

# Mona Shores Girls Basketball

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## Off-Season Basketball Workouts



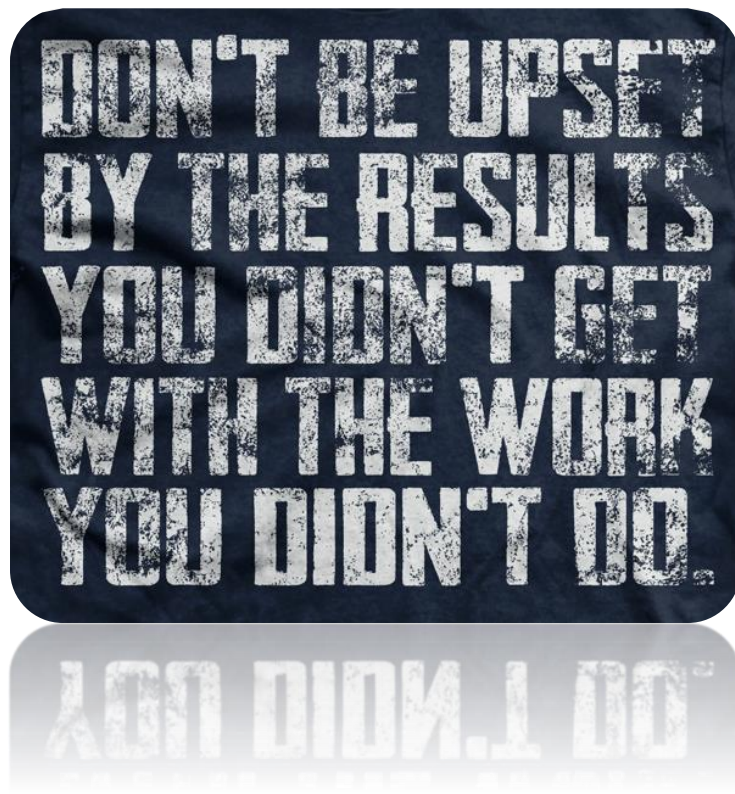
Posts

Welcome to the Mona Shores Girls Basketball Off-Season Workout plan. In the following 9 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 10 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**

Make 10 on each side (20 total)

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

#### **MidPost to MidPost**

Make 10 on each side (20 total); be sure to pivot on your inside foot to square up

*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*

Make 5 at all 5 spots extending slightly beyond your comfort range

#### **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 makes 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

#### **Drop Steps (total 40 attempts)**

Catch ball straddling the first hash above the block in wide/low stance and chin it. Drop step baseline for 10 shots. Drop step middle for 10 shots. Repeat on opposite block.

*Footwork should be: (1) Drop Step; (2) Power dribble; (3) Square 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.*

#### **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*

#### **Reverse Pivots (total 40 attempts)**

Catch ball straddling the first hash above the block in wide/low stance and chin it. Reverse pivot towards baseline for 10 shots. Reverse pivot towards middle for 10 shots. Repeat on opposite block.

*Be careful not to fade on your shot and focus on powering UP.*

#### **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

#### **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

*Should be able to make 18 in :30 seconds*

#### **Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)

Make at least 8

*10 Split-Squat jumps if you don't make the goal*

#### **Rip & Go – Post Series**

Start at the elbow and toss ball to self. Look over your inside shoulder before making your move. Use a reverse inside pivot to see the floor as you square your body to the basket.

Rip & Go for a layup

Rip & Square for an elbow shot

Rip & Square, shot fake with a cross to get to the opposite side of the basket for a layup

*Do each series four times from each elbow, [24 total]*

#### **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 30 FTs

### 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 12 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*

##### MidPost to MidPost

Make 10 on each side (20 total); be sure to pivot on your inside foot to square up

*After making 20 shots, do 3 lunge 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*

##### 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

##### Drop Steps (total 40 attempts)

Catch ball straddling the first hash above the block in wide/low stance and chin it. Drop step baseline for 10 shots. Make at least 8.

Drop step middle for 10 shots. Make at least 8. Repeat on opposite block.

*Footwork should be: (1) Drop Step; (2) Power dribble; (3) Square 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.*

*Sprint to halfcourt and back for any makes less than 8.*

##### 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*

##### Reverse Pivots (total 40 attempts)

Catch ball straddling the first hash above the block in wide/low stance and chin it. Reverse pivot towards baseline for 10 shots. Reverse pivot towards middle for 10 shots. Repeat on opposite block.

*Be careful not to fade on your shot and focus on powering UP.*

##### 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

**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

**Mikan Layups**

Make 18 off 1 foot

Shoot 5 FTs

Make 18 off 2 feet

*Should be able to make 18 in :30 seconds*

**Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)

Make at least 8

*10 Split-Squat jumps if you don't make the goal*

**Rip & Go – Post Series**

Start at the elbow and toss ball to self. Look over your inside shoulder before making your move. Use a reverse inside pivot to see the floor as you square your body to the basket.

Rip & Go for a layup

Rip & Square for an elbow shot

Rip & Square, shot fake with a cross to get to the opposite side of the basket for a layup

*Do each series four times from each elbow, [24 total]*

**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 30 FTs

## **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)

#### **Drop Steps (total 40 attempts)**

Catch ball straddling the first hash above the block in wide/low stance and chin it. Drop step baseline for 10 shots. Make at least 8. Drop step middle for 10 shots. Make at least 8. 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.*

*Sprint to halfcourt and back in under :11 seconds if you don't make your goal.*

#### **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 make under 8 at each spot*

Make 8 at all 5 spots extending slightly beyond your comfort range

#### **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

#### **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

#### **Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)

Make at least 8

*10 Split-Squat jumps if you don't make the goal*

### **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*

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

Catch ball straddling the first hash above the block in wide/low stance and chin it. 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**

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*

### **Elbow to Elbow**

Make 20

### **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

### **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*

### **Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)

Make at least 8

*10 Split-Squat jumps if you don't make the goal*

### **Rip & Go – Post Series**

Start at the elbow and toss ball to self. Look over your inside shoulder before making your move. Use a reverse inside pivot to see the floor as you square your body to the basket.

Rip & Go for a layup

Rip & Square for an elbow shot

Rip & Square, shot fake with a cross to get to the opposite side of the basket for a layup

*Do each series four times from each elbow, [24 total]*

### **Shoot 20 FTs**

Make at least 16

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



## Week 12

### Workout 1

#### Block to Block

Make 15 on each side (30 total)

#### MidPost to MidPost

Make 15 on each side (30 total)

#### Shoot 75 FT's

Do aerobic activity (run, bike, elliptical) for 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)

#### Make 12 FT's in a Row

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

### Workout 3

#### Drop Steps (total 40 attempts)

Catch ball straddling the first hash above the block in wide/low stance and chin it. 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.*

#### Spot Shots

Make 4 shots in a row from 15' at all 5 spots

#### Shoot 30 FTs

Do aerobic activity (run, bike, elliptical) for 20 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)

#### Drop Steps (total 40 attempts)

Catch ball straddling the first hash above the block in wide/low stance and chin it. Drop step baseline for 10 shots. Make at least 8. Drop step middle for 10 shots. Make at least 8. 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.*

*After shooting 40 shots, sprint 2 suicides (each one should be completed in under :33 seconds; rest :30 seconds between each)*

#### 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*

Make 8 at all 5 spots extending slightly beyond your comfort zone

#### 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

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

Sprint 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

#### **Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

*10 Tuck jumps if you don't make the goal*

Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)

Make at least 8

*10 Split-Squat jumps if you don't make the goal*

#### **Slides and Obliques (3 times down and back)**

Start in corner of court, in low defensive stance slide to elbow, drop step and sprint to sideline at halfcourt, drop step and return to defensive stance, slide to elbow, drop step and sprint to baseline corner; walk the baseline and repeat coming back. Do three times down and back.

#### **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*

#### **Elbow to Elbow**

Make 20

#### **1 Minute Sideline**

Get at least 15 court widths.

### **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

#### **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*

#### **Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move. Focus on powering up through the shot and do not let your body fade or drift.

Shoot 10 Turn Baseline / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Turn Middle / Baby Hook (5 each side)

Make at least 8

*Run a down and back in under 12 seconds if you don't make the goal*

Shoot 10 Reverse Pivot Towards Baseline / Shot (5 each side)

Make at least 8

10 Tuck jumps if you don't make the goal  
Shoot 10 Reverse Pivot Towards Middle / Shot (5 each side)  
Make at least 8  
10 Split-Squat jumps if you don't make the goal

**Rip & Go – Post Series**

Start at the elbow and toss ball to self. Look over your inside shoulder before making your move. Use a reverse inside pivot to see the floor as you square your body to the basket.

Rip & Go for a layup

Rip & Square for an elbow shot

Rip & Square, shot fake with a cross to get to the opposite side of the basket for a layup

*Do each series four times from each elbow, [24 total]*

**Shoot 20 FTs**

**2 - :30 Second Slides**

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

## **Week 16**

### **Workout 1**

**Block to Block**

Make 15 on each side (30 total)

**Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move.

Shoot 20 Reverse Pivot Baseline/Step Through (10 each side)

Shoot 20 Reverse Pivot Middle/Step Through (10 each side)

**Shoot 75 FT's**

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

### **Workout 2**

**Back to the Basket Post Moves**

With your back to the basket and feet straddling the first hash above the block, body sitting low, toss ball to yourself. Chin the ball before doing any move.

Shoot 20 Reverse Pivot Baseline/Step Through (10 each side)

Shoot 20 Reverse Pivot Middle/Step Through (10 each side)

**Make 12 FT's in a Row**

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

### **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.*

**Spot Shots**

Make 4 shots in a row from 15' at all 5 spots

**Shoot 30 FT's**

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