

Basketball Drills For the Individual

• **Ball Handling Routine**

- a. 1 time around each leg and waist, 2 times around each leg and waist
- b. 10 skips
- c. 5 drops around each leg
- d. 10 Shuffles

• **Stationary Dribbling**

- a. Figure 8
- b. Spider
- c. Crossover
- d. One hand only side to side
- e. One hand only front to back
- f. Reverse pivot
- g. 2 ball dribbling (using all of the moves listed above)

Dribbling on the move (keeping eyes up)

- a. Speed
- b. Hesitation
- c. Crossover
- d. Shuffle reverse
- e. Reverse
- f. Behind the back
- g. 2 balls (using all of the moves listed above)

• **Passing** (against a wall or tossback)

- a. Chest
- b. Overhead
- c. 1 hand push
- d. Baseball
- e. Fake and pass
- f. Pass off of the dribble, stationary and on the move

Rebounding

- a. Toss in the air or against a backboard
 - 1. Pivot and outlet pass
 - 2. Go back up with a shot
- b. Tip drill

Individual Strength and Conditioning Workout

(if you don't have access to a weight room)

Sprints – estimate the following if you don't have a track.

40m x 20

100m x 10

200m x 5

Fartlek – Change of speeds – Sprint 20 seconds, jog 40secs...Does for five min. rest and repeat 2 more times.

Defensive Slides - 5 sets of 30secs, distance should be at least free throw lane wide and you should be able to touch 30 lines in 30 secs.

Lunges – walking lunges. Do 3 sets of 40

Abs – crunches, planks, side crunches, etc want to get in 300 a day

Push Ups – 4 sets of 20

Squat Jumps - 4 sets of 30 seconds (or 30 jumps)

Dips – 4 sets of 20

Up downs - 4 sets of 30 seconds (or 30 jumps)

This is a minimum workout. It would be best to do this everyday but at least these should be alternated every other day with basketball skills.

THE BIG SECRET IN LIFE IS THAT THERE IS NO BIG SECRET. WHATEVER YOUR GOAL, YOU CAN GET THERE IF YOUR'RE WILLING TO WORK!!!!...

When you work hard, you're better than everyone else!