

Walpole Youth Basketball Off-Season Driveway Routine

Shooting Workouts

Workout #1 – 5/5/5 Lay Ups! 10 Minutes!

- Choose 5 spots around the basket... 5 ft from the basket. Make 5 – 1 dribble RIGHTY layups from each spot.
- Choose 5 spots around the basket... 5 ft from the basket. Make 5 – 1 dribble LEFTY layups from each spot.
 - Mix up finishes, don't always use backboard

Workout #2 – Mikan Lay Ups! 10 Minutes!

- Mikan Drill, 20 Makes (layups under the hoop, jumping off inside foot, shooting with outside hand)
- Reverse Mikan Drills, 20 makes (same thing, but shooting backwards, back to the baseline)
- Mikan Drill: jumping off two feet- 20 makes

Workout #3 – Form Shooting 50 Makes! 10 Minutes!

- Choose 5 spots around the basket... 5 ft from the basket. Make 5 shots from each spot.
- Take one step back from each spot... Make 5 again

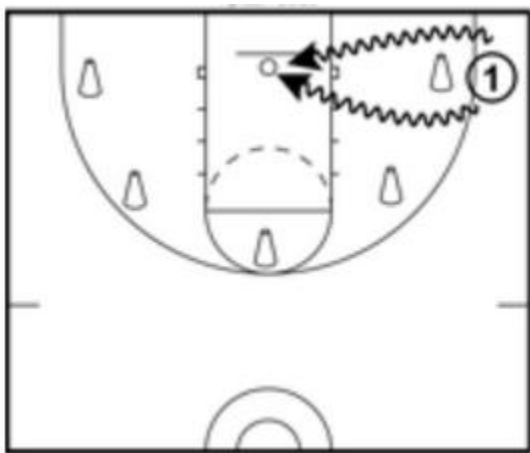
Focus on: balanced feet, keeping your elbow under the ball, bend knees, letting the ball come off your pointer finger last and putting your fingers in the basket on your follow through, and shooting up not out.

Workout #4 – Stationary Shooting. 50 Makes! 15 Minutes!

- Five Mid Range spots on the floor Top, Wing, Wing, Corner, Corner
- Make 10 Shots from all 5 spots (left to right on footwork if you are a righty and someone is passing to you)

Workout #5 – Rim Attack 50 Makes! 10 Minutes!

- Same five spots. Attack five times going right and five times going left. Finish with a lay-up at the rim.



Workout #6 – Two Dribble Pull Ups 50 Makes! More Advanced 20 Minutes!

- Five Mid Range spots on the floor Top, Wing, Wing, Corner, Corner
- Make 10 shots from each spot. 5 going right and 5 going left.
- Take 2 dribbles and pull up for a jump shot

Ball Handling Workouts

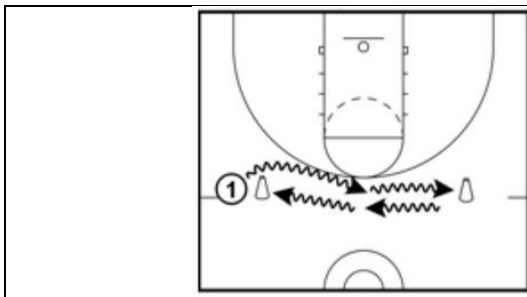
Workout #1 – Stationary Ball Handling: Be in an athletic stance, butt down, head up... see the court

1. 100 Protect & Pound dribble (keep ball low) (50 with right hand & 50 with left hand)
2. Cross Over 50 times (beneath knees)
3. 20 Pound dribble and jab with opposite foot (10 Right & 10 Left)
4. 20 Pound and gather with a quick hop stop (ready to shoot) (10 Right & 10 Left)
5. Right hand around right leg 25 times; Left hand around left leg 25 times
6. 40 V dribbles: 10 Right Front V, 10 side v, then 10 Left front V, then 10 side doing them all together.
7. Figure 8 dribble 24 times. Change directions after 12
8. Right Hand Between The Leg (BTL) dribble progression.
 - Start with staggered feet, left leg forward, right leg back.
 - 2 Right Hand pounds then dribble BTL. Do that 10 times.
 - Then 1 Right Hand pounds then dribble BTL. 10 Times.
 - Then continuously BTL back and forth.
9. Switch feet/hands.... Left Hand Between The Leg (BTL) dribble progression, same as above

More Advanced...try by the end of summer

10. Behind The Back (BTB) progression. Same progression as above, but keep eel parallel and instead of BTL, go BTB. Get low and wide. Start with two pounds then go behind the back. Then go to one pound, then continuous behind the back.
11. BTL dribble progression with switch. Start with feet parallel (not staggered). 2 pounds then switch to stagger feet to dribble BTL, then switch feet back to parallel. Do that 10 times. switch to stagger feet dribble BTL, then switch feet back to parallel. Do that 10 times. Then continuously switch feet and go back and forth (eg. "Jordans") REMEMBER TO TURN YOUR HIPS AND FEET TO YOUR NEW TARGET TO BE QUICK

Workout #2 – Moving Ball Handling



Place two cones 15 steps apart (or wider if you can). Perform each skill for 14 total trips. Across and back are 2 trips. Stay low, keep ball low

1. Right hand only,
2. Left hand only
3. Baby crossovers, turn at cones and go backwards back.
4. At the half way point, execute the following moves (14 times each, down with right, back with left)
 - Crossover (sharp angle on cross over). Keep ball in left hand, turn at cone, cross over half way
 - Stop & Go
 - 2 Retreat Dribbles & go
 - Hesitation ("Hesi") or Skip
 - Between The Leg (BTL) dribble
 - Behind The Back (BTB) Behind The Back (BTB)

More Advanced Combo moves (any of the above with a change of speed and direction)

- Hesitation ("Hesi") then cross over
- 1 retreat dribble and cross