: Two Ball ½ Court (pg 4)

★ Consistency/Form: Maryland (pg 10)

★ Free Throws: ____ out of 5

★ GS/GS/GS: Time to Make (pg 16)

TIME IT TAKES TO MAKE 1-5 SHOTS

- 1) Full-court lay-ups
- 2) Pull-up elbow jumpers
- 3) Pull-up 3 pointers

★ Free Throws: ____ out of 5

★ GS/GS/GS: Using the Screen (pg 18)

SHOOT 3 FT'S BETWEEN EACH ROUND

★ FT Game: Swish score ____ (pg 19)

★ Consistency/Form: Ladder (pg 8)

★ Finish: Make 8 FTs in a row

CHART IT:

Time to make 1 Time to make 2 Time to make 3 Time to make 4 Time to make 5

Lay-ups					
Pull-up elbow					
Pull-up 3					

Using the Screen

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Total
1	2	2	2	2	2	10
2	2	2	2	2	2	20
3	2	2	2	2	2	30
4	2	2	2	2	2	40
5	2	2	2	2	2	50

	1	2	3	4	5	TOTAL
FT's	3	3	3	3	3	15

The Speed of the Leader, determines the rate of the pack—
(rule of the wolfpack)



workout #13

- ◆ Ball handling: Alleys (pg 6)
- ◆ Consistency/Form: Around the World (pg 9)
- ◆ Free Throws: ____ out of 5
- ◆ GS/GS/GS: Shooting on the Move (pg 13)
SHOOT 2 FT'S BETWEEN EACH SPOT
1) 2's
2) 3's
- ◆ Free Throws: ____ out of 5
- ◆ GS/GS/GS: 3-6-9-12-15 (pg 14)
- ◆ FT Game: Beat Sheryl Swoops (pg 19)
- ◆ Consistency/Form: Arcs (pg 7)
- ◆ Finish: Make 9 FTs out of 10

CHART IT:

On the Move	Spot -2	Spot -3	Spot -4	Spot 4	TOTAL
2's	10	10	10	10	40
3's	10	10	10	10	40

	1	2	3	4	TOTAL
FT's	2	2	2	2	8

	3	6	9	12	15	TOTAL
2's	3	6	9	12	15	45
3's	3	6	9	12	15	45

**"Never let yesterday's
disappointments out shadow
tomorrow's dreams"**





workout #14

- ◆ Ball handling: Two Ball Full Court (pg 4)
- ◆ Consistency/Form: Streaks Score ____ (pg 10)
- ◆ Free Throws: ____ out of 5
- ◆ GS/GS/GS: Off the Rack (pg 13)
TIMED-HOW LONG TO MAKE 5
- ◆ Free Throws: ____ out of 5
- ◆ GS/GS/GS: 32 point game (pg 15)
Round 1= _____
Round 2= _____
Round 3= _____
- ◆ FT Game: Cooper FTs (20 makes) (pg 20)
- ◆ Consistency/Form: Ladder (pg 8)
- ◆ Finish: Make 9 FTs in a row

CHART IT:

Off the Rack	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

“If a man knows not what harbor he seeks, no light will be enough to guide him”



workout #19

- ★ Ball handling: Chill Drill (pg 5)
- ★ Consistency/Form: Palm, Pocket, Flips (pg 7)
 - 1) 20 right block
 - 2) 20 front of rim
 - 3) 20 left block
- ★ Free Throws: ____ out of 5
- ★ GS/GS/GS: Transition scoring (pg 17)
TIME TO MAKE 10, MAKES OUT OF 10
 - 1) Drive R to score= _____
 - 2) Drive L to score= _____
 - 3) Pull-ups R elbow= _____
 - 4) Pull-ups L elbow= _____
 - 5) Pull-ups for 3= _____
- ★ Free Throws: ____ out of 5
- ★ GS/GS/GS: Zipper—Go through twice (pg 12)
- ★ FT Game: National Championship FTs (pg 21)
CHART IT ON PG 21
- ★ Consistency/Form: Around the World (pg 9)
- ★ Finish: Make 10 FTs out of 10

CHART IT:

	1	2	3	4	5	TOTAL
Zipper	10	10	10	10	10	50

	1	2	3	4	5	TOTAL
Zipper	10	10	10	10	10	50

**“You can only receive
what you are willing
to give”
~ pat riley**