

**INSTANT
OFFENSE**

WEEKLY TESTS



Power Crossovers

50 dribbles of each crossover

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

Time how long it takes to complete all the variations together and record that in total seconds!

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

Time how long it takes to complete all the variations together and record that in total seconds!

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

Time how long it takes to complete all the variations together and record that in total seconds!

Spot Up Shooting – Midrange

Both Baselines, 2 Wings, Top

10 from each spot

Record how many you make out of 50 on the next page

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

Record how many you make out of 50 on the next page

The Wing Threat Drill

Both Wings and Top

Each move 4 times

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

Record how many you make out of 24 on the next page

Spot Up Shooting – 3's

Both Baselines, 2 Wings, Top

10 from each spot

Record how many you make out of 50 on the next page

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

Record how many you make out of 50 on the next page

Shoot 50 Free Throws

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Proven Basketball Training For Serious Athletes



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WEEKLY TESTS

Print This Out, Take It To The Gym, And Record Your Results



Power Crossovers

Test # Time

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Footwork Crossovers

Test # Time

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Quick Change Crossovers

Test # Time

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Free Throws

Test # Results

1	/50
2	/50
3	/50
4	/50
5	/50
6	/50
7	/50
8	/50
9	/50
10	/50
11	/50
12	/50

Spot Up Midrange

Test # Results

1	/50
2	/50
3	/50
4	/50
5	/50
6	/50
7	/50
8	/50
9	/50
10	/50
11	/50
12	/50

Footwork Shooting Midrange

Test # Time

1	/50
2	/50
3	/50
4	/50
5	/50
6	/50
7	/50
8	/50
9	/50
10	/50
11	/50
12	/50

Wing Threat Drill

Test # Time

1	/24
2	/24
3	/24
4	/24
5	/24
6	/24
7	/24
8	/24
9	/24
10	/24
11	/24
12	/24

Spot Up 3's

Test # Time

1	/50
2	/50
3	/50
4	/50
5	/50
6	/50
7	/50
8	/50
9	/50
10	/50
11	/50
12	/50

Footwork Shooting 3's

Test # Results

1	/50
2	/50
3	/50
4	/50
5	/50
6	/50
7	/50
8	/50
9	/50
10	/50
11	/50
12	/50

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