

# Mona Shores Girls Basketball

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## Off-Season Basketball Workouts



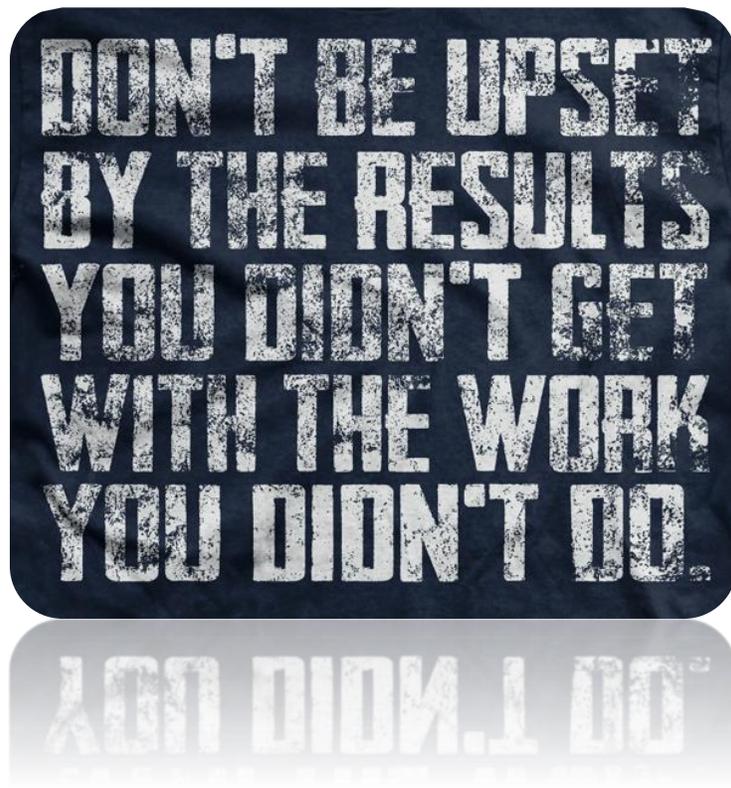
Guards

Welcome to the Mona Shores Girls Basketball Off-Season Workout plan. In the following 8 pages you will find a 16 week position specific workout plan that is intended for varsity caliber athletes.

The workouts are intended to give guidance and flexibility to players at any level. If they are too much, reduce the drills or reps. If you need more, combine two workouts into one. What's important is that you are putting in the work in the off-season to be the player that you want to be during the season.

Yours in Sailor PRIDE,

*Coach Phillips*



## Weeks 1-3

### Workout 1

#### Ball Handling Warm Up

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

2 balls—pound in sync

2 balls—pound alternating

2 balls—pound high with R/pound low with L

2 balls—pound low with R/pound high with L

2 balls—push/pull in front (same direction)

2 balls—push/pull on side (same direction)

2 balls—dribble in circle around body (crossover in front/crossover in back)

2 balls—crossover in front

#### Form Shots

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### Block to Block (Pivot on your inside foot to square up)

Make 10 on each side (20 total)

*After making 20 shots, do 3 lunge jumps for every missed shot during this drill*

#### Spot Shots

Shoot 10 at all 5 spots (baseline, wing, top of the key, wing, baseline) staying within your comfort range

Make at least 6 at each spot

*Sprint 1 down-and-back in under :11 for every make under 6 at each spot*

#### 3's

Moving around perimeter, make 20 total 3's

#### Shoot 20 FTs

Make at least 15

*Sprint a :30 sideline (from sideline to sideline continuously for 30 seconds; you should get at least 8 court widths in 30 seconds) for any misses under 15*

### Workout 2

#### Ball Handling

Full court; do each down and back; keep eyes up, dribble low and push your pace

Crossover

Behind back

Between legs

Hesitation

Inside out

Retreat Dribble / Between Legs

#### Bank Shots

Facing basket, make 10 on each block (20 total)

*After making 20 shots, do 3 tuck jumps for every missed shot during this drill*

#### Baseline to Baseline

Make 15 shots moving from baseline to baseline. You should be moving quickly and continuously as you get your own rebound and quickly get to at least 15' on the baseline. Make sure you mix up how you square up (front pivot and reverse pivot).

#### Shoot 10 FTs

Make at least 7

*Do 5 pushups for each make under 7*

#### Wing to Wing (Pivot on your inside foot to square up)

Make 15

#### Shoot 10 FTs

Make at least 7

*Do 5 pushups for each make under 7*

#### Elbow to Elbow (Pivot on your inside foot to square up)

Make 20

#### Spot Shots (Reverse Pivots)

Catch ball with back to the basket and reverse pivot to square up

Shoot 10 (alternating pivot foot) at all 5 spots staying within your comfort range

*Make at least 6 at each spot; 3 burpees for each make under 6*

#### Make 15 FTs

*Run 1 suicide for any shot attempt over 20. Run suicide in under :35.*

### Workout 3

#### **Ball Handling**

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull in front (alternating direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—push/pull on side (alternating direction)
- 2 balls—crossover in front

On the move; keep dribble low and controlled

- 2 balls—halfcourt and back (in sync)
- 2 balls—halfcourt and back (alternating direction)
- 2 balls—halfcourt and back zigzags crossover in front

#### **Mikan Layups**

Make 18 off 1 foot

Shoot 5 FTs

Make 18 off 2 feet

*Note: It should take you 30 seconds to make 18*

#### **Rip & Go – Guard Series**

Start at wing on the 3pt line and toss ball to self. Get into triple threat with a peek at the rim before making your attack move.

- Rip & Go for a layup
- Rip & Go for a short corner jumper
- Rip & Go with a dribble move to get back to the middle for a paint touch layup
- Rip & Go with a dribble move to get back to the middle for a jumper

*Do each series three times from wings on both sides, [24 total]*

#### **Mid-Post Shots**

Facing basket, make 20 from 2nd hash above block (10 each side)

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

#### **Short Corner Shots**

Shoot 10 from each short corner; start with back to baseline; front pivot to square up for 5; reverse pivot to square up for 5

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

## **Week 4**

### Workout 1

**Do aerobic activity (run, bike, elliptical) for 20 minutes without rest.**

**Shoot 50 FTs**

**Do aerobic activity for another 20 minutes without rest.**

### Workout 2

#### **Form Shots**

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### **Spot Shots**

Shoot 20 at all 5 spots staying within your comfort range

#### **Shoot 20 FTs**

Make at least 7

*Do 5 pushups for each make under 7*

### Workout 3

#### **Drop Steps (total 20 attempts)**

Catch ball on low block in wide/low stance. Drop step baseline for 5 shots. Drop step middle for 5 shots. Repeat on opposite block. Make sure you only use a power dribble that is low to the ground; explode up (be careful not to fade when you get tired). *GET PAST YOUR DEFENDER WITH YOUR DROPSTEP.*

#### **Front Pivot Stepthroughs (total 20 attempts)**

Catch ball on low block in wide/low stance. Front pivot toward the baseline, square up, shot fake, step through long and hard past imaginary defender (get to middle of paint in front of rim) for 5 shots. Front pivot toward the middle, square up, shot fake, step through long and hard past imaginary defender and go up for layup for 5 shots. Repeat on opposite block.

#### **Shoot 10 FTs**

**3's**

Moving around perimeter, make 20 total 3's

**Do aerobic activity (run, bike, elliptical) for 20 minutes without rest**

## Weeks 5-7

### Workout 1

#### Ball Handling Warm Up

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—pound alternating
- 2 balls—pound high with R/pound low with L
- 2 balls—pound low with R/pound high with L
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—dribble in circle around body (crossover in front/crossover in back)
- 2 balls—crossover in front

#### Form Shots

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### Block to Block (Pivot on your inside foot to square up)

Make 15 on each side (30 total)

*After making 30 shots, do 3 tuck jumps for every missed shot during this drill*

#### Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 7 at each spot

*Sprint 1 down-and-back in under :11 for every make under 7 at each spot*

#### 3's

Moving around perimeter, make 25 total 3's

#### Shoot 20 FTs

Make at least 16

*Sprint a :30 sideline (from sideline to sideline continuously for 30 seconds; you should get at least 8 court widths in 30 seconds) for any makes under 16*

### Workout 2

#### Ball Handling

Full court; do each down and back; keep eyes up, dribble low and push your pace

- Crossover
- Behind back
- Between legs
- Hesitation
- Inside out
- Retreat Dribble / Between Legs

#### Bank Shots

Facing basket, make 15 on each block (30 total)

*After making 30 shots, do 3 tuck jumps for every missed shot during this drill*

#### Baseline to Baseline

Make 15 shots moving from baseline to baseline. You should be moving quickly and continuously as you get your own rebound and quickly get to at least 15' on the baseline. Make sure you mix up how you square up (front pivot and reverse pivot).

#### Shoot 10 FTs

Make at least 8

*Do 5 pushups for each make under 8*

#### Wing to Wing (Pivot on your inside foot to square up)

Make 15

#### Shoot 10 FTs

Make at least 8

*Do 5 pushups for each make under 8*

#### Elbow to Elbow (Pivot on your inside foot to square up)

Make 20

#### Spot Shots (Reverse Pivots)

Catch ball with back to the basket and reverse pivot to square up

Shoot 8 (alternating pivot foot) at all 5 spots staying within your comfort range

*Make at least 6 at each spot; 3 burpees for each make under 6*

#### Make 15 FTs

*Run 1 suicide for any shot attempt over 19. Run suicide in under :35.*

### Workout 3

#### **Ball Handling**

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull in front (alternating direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—push/pull on side (alternating direction)
- 2 balls—crossover in front

On the move; keep dribble low and controlled

- 2 balls—halfcourt and back (in sync)
- 2 balls—halfcourt and back (alternating direction)
- 2 balls—halfcourt and back zigzags crossover in front

#### **X-Out Layups**

Start under the hoop, speed dribble to 3 point line on wing, touch 3 point line with your foot, speed dribble in for layup (keep ball in your outside hand), repeat on other side

Make 6 layups

#### **Rip & Go – Guard Series**

Start at wing on the 3pt line and toss ball to self. Get into triple threat with a peek at the rim before making your attack move.

- Rip & Go for a layup
- Rip & Go for a short corner jumper
- Rip & Go with a dribble move to get back to the middle for a paint touch layup
- Rip & Go with a dribble move to get back to the middle for a jumper

*Do each series three times from wings on both sides, [24 total]*

#### **Mid-Post Shots**

Facing basket, make 20 from 2nd hash above block (10 each side)

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

#### **Short Corner Shots**

Shoot 10 from each short corner; start with back to baseline; front pivot to square up for 5; reverse pivot to square up for 5

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

## **Week 8**

### Workout 1

**Do aerobic activity (run, bike, elliptical) for 40 minutes without rest.**

**Shoot 50 FTs**

### Workout 2

#### **Form Shots**

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### **Short Corner Drives**

Catch, square up, drive baseline, square shoulders with backboard and power layup (off 2 feet)

Make 10 each side

**Make 8 FT's in a Row**

### Workout 3

#### **Drop Steps (total 20 attempts)**

Catch ball on low block in wide/low stance. Drop step baseline for 5 shots. Drop step middle for 5 shots. Repeat on opposite block.

Make sure you only use a power dribble that is low to the ground; explode up (be careful not to fade when you get tired). *GET PAST YOUR DEFENDER WITH YOUR DROPSTEP.*

#### **Reverse Pivot Stepthroughs (total 20 attempts)**

Catch ball on low block in wide/low stance. Reverse pivot toward the baseline, square up, shot fake, step through long and hard past imaginary defender (get to middle of paint in front of rim) for 5 shots. Reverse pivot toward the middle, square up, shot fake, step through long and hard past imaginary defender and go up for layup for 5 shots. Repeat on opposite block.

#### **Shoot 10 FTs**

**3's**

Moving around perimeter, make 20 total 3's

**Do aerobic activity (run, bike, elliptical) for 40 minutes without rest**

## Weeks 9-11

### Workout 1

#### Ball Handling Warm Up

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—pound alternating
- 2 balls—pound high with R/pound low with L
- 2 balls—pound low with R/pound high with L
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—dribble in circle around body (crossover in front/crossover in back)
- 2 balls—crossover in front

#### Form Shots

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### Block to Block (Pivot on your inside foot to square up)

Make 15 on each side (30 total)

*After shooting 30 shots, sprint 2 suicides (each suicide should be completed in under :33; rest 30 seconds between each suicide)*

#### Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 8 at each spot

*Sprint 1 down-and-back in under :11 for every miss under 8 at each spot*

#### 3's

Moving around perimeter, make 30 total 3's

#### Shoot 20 FTs

Make at least 16

*Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 16*

### Workout 2

#### Ball Handling

Full court; do each down and back; keep eyes up, dribble low and push your pace

- Crossover
- Behind back
- Between legs
- Hesitation
- Inside out
- Glide Back/Between Legs
- Full Speed

#### Mikan Layups

Make 18 off 1 foot

Shoot 5 FTs

Make 18 off 2 feet

*For any misses, do a 30 second lane slide (staying in a low defensive stance, slide as quickly as you can across the FT lane for 30 seconds); if doing multiple lane slides, rest 30 seconds between reps*

#### Baseline to Baseline

Make 15 shots moving from baseline to baseline. You should be moving quickly and continuously as you get your own rebound and quickly get to at least 15' on the baseline. Make sure you mix up how you square up (front pivot and reverse pivot).

#### Shoot 10 FTs

Make at least 8

*Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 8*

#### Wing to Wing (Pivot on your inside foot to square up)

Shoot all from 3 point range, Make 15

#### Shoot 10 FTs

Make at least 8

*Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 8*

#### High Elbow to High Elbow (Pivot on your inside foot to square up)

Shoot all from 3 point range, Make 20

#### Spot Shots (Reverse Pivots)

Catch ball with back to the basket and reverse pivot to square up

Shoot 10 (alternating pivot foot) at all 5 spots outside the 3 point line

*Sprint 1 down-and-back in under :11 for every miss under 8 at each spot*

#### Make 15 FTs

*Run 1 suicide for any shot attempt over 18. Run suicide in under :32.*

### Workout 3

#### **Ball Handling**

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull in front (alternating direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—push/pull on side (alternating direction)
- 2 balls—crossover in front
- 2 balls—situps

On the move; keep dribble low and controlled

- 2 balls—halfcourt and back (in sync)
- 2 balls—halfcourt and back (alternating direction)
- 2 balls—halfcourt and back zigzags crossover in front
- 2 balls—halfcourt and back zigzags crossover in front and back

#### **X-Out Layups**

Start under the hoop, speed dribble to 3 point line on wing, touch 3 point line with your foot, speed dribble in for layup (keep ball in your outside hand), repeat on other side

Make 8 layups

#### **Rip & Go – Guard Series**

Start at wing on the 3pt line and toss ball to self. Get into triple threat with a peek at the rim before making your attack move.

- Rip & Go for a layup
- Rip & Go for a short corner jumper
- Rip & Go with a dribble move to get back to the middle for a paint touch layup
- Rip & Go with a dribble move to get back to the middle for a jumper

*Do each series three times from wings on both sides, [24 total]*

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

#### **Around the Horn—Pull Up Jumpers**

Start at 3pt line and toss ball to self. Get into triple threat and peek at the rim before making your attack move. Using one dribble, drive in and explode up for a jump shot. You should create as much separation from your defender as possible with your dribble. It should not be a drop dribble at your hip, but a push dribble out in front.

Make 5 jump shots using right hand dribble separation to your right

Make 5 jump shots using left hand dribble separation to your left

*Do from 3 spots: wing, top of the key, wing [30 total]*

#### **Shoot 20 FTs**

Make at least 16

*Sprint fullcourt and back (under :11) for any make under 16*

## **Week 12**

### Workout 1

Shoot 75 FT's

Shoot 50 3's

### Workout 2

#### **Form Shots**

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

Make 12 FT's in a Row

Do aerobic activity (run, bike, elliptical) for 40 minutes without rest

### Workout 3

#### **Spot Shots**

Make 3 shots in a row from 3 point range at all 5 spots

Shoot 30 FTs

Do aerobic activity (run, bike, elliptical) for 40 minutes without rest

## Weeks 13-15

### Workout 1

#### Ball Handling Warm Up

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

2 balls—pound in sync

2 balls—pound alternating

2 balls—pound high with R/pound low with L

2 balls—pound low with R/pound high with L

2 balls—push/pull in front (same direction)

2 balls—push/pull on side (same direction)

2 balls—dribble in circle around body (crossover in front/crossover in back)

2 balls—crossover in front

#### Form Shots

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

#### Block to Block (Pivot on your inside foot to square up)

Make 15 on each side (30 total)

*After shooting 30 shots, sprint 2 suicides (each suicide should be completed in under :32; rest 30 seconds between each suicide)*

#### Spot Shots

Shoot 10 at all 5 spots staying within your comfort range

Make at least 8 at each spot

*Shoot 5 FT's for any make under 8*

#### 3's

Moving around perimeter, make 30 total 3's

#### Shoot 20 FTs

Make at least 16

*Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 16*

### Workout 2

#### Ball Handling

Full court; do each down and back; keep eyes up, dribble low and push your pace

Crossover

Behind back

Between legs

Hesitation

Inside out

Retreat Dribble / Between Legs

Full Speed

#### Mikan Layups

Make 18 off 1 foot

Shoot 5 FTs

Make 18 off 2 feet

*For any misses, do a 30 second lane slide (staying in a low defensive stance, slide as quickly as you can across the FT lane for 30 seconds); if doing multiple lane slides, rest 30 seconds between reps*

#### Drop Steps (total 20 attempts)

Catch ball on low block in wide/low stance. Drop step baseline for 5 shots. Drop step middle for 5 shots. Repeat on opposite block.

*Make sure you only use a power dribble that is low to the ground; explode up (be careful not to fade when you get tired). GET PAST YOUR DEFENDER WITH YOUR DROPSTEP.*

#### Front Pivot Stepthroughs (total 20 attempts)

Catch ball on low block in wide/low stance. Front pivot toward the baseline, square up, shot fake, step through long and hard past imaginary defender (get to middle of paint in front of rim) for 5 shots. Front pivot toward the middle, square up, shot fake, step through long and hard past imaginary defender and go up for layup for 5 shots. Repeat on opposite block.

#### Shoot 10 FTs

Make at least 8

*Sprint a 1 minute sideline (from sideline to sideline continuously for 1 minute; you should get at least 15 court widths in 1 minute) for any makes under 8*

#### 1 Minute Sideline

Get at least 15 court widths.

#### Spot Shots (Reverse Pivot)

Catch ball with back to the basket behind 3 point line and reverse pivot to square up Shoot 10 (alternating pivot foot) at all 5 spots staying within your comfort range

*Make at least 7 at each spot; shoot 5 FTs for any make under 7.*

### Workout 3

#### **Ball Handling**

Staying stationary, do each drill for 30-45 seconds; keep eyes up, dribble low and push your pace

- 2 balls—pound in sync
- 2 balls—push/pull in front (same direction)
- 2 balls—push/pull in front (alternating direction)
- 2 balls—push/pull on side (same direction)
- 2 balls—push/pull on side (alternating direction)
- 2 balls—crossover in front
- 2 balls—situps

On the move; keep dribble low and controlled

- 2 balls—halfcourt and back (in sync)
- 2 balls—halfcourt and back (alternating direction)
- 2 balls—halfcourt and back zigzags crossover in front
- 2 balls—halfcourt and back zigzags crossover in front and back

#### **X-Out Layups**

Start under the hoop, speed dribble to 3 point line on wing, touch 3 point line with your foot, speed dribble in for layup (keep ball in your outside hand), repeat on other side

Make 8 layups

#### **Rip & Go – Guard Series**

Start at wing on the 3pt line and toss ball to self. Get into triple threat with a peek at the rim before making your attack move.

- Rip & Go for a layup
- Rip & Go for a short corner jumper
- Rip & Go with a dribble move to get back to the middle for a paint touch layup
- Rip & Go with a dribble move to get back to the middle for a jumper

*Do each series three times from wings on both sides, [24 total]*

#### **Shoot 20 FTs**

Make at least 16

*Sprint to halfcourt and back for any make under 16*

#### **Around the Horn—Pull Up Jumpers**

Start at 3pt line and toss ball to self. Get into triple threat and peek at the rim before making your attack move. Using one dribble, drive in and explode up for a jump shot. You should create as much separation from your defender as possible with your dribble. It should not be a drop dribble at your hip, but a push dribble out in front.

Make 5 jump shots using right hand dribble separation to your right

Make 5 jump shots using left hand dribble separation to your left

*Do from 3 spots: wing, top of the key, wing [30 total]*

#### **Shoot 20 FTs**

Make at least 16

#### **2 - :30 Second Slides**

Get at least 8 court widths each time. Rest 1 minute between each rep.

## **Week 16**

### Workout 1

Shoot 75 FT's

Shoot 50 3's

Do aerobic activity (run, bike, elliptical) for 40 minutes without rest

### Workout 2

#### **Form Shots**

Make 15 one-handed swishes from each of 3 spots under basket (each block and in front of basket); focus on form (balance, eyes, elbow, follow through)

Make 12 FT's in a Row

Do aerobic activity (run, bike, elliptical) for 40 minutes without rest

### Workout 3

#### **Spot Shots**

Make 3 shots in a row from 3 point range at all 5 spots

Do aerobic activity (run, bike, elliptical) for 40 minutes without rest