

# INSTANT OFFENSE

## Workout 1-A (Month 1: Day 1)

### The Focused Warmup

High knees, Back pedal, Butt kickers, Side Skipping, Sumos, Lunge stretch: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Half court shot with rebound: To Half Court

### Ball Handling

#### Drills

#### **Power Crossovers**

#### Quantity

**50 dribbles of each crossover**

Stationary: Crossover in front, through the legs, behind the back, right to left, front to back

Notes: Bend your knees and get low. Don't dribble with just your wrist. Push from your elbow as hard as you can and try to push the ball through the floor.

#### **Footwork Crossovers**

**Each variation full court down and back x 1**

Part A: Full Court - Crossover, through the legs, right to left, front to back

Notes: Every step is a dribble. Keep the ball low under your knees. Work to get up the court faster and faster.

#### **Quick Change Crossovers**

**Each variation full court down and back x 1**

1 dribble crossover, 1 dribble through the legs, 1 dribble behind the back, 1 dribble in n out

Notes: Take 1 dribble then crossover and repeat that up the court changing directions with each crossover.

### Finishing

#### Drills

#### **Attack The Basket**

#### Spots

**Both Wings and Top**

#### Quantity

**Each Move 2 Times**

Part A: Cross over, through the legs, behind the back, In N Out

Notes: Start at half court. Dribble up to the chair and execute the crossover and finish at the basket or pull up for a jumper

#### **The Crafty Finisher**

**Right and Left Hand**

**Make 3 Each From Both Sides**

Overhand, hook, switch hand

Notes: Setup a "V" of 5 cones in front of the basket. Attack the top cone and use your 2 steps to one side and finish with either a simple overhand layup, a hook shot, or switch hand (jump up and then shoot the ball with your inside hand)

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

### Straight On

### Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Spot Up Shooting – Midrange

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Footwork Shooting – Midrange

### 5 Spots

### 10 from each spot

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot, then run to the next and shoot. If you don't have a partner start in one position and toss the ball to yourself and catch the ball and execute your footwork and shoot.

### The Wing Threat Drill

### Both Wings and Top

### Each move 4 times

Part A: 1 dribble pull up, 2 dribble pull up

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and pull up with quick 1-2 step footwork. Alternate between going left and right.

### Spot Up Shooting – 3's

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Footwork Shooting – 3's

### 5 Spots

### 10 from each spot

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot, then run to the next and shoot. If you don't have a partner start in one position and toss the ball to yourself and catch the ball and execute your footwork and shoot.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 1-B (Month 1: Day 2)

### The Right Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### Quantity

#### **Finesse Crossovers**

**50 dribbles of each variation**

Stationary: Double taps, through the legs cross left and right, behind the back cross, in n out cross

Notes: Double taps are crossovers with an extra dribble in the middle. Do each full speed and GET LOW!

#### **Footwork Crossovers**

**Each variation full court down and back x 1**

Part A: Full Court - Crossover, through the legs, right to left, front to back

Notes: Every step is a dribble. Keep the ball low under your knees. Work to get up the court faster and faster.

#### **In N Out Series**

**Each variation full court down and back x 1**

In n out cross, double in n out cross, in n out through the legs, double in n out through the legs, in n out around the back, double in n out around the back

Notes: Take 1 or 2 dribbles then execute the move. Keep the ball tight and don't carry.

### Finishing

#### Drills

#### Spots

#### Quantity

#### **The Pro Hopper**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start in triple threat on the wing or attack with the dribble and crossover. Attack to the middle and pro hop in the opposite direction and finish with a layup.

#### **The Runner Series**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start on the wing in triple threat and take 1 hard dribble to the middle, 2 steps, and climb the ladder to finish at the highest point possible with a runner. Finish with your left from the right wing and right from the left wing.

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

### Straight On

### Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Spot Up Shooting – Midrange

### Both Baselines, Both Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Pop Outs – Midrange

### Both Wings

### Each variation 15 times

Catch and shoot, Fade, Jab and shoot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

### Spot Up Shooting – 3's

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Pop Outs – 3's

### Both Wings

### Each variation 15 times

Catch and shoot, Fade, Jab & shoot

Both Baselines, 2 Wings, Top

10 from each spot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

### Trail 3's

### Both Wings and Top

### 15 from each spot

Notes: Run and touch half court then sprint into your shot. Goal is to stop on a dime and pull up from the designated spot. If you don't have a rebounder toss the ball in front of yourself and sprint into it.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 1-C (Month 1: Day 3)

### The Preparation Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### Quantity

**Stationary Ball Controllers – Basic**

**20 of each variation \*complete rotation is 1**

2 dribbles around the leg forward/backward both legs, 1 dribble around the leg forward/backward both legs, around the back 2 dribbles left and right

Notes: Using 1 hand move the ball either around your leg or back with the allotted amount of dribbles.

**Tight Spaces Cone Drills**

**Each variation down and back 2 times**

In N out, double cross, through the legs cross, through the legs around the back

Notes: Put 6 cones 2 feet apart in a line in front of the basket. Stay low and execute each move as fast as possible.

**Spin Move Series**

**Each variation full court down and back x 1**

Spin move, in n out spin, crossover spin, through the legs spin

Notes: Take 1 or 2 dribbles then execute the move. Keep the ball tight and don't carry.

### Finishing

#### Drills

#### Spots

#### Quantity

**Attack The Basket**

**Both Wings and Top**

**Each Move 2 Times**

Part A: Cross over, through the legs, behind the back, In N Out

Notes: Start at half court. Dribble up to the chair and execute the crossover and finish at the basket or pull up for a jumper

**Step Through Finishers**

**Both Wings**

**Make 6 From Both Sides**

Notes: Alternate between attacking left or right with 1 dribble and use your 1-2 step to make a huge shot fake then step through and jump to the basket and finish with a running floater. (think Kobe Bryant)

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

### Straight On

### Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Spot Up Shooting – Midrange

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### The Wing Threat Drill

### Both Wings and Top

### Each move 4 times

Part A: 1 dribble pull up, 2 dribble pull up

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and pull up with quick 1-2 step footwork. Alternate between going left and right.

### Spot Up Shooting – 3's

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### The 4<sup>th</sup> Quarter Drill – 3's

### All Over the Court

### Each variation is 10 shots (50 Total)

1. Around the world (corner, wing, top, wing, corner and back around) = 10 shots
2. Trail 3's (10 shots from both wings) = 20 shots
3. Pop outs: catch and shoot (10 shots from both wings) = 20 shots

Notes: This drill is 50 shots with NO BREAK! Good shooters make 35. On the Pop Outs: complete one wing then go to other wing. If you don't have a partner run 3 suicides and shoot 10 free throws after eah one.

### Shoot and Follows – Midrange

### All Over the Court

### Make 30 as a team

Notes: Shoot the ball and go get your own rebound. Then pass to your partner to then shoot. Never stop moving in this drill. Focus on getting your footwork quick and efficient on every catch. If you don't have a partner make 20 free throws.

- After each drill shoot until you make 5 free throws -



# INSTANT OFFENSE

## Workout 1-D (Month 1: Day 4)

### The Focused Warmup

High knees, Back pedal, Butt kickers, Side Skipping, Sumos, Lunge stretch: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Half court shot with rebound: To Half Court

### Ball Handling

#### Drills

#### **2 Ball Arm Burnouts – Basic**

Same time pound, alternating, left to right, front to back, 1 dribble crossover repeats

Notes: This is a stationary drill where you are working to increase your dribble strength and power.

#### Quantity

**50 dribbles of each variation**

#### **Full Speed 2 Ball**

Full Court: Same time dribble, alternating, backup sametime, backup alternating

Notes: Dribble 2 balls full court at 100% speed. For the backups: back up 2 dribbles then proceed forward at the free throw lines, half court, and endline.

**Each variation down and back 2 times**

#### **2 Ball Zig Zag**

Pound, Alternating, Crossover, Behind the back cross

Notes: Take 3 dribbles right then change direction/crossover to the left and repeat.

**Each variation full court down and back x 1**

### Finishing

#### Drills

#### **Game Winning Floaters**

Notes: Start in between the 3 and half court on the basket line. Use any crossover and attack the basket with a big jump stop and shoot a floater off two feet.

#### Spots

**Top (beyond NBA 3)**

#### Quantity

**Make 5 with the left and right**

#### **The Eurostepper**

**Both Wings and top**

**Make 4 from each spot**

Notes: From the wing: Penetrate middle out of triple threat or crossover, take 1 dribble, and eurostep back in the opposite direction. From the top attack either left or right and eurostep back in the opposite direction. (finish with reverse layups)



# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

### Straight On

### Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Toss Outs – Midrange

### Baseline to baseline, wing to wing, elbow to elbow, top

### 10 from each spot (4 spots)

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball then go to the same spot of the opposite side of the court.

### Twist Shots – Midrange

### 5 Spots

### 10 from each spot

Both baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then double your toss outs.

### Toss Outs – 3's

### Baseline to baseline, wing to wing, elbow to elbow, top

### 10 from each spot (4 spots)

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball then go to the same spot of the opposite side of the court.

### Twist Shots – 3's

### 5 Spots

### 10 from each spot

Both baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then double your toss outs.

### Around the Worlds – 3's

### 5 Spots

### 25 shots (5 times around)

Both baselines, both wings, and top

Notes: Starting in the corner you will be running from spot to spot around the arc shooting the ball from each spot. Make sure you use proper footwork. If you don't have a partner make 20 free throws.

- After each drill shoot until you make 5 free throws -



# INSTANT OFFENSE

## Workout 2-A (Month 2: Day 1)

### The Preparation Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back  
Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### Quantity

#### **Power Crossovers**

**50 dribbles of each crossover**

Stationary: Crossover in front, through the legs, behind the back, right to left, front to back

Notes: Bend your knees and get low. Don't dribble with just your wrist.

#### **Footwork Crossovers**

**Each variation full court down and back x 1**

Part B Full Court - Crossover, through the legs, through the legs cross, in n out cross

Notes: Every step is a dribble. Keep the ball low under your knees. Work to get up the court faster and faster.

#### **The Double Cross Drill - Basic**

**Full court down and back x 1 both sides**

Full Court: take 1 dribble double cross then repeat - double cross, through the legs cross, around the back cross

### Finishing

#### Drills

#### Spots

#### Quantity

#### **Attack The Basket**

**Both Wings and Top**

**Each Move 2 Times**

Part B: Double cross, through the legs cross, behind the back cross, In N Out Cross

Notes: Start at half court. Dribble up to the chair and execute the crossover and finish at the basket or pull up for a jumper

#### **The Crafty Finisher**

**Right and Left Hand**

**Make 3 of Each From Both Sides**

Overhand, hook, switch hand

Notes: Setup a "V" of 5 cones in front of the basket. Attack the top cone and use your 2 steps to one side and finish with either a simple overhand layup, a hook shot, or switch hand (jump up and then shoot the ball with your inside hand)



# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

Straight On

Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Spot Up Shooting – Midrange

Both Baselines, 2 Wings, Top

10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Footwork Shooting – Midrange

5 Spots

10 from each spot

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot and then run to the next and shoot. If you don't have a partner start in one position and toss the ball to yourself and catch the ball and execute your footwork and shoot.

### The Wing Threat Drill

Both Wings and Top

Each move 2 times

Part B: 1 dribble shot, 1 dribble around the back layup/shot, 1 dribble throw the legs layup/shot 1 dribble spin move layup/shot

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket. Alternate going left and right.

### Spot Up Shooting – 3's

Both Baselines, 2 Wings, Top

10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Footwork Shooting – 3's

5 Spots

10 from each spot

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot and then run to the next and shoot. If you don't have a partner start in one position and toss the ball to yourself and catch the ball and execute your footwork and shoot.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 2-B (Month 2: Day 2)

### The Right Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### Quantity

#### **Combo Killers – Part A**

**Each Variation 10 Times Both Sides**

Stationary: Double cross, double through the legs, double behind the back

Notes: Take 1 or 2 dribbles then hit the move full speed as fast as you can and repeat.

#### **Tight Spaces Cone Drills**

**Each variation down and back 2 times**

In N out, double cross, through the legs cross, through the legs around the back

Notes: Put 6 cones 2 feet apart in a line in front of the basket. Stay low and execute each move as fast as possible.

#### **The Double Cross Drill – With Hesi**

**Full court down and back x 1, both sides**

Full Court: take 1 dribble double cross then repeat – double cross, through the legs cross, around the back cross

Notes: On each double cross you are going to now hesitate and move laterally after the first cross.

### Finishing

#### Drills

#### Spots

#### Quantity

#### **The Pro Hopper**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start in triple threat on the wing or attack with the dribble and crossover. Attack to the middle and pro hop in the opposite direction and finish with a layup.

#### **The Runner Series**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start on the wing in triple threat and take 1 hard dribble to the middle, 2 steps, and climb the ladder to finish at the highest point possible with a runner. Finish with your left from the right wing and right from the left wing.



# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### Form Shooting

### Straight On

### Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### Spot Up Shooting – Midrange

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Pop Outs – Midrange

### Both Wings

### Each variation 15 times

Catch and shoot, Fade, Jab and shoot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

### Spot Up Shooting – 3's

### Both Baselines, 2 Wings, Top

### 10 from each spot

Notes: If you don't have a partner just do Toss Outs instead.

### Pop Outs – 3's

### Both Wings

### Each variation 15 times

Catch and shoot, Fade, Jab & shoot

Both Baselines, 2 Wings, Top

10 from each spot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

### Balance Busters—Midrange & 3

### All 5 Spots

### 10 from each spot

Both baselines, both wings, and top

Notes: Start 1 step in front of the spot. As the ball is in the air step backwards, catch the ball, and shoot with focus on staying on balance. Shoot 5 midrangers then 5 3's before moving on to the next spot. If you don't have a rebounder just toss the ball to yourself with backspin and step backwards.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 2-C (Month 2: Day 3)

### The Focused Warmup

High knees, Back pedal, Butt kickers, Side Skipping, Sumos, Lunge stretch: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Half court shot with rebound: To Half Court

### Ball Handling

#### Drills

#### Quantity

##### **Finesse Crossovers**

**50 dribbles of each variation**

Stationary: Double taps, through the legs cross left and right, behind the back cross, in n out cross

Notes: Double taps are crossovers with an extra dribble in the middle. Do each full speed and GET LOW!

##### **Quick Change Crossovers**

**Each variation full court down and back x 1**

1 dribble crossover, 1 dribble through the legs, 1 dribble behind the back, 1 dribble in n out

Notes: Take 1 dribble then crossover and repeat that up the court changing directions with each crossover.

##### **In N Out Series**

**Each variation full court down and back x 1**

In n out cross, double in n out cross, in n out through the legs, double in n out through the legs, in n out around the back, double in n out around the back

Notes: Take 1 or 2 dribbles then execute the move. Keep the ball tight and don't carry.

### Finishing

#### Drills

#### Spots

#### Quantity

##### **Attack The Basket**

**Both Wings and Top**

**Each Move 2 Times**

Part C: Switch hand cross, double through the legs cross, crossover spin, through the legs behind the back

##### **Step Through Finishers**

**Both Wings**

**Make 6 From Both Sides**

Notes: Alternate between attacking left or right with 1 dribble and use your 1-2 step to make a huge shot fake then step through and jump to the basket and finish with a running floater. (think Kobe Bryant)



# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### **Form Shooting**

### **Straight On**

### **Make 20 then get 5 swishes**

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### **Twist Shots – Midrange**

### **5 Spots**

### **10 from each spot**

Both Baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then use toss outs.

### **The Wing Threat Drill**

### **Both Wings and Top**

### **Each move 2 times**

Part C: 1 dribble pull up, 1 dribble step back, 2 dribble pull up, 2 dribble step back

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and execute the designated shot. Alternate between going left and right.

### **Twist Shots – 3's**

### **5 Spots**

### **10 from each spot**

Both Baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then use toss outs.

### **Range Chaners – Midrange & 3**

### **Both Wing and Top**

### **Close to Far and Back In**

Notes: Start in close. Catch and shoot. Shoot until you make it then take a step back. If you miss 4 in a row work back in close.

### **Shoot and Follows – 3's**

### **All Over the Court**

### **Make 30 as a team**

Notes: Shoot the ball and go get your own rebound. Then pass to your partner to then shoot. Never stop moving in this drill. Focus on getting your footwork quick and efficient on every catch. If you don't have a partner make 20 free throws.

- After each drill shoot until you make 5 free throws -



# INSTANT OFFENSE

## Workout 2-D (Month 2: Day 4)

### The Preparation Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back  
Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### **2 Ball Arm Burnouts – Basic, Circles**

Basic: Pound, alternating, left to right, front to back, 1 dribble crossover repeats

Circles: Around each leg, in front circles, juggling circles

Notes: This is a stationary drill where you are working to increase your dribble strength and power.

#### Quantity

**50 dribbles of each variation**

#### **Full Speed 2 Ball**

**Each variation down and back 2 times**

Full Court: Same time dribble, alternating, backup sametime, backup alternating

Notes: Dribble 2 balls full court at 100% speed. For the backups: back up 2 dribbles then proceed forward at the free throw lines, half court, and endline.

#### **The Double Cross Drill – Basic**

**Full court down and back x 1 both sides**

Full Court: take 1 dribble double cross then repeat – double cross, through the legs cross, around the back cross

### Finishing

#### Drills

#### **Game Winning Floaters**

#### Spots

**Top (beyond NBA 3)**

#### Quantity

**Make 5 with the left and right**

Notes: Start in between the 3 and half court on the basket line. Use any crossover and attack the basket with a big jump stop and shoot a floater off two feet.

#### **The Eurostepper**

**Both Wings and top**

**Make 4 from each spot**

Notes: From the wing: Penetrate middle out of triple threat or crossover, take 1 dribble, and eurostep back in the opposite direction. From the top attack either left or right and eurostep back in the opposite direction. (finish with reverse layups)



# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### **Form Shooting**

### **Straight On**

### **Make 20 then get 5 swishes**

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### **Toss Outs W/ Pick & Roll – Midrange**

### **Baseline to baseline, wing to wing, elbow to elbow, top**

### **10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, take a dribble to the middle of the court and shoot.

### **Spot Up Shooting – Midrange**

### **Both Baselines, 2 Wings, Top**

### **10 from each spot**

Notes: If you don't have a partner just do Toss Outs instead.

### **Toss Outs W/ Pick & Roll – Midrange**

### **Baseline to baseline, wing to wing, elbow to elbow, top**

### **10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, take a dribble to the middle of the court and shoot.

### **Spot Up Shooting – 3's**

### **Both Baselines, 2 Wings, Top**

### **10 from each spot**

Notes: If you don't have a partner just do Toss Outs instead.

### **Around the Worlds – 3's**

### **5 Spots**

### **25 shots (5 times around) x 2**

Both baselines, both wings, and top

Notes: Starting in the corner you will be running from spot to spot around the arc shooting the ball from each spot. Make sure you use proper footwork. If you don't have a partner make 20 free throws.

- After each drill shoot until you make 5 free throws -



# INSTANT OFFENSE

## Workout 3-A (Month 3: Day 1)

### The Right Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### Quantity

#### **Combo Killers – Part B**

**Each Variation 10 Times Both Sides**

Stationary: Through the legs cross, behind the back cross, in n out cross

Notes: Take 1 or 2 dribbles then hit the move full speed as fast as you can and repeat.

#### **Ankle Breakers**

**Each variation down and back 2 times**

Full Court: Crossovers w/hesi, through the legs pound, in n out cross w/ hesi

Notes: These are moves that are to be done back to back with no dribbles in between.

#### **The Double Cross Drill – Basic**

**Full court down and back x 1 both sides**

Full Court: take 1 dribble double cross then repeat – double cross, through the legs cross, around the back cross

### Finishing

#### Drills

#### Spots

#### Quantity

#### **Attack The Basket**

**Both Wings and Top**

**Each Move 2 Times**

Part C: Double cross, through the legs cross, behind the back cross, In N Out Cross

Notes: Start at half court. Dribble up to the chair and execute the crossover and finish at the basket or pull up for a jumper

#### **The Crafty Finisher**

**Right and Left Hand**

**Make 3 of Each From Both Sides**

Overhand, hook, switch hand

Notes: Setup a "V" of 5 cones in front of the basket. Attack the top cone and use your 2 steps to one side and finish with either a simple overhand layup, a hook shot, or switch hand (jump up and then shoot the ball with your inside hand)

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### **Form Shooting**

**Straight On**

**Make 20 then get 5 swishes**

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### **Spot Up Shooting – Midrange**

**Both Baselines, 2 Wings, Top**

**10 from each spot**

Notes: If you don't have a partner just do Toss Outs instead.

### **Footwork Shooting – Midrange**

**5 Spots**

**10 from each spot**

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot and then run to the next and shoot. If you don't have a partner start in one position, toss the ball to yourself and catch the ball and execute your footwork and shoot.

### **The Wing Threat Drill**

**Both Wings and Top**

**Each move 4 times**

Part A: 1 dribble pull up, 2 dribble pull up

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and pull up with quick 1-2 step footwork. Alternate between going left and right.

### **Spot Up Shooting – 3's**

**Both Baselines, 2 Wings, Top**

**10 from each spot**

Notes: If you don't have a partner just do Toss Outs instead.

### **Footwork Shooting – 3's**

**5 Spots**

**10 from each spot**

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot and then run to the next and shoot. If you don't have a partner start in one position, toss the ball to yourself and catch the ball and execute your footwork and shoot.

### **Trail 3's**

**3 Spots**

**Both Wings and Top**

Notes: Run and touch half court then sprint into your shot. Goal is to stop on a dime and pull up from the designated spot. If you don't have a rebounder toss the ball in front of yourself and sprint into it.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 3-B (Month 3: Day 2)

### The Focused Warmup

High knees, Back pedal, Butt kickers, Side Skipping, Sumos, Lunge stretch: Full Court Down and Back  
Groin side step, Knee tuck, Quad activator, Crawler, Half court shot with rebound: To Half Court

### Ball Handling

#### Drills

#### Quantity

#### **Stationary Ball Controllers – Advanced**

**20 of each variation \*complete rotation is 1**

1 dribble forward/backward around each leg, 1 dribble opposite through the legs, 1 dribble opposite around the back

Notes: Using 1 hand move the ball either around your leg or back with the allotted amount of dribbles.

#### **The Double Cross Drill – With Hesi**

**Full court down and back x 1 both sides**

Full Court: take 1 dribble double cross then repeat – double cross, through the legs cross, around the back cross

Notes: On each double cross you are going to now hesitate and move laterally after the first cross.

#### **Spin Move Series**

**Each variation full court down and back x 1**

Spin move, in n out spin, crossover spin, through the legs spin

Notes: Take 1 or 2 dribbles then execute the move. Keep the ball tight and don't carry.

### Finishing

#### Drills

#### Spots

#### Quantity

#### **The Pro Hopper**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start in triple threat on the wing or attack with the dribble and crossover. Attack to the middle and pro hop in the opposite direction and finish with a layup.

#### **The Runner Series**

**Both Wings**

**Make 6 From Both Sides**

Notes: Start on the wing in triple threat and take 1 hard dribble to the middle, 2 steps, and climb the ladder to finish at the highest point possible with a runner. Finish with your left from the right wing and right from the left wing.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### **Form Shooting**

### **Straight On**

### **Make 20 then get 5 swishes**

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

### **Twist Shots – Midrange**

### **5 Spots**

### **10 from each spot**

Both baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then double your toss outs.

### **Pop Outs – Midrange**

### **Both Wings**

### **Each variation 15 times**

Catch and shoot, Fade, Jab and shoot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

### **The Wing Threat Drill**

### **Both Wings and Top**

### **Each move 2 times**

Part B: 1 dribble shot, 1 dribble around the back shot, 1 dribble throw the legs layup/shot 1 dribble spin move layup/shot

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket . Alternate left and right.

### **Twist Shots – 3's**

### **5 Spots**

### **10 from each spot**

Both baselines, both wings, and top

Notes: Start sideways to the basket and when the pass is in the air turn 90 degrees, catch the ball and shoot. If you don't have a partner then double your toss outs.

### **Pop Outs – 3's**

### **Both Wings**

### **Each variation 15 times**

Catch and shoot, Fade, Jab and shoot

Notes: Start under the basket. Pop out to the wing and use your footwork to catch and shoot, jab and shoot, or fade to the corner. After you shoot rebound the ball and pass out to the passer who's up top and go to other side. If you don't have a rebounder toss the ball out to yourself. Always hesitate every time you're under the basket.

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE

## Workout 3-C (Month 3: Day 3)

### The Preparation Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### Drills

#### **2 Ball Arm Burnouts – Basic**

Same time pound, alternating, left to right, front to back, 1 dribble crossover repeats

Notes: This is a stationary drill where you are working to increase your dribble strength and power.

#### Quantity

**50 dribbles of each variation**

#### **Ankle Breakers**

**Each variation down and back 2 times**

Full Court: Crossovers w/hesi, through the legs pound, in n out cross w/ hesi

Notes: These are moves that are to be done back to back with no dribbles in between.

#### **2 Ball Zig Zag**

**Each variation full court down and back x 1**

Pound, Alternating, Crossover, Behind the back cross

Notes: Take 3 dribbles right then change direction/crossover to the left and repeat.

### Finishing

#### Drills

#### **Attack The Basket**

Part B: Double cross, through the legs cross, behind the back cross, In N Out Cross

#### Spots

**Both Wings and Top**

#### Quantity

**Each Move 2 Times**

#### **Step Through Finishers**

**Both Wings**

**Make 6 From Both Sides**

Notes: Alternate between attacking left or right with 1 dribble and use your 1-2 step to make a huge shot fake then step through and jump to the basket and finish with a running floater. (think Kobe Bryant)

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE



## Drills

## Shooting

## Spots

## Quantity

### **Form Shooting**

### **Straight On**

### **Make 20 then get 5 swishes**

Notes: Don't forget to bend your knees and shoot with arc. Get your form and touch ready for the shooting workout

### **Toss Outs – Midrange**

### **Baseline to baseline, wing to wing, elbow to elbow, top**

### **10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball then go to the same spot of the opposite side of the court.

### **The Wing Threat Drill**

### **Both Wings and Top**

### **Each move 2 times**

Part C: 1 dribble pull up, 1 dribble step back, 2 dribble pull up, 2 dribble step back

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and execute the designated shot. Alternate between going left and right.

### **Toss Outs – 3's**

### **Baseline to baseline, wing to wing, elbow to elbow, top**

### **10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball then go to the same spot of the opposite side of the court.

### **Range Changers – Midrange & 3**

### **Both Wing and Top**

### **Close to Far and Back In**

Notes: Start in close. Catch and shoot. Shoot until you make it then take a step back. If you miss 4 in a row work back in.

### **The 4<sup>th</sup> Quarter Drill – 3's**

### **All Over the Court**

### **Each variation is 10 shots (50 Total)**

1. Around the world (corner, wing, top, wing, corner and back around) = 10 shots
2. Trail 3's (10 shots from both wings) = 20 shots
3. Pop outs: catch and shoot (10 shots from both wings) = 20 shots

Notes: This drill is 50 shots with NO BREAK! Good shooters make 35. On the Pop Outs: complete one wing then go to other wing. If you don't have a partner run 3 suicides and shoot 10 free throws after each one.

- After each drill shoot until you make 5 free throws -



# INSTANT OFFENSE



## Workout 3-D (Month 3: Day 4)

### The Right Warmup

Jog, Back pedal, Back pedal over fence, Side skipping, Zig zag stutter: Full Court Down and Back  
Groin side step, Knee tuck, Quad activator, Crawler, Every basket layup: To Half Court

### Ball Handling

#### **Finesse Crossovers**

**50 dribbles of each variation**

Stationary: Double taps, through the legs cross left and right, behind the back cross, in n out cross

Notes: Double taps are crossovers with an extra dribble in the middle. Do each full speed and GET LOW!

#### **Footwork Crossovers**

**Each variation full court down and back x 1**

Part B Full Court - Crossover, through the legs, through the legs cross, in n out cross

Notes: Every step is a dribble. Keep the ball low under your knees. Work to get up the court faster and faster.

#### **In N Out Series**

**Each variation full court down and back x 1**

In n out cross, double in n out cross, in n out through the legs, double in n out through the legs, in n out around the back, double in n out around the back

Notes: Take 1 or 2 dribbles then execute the move. Keep the ball tight and don't carry.

### Finishing

#### Drills

#### Spots

#### Quantity

#### **Game Winning Floaters**

**Top (beyond NBA 3)**

**Make 5 with the left and right**

Notes: Start in between the 3 and half court on the basket line. Use any crossover and attack the basket with a big jump stop and shoot a floater off two feet.

#### **The Eurostepper**

**Both Wings and top**

**Make 4 from each spot**

Notes: From the wing: Penetrate middle out of triple threat or crossover, take 1 dribble, and eurostep back in the opposite direction. From the top attack either left or right and eurostep back in the opposite direction. (finish with reverse layups)

- After each drill shoot until you make 5 free throws -

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# INSTANT OFFENSE



## Shooting

**Toss Outs W/ Pick & Roll –  
Midrange**

**Baseline to baseline, wing to  
wing, elbow to elbow, top**

**10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, take a dribble to the middle of the court and shoot.

**The Wing Threat Drill**

**Both Wings and Top**

**Each move 6 times**

Part D: 1 dribble step back, 2 dribble step back

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and execute the designated shot. Alternate between going left and right.

**Toss Outs W/ Pick & Roll – 3's**

**Baseline to baseline, wing to  
wing, elbow to elbow, top**

**10 from each spot (4 spots)**

Notes: Start under the basket and toss the ball out to yourself. Catch, take a dribble to the middle of the court and shoot.

**Balance Busters – Mid range &  
3's**

**All 5 Spots**

**10 from each spot**

Both baselines, both wings, and top

Notes: Start 1 step in front of the spot. As the ball is in the air step backwards, catch the ball, and shoot with focus on staying on balance. Shoot 5 midrangers then 5 3's before moving on to the next spot. If you don't have a rebounder just toss the ball to yourself with backspin and step backwards.

**Footwork Shooting – 3's**

**5 Spots**

**10 from each spot**

Back and forth spots: Baseline to wing, wing to top, elbow to elbow, top to wing, wing to baseline

Notes: Work on getting your footwork consistent. Shoot the ball from one spot and then run to the next and shoot. If you don't have a partner start in one position, toss the ball to yourself and catch the ball and execute your footwork and shoot.

**Trail 3's**

**3 Spots**

**Both Wings and Top**

Notes: Run and touch half court then sprint into your shot. Goal is to stop on a dime and pull up from the designated spot. If you don't have a rebounder toss the ball in front of yourself and sprint into it.

- After each drill shoot until you make 5 free throws -

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