



# WEEK 1

## BALLER

### [BOOTCAMP]



## Notes

This is the foundation week where we will work to get the basic footwork and understanding of the shooting workouts. Don't get frustrated with missing shots. Focus on the footwork. By the end of this program I hope that you can master shooting out of this footwork which in turn will make your shot quicker and more accurate in the games. With that said make sure you read everything under the drill title so that you make sure to do the drill correctly.

Don't be lazy. Go full speed on every drill so that you create a high standard for yourself for the rest of the program. Stay low on the Wing Series drills and make sure your jab steps are crisp and hard. Remember, to set a goal for the Toss Outs out of 10 (for example: I must make 7/10 from each spot). If you don't reach that goal you must repeat that spot after you complete all the other spots. On the Pull Up Dribble Moves take 1 dribble after the move.



### WORKOUT 1 - A

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step (left, right and right left)

**1-2 Step Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Jab and go, jab and cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step (left, right and right left)

**Pull Up Dribble Moves**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Crossover, Through the legs, Around the back, In N out

**Deep 3's**      **Make 3 From Each Spot**      **3/   3/   3/   3/   3/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – 1-2 step (left, right and right, left)



**Shoot 5 Free Throws After Each Drill**



### WORKOUT I - B

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jumpstop into the shot

**1-2 Step Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jumpstop into the shot

**Transition Pull Ups  
Midrange**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – 1-2 step (Focus on big steps, quick feet and high release)

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**





### WORKOUT I - C

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right left)					
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right left)					
<b>Pull Up Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step (left, right and right, left) <b>Moves</b> – Crossover, Through the legs, Around the back, In N out					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step (left, right and right, left)					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT I - D

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jumpstop into the shot

**1-2 Step Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jumpstop into the shot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 2

## BALLER

### [BOOTCAMP]



## Notes

This is also a foundation week. I know that some of the footwork feel funny for you, but you must realize that this is very important if you want your training to transfer to the games. In time it will feel more and more natural and then you won't even have to think about it. This program switches between using the 1-2 step and the jump stop into your shot because you need to do both. In the game you can't plan on what to use and therefore you need to be comfortable doing both.

This week we introduce some new dribble move for the Pull Up Dribble Moves so make sure you read what moves to do. When doing the Wing Series drill you will now be jump stopping into your shot sometimes. Make sure you use your legs to release the ball at the peak of your shot and have a high release. The jump stop pull up is a bit slower than the 1-2 step so this drill is designed to simulate you rising up over the defense to shoot.







### WORKOUT 2 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right, left)					
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right left)					
<b>Pull Up Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step (left, right and right, left) <b>Moves</b> – Double In N out, In N out cross, In N out around the back, In N out through the legs					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step (left, right and right, left)					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 2 - B

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jumpstop into the shot					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Transition Pull Up Midrange</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – Jump stop into your shot <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Elbows and elbow 3's (4 spots) <b>Footwork</b> – Jump stop into your shot. Focus on getting your shot off quickly with a high release <b>Moves</b> – Curl (act as if you are curling off a down screen to the elbow)					



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 2 - C

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right, left)					
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (left, right and right left)					
<b>Pull Up Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – Jump stop <b>Moves</b> – Double In N out, In N out cross, In N out around the back, In N out through the legs					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop					



Shoot 5 Free Throws After Each Drill



### WORKOUT 2 - D

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jumpstop into the shot					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Transition Pull Up 3's</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step into shot (left, right and right, left) <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Short corners and corner 3's (4 spots) <b>Footwork</b> – Fade footwork (Focus on big steps, quick feet and high release) <b>Moves</b> – Fade (act as if you are fading off a down screen to the corner)					



**Shoot 5 Free Throws After Each Drill**



# WEEK

# 3

## BALLER

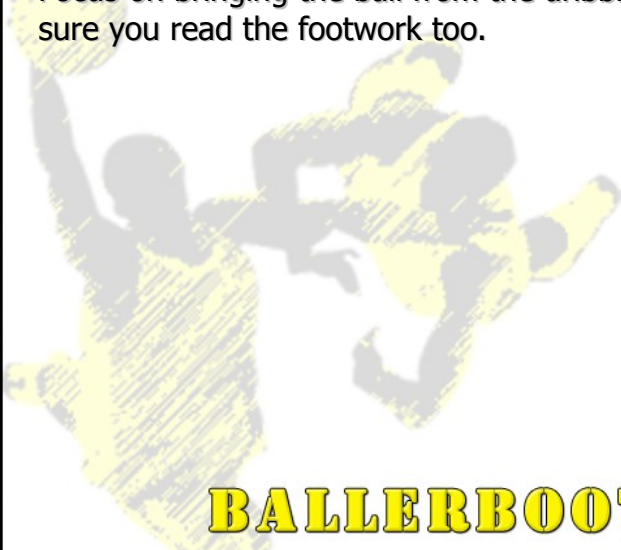
## [BOOTCAMP]



### Notes

Ok, it's now time to take it to the next level a little bit. If you are already a high level player then I think that this program will now start to challenge you. If you are a youth player and are still struggling with the first two weeks that is ok too. These drills still focus on the important tasks and basic footwork from the first two weeks. These drills just add another element to the movement.

To be a good shooter you have to be able to shoot off the dribble. So for the Toss Outs we have added a dribble on some days. Toss the ball out, and take a dribble to the side and shoot the ball. This is different from the Wing Series as you will not be taking your dribble in the direction of the basket. Catch the ball and simulate coming off an on-ball pick and then shoot the ball. Focus on bringing the ball from the dribble into your shot pocket as quick as possible. Make sure you read the footwork too.







### WORKOUT 3 - A

DRILL	QUANTITY	RESULTS				
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (right, left and left, right)						
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation						
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (right, left and left, right)						
<b>Pull Up Dribble Moves With Spin Move</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top *After first cross take 1 dribble and then spin back into your shot <b>Footwork</b> – 1-2 step (left, right and right, left) <b>Moves</b> – Crossover, Through the legs, Around the back, In N out						
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step (left, right and right, left)						



Shoot 5 Free Throws After Each Drill



### WORKOUT 3 - B

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jumpstop into the shot					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Transition Pull Up Midrange</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step into your shot <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Elbows and elbow 3's (4 spots) <b>Footwork</b> – Jump stop into your shot. Focus on getting your shot off quickly with a high release <b>Moves</b> – Curl (act as if you are curling off a down screen to the elbow)					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 3 - C

DRILL	QUANTITY	RESULTS				
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (right, left and left, right)						
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation						
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 step (right, left and left, right)						
<b>Pull Up Dribble Moves With Spin Move</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top *After first cross take 1 dribble and then spin back into your shot <b>Footwork</b> – 1-2 step (left, right and right, left) <b>Moves</b> – Double In N out, In N out cross, In N out around the back, In N out through the legs						
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop into your shot						



Shoot 5 Free Throws After Each Drill





### WORKOUT 3 - D

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jumpstop into the shot

**Jump Stop Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop into your shot (Except on hesitations)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 4

## BALLER

### [BOOTCAMP]



## Notes

This week we introduce the Counter Wing Series. The reason it is called that is because the moves you will be practicing are counters to good defense. Lets say that after your jab and go the defense reads the move and cuts you off. You need to be able to counter that and still get off a good shot. Also, it could be that the defense jumps back and gives you space. This is a good time to hesitate, freeze the defender, and then shoot in his face. Make sure you watch the video drill demo on the counters to see exactly how to execute the moves.

I hope you are being consistent with your training and implementing each workout at full speed. After this week you will already be 1/3 of the way finished with the program and so it is important that you are diligent and focused.



### WORKOUT 4 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Counter Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot					
<b>Toss Outs With Dribble</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Pull Up Dribble Moves With Spin Move</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top *After first cross take 1 dribble and then spin back into your shot <b>Footwork</b> – 1-2 step (left, right and right, left) <b>Moves</b> – Cross over, Through the legs, Around the back, In N out					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop into your shot					



Shoot 5 Free Throws After Each Drill





### WORKOUT 4 - B

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Counter Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Transition Pull Up Midrange</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step into your shot <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Elbows and elbow 3's (4 spots) <b>Footwork</b> – 1-2 step. Focus on getting your shot off quickly with a high release <b>Moves</b> – Curl (act as if you are curling off a down screen to the elbow)					



Shoot 5 Free Throws After Each Drill

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### WORKOUT 4 - C

DRILL

QUANTITY

RESULTS

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Counter Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Pull Up Dribble Moves  
With Spin Move**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Double In N out, In N out cross, In N out around the back, In N out through the legs

**Deep 3's**      **Make 3 From Each Spot**      **3/   3/   3/   3/   3/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – 1-2 step (right, left and left, right)



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 4 - D

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Counter Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop into your shot (Except on the hesitations)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**





# WEEK 5

## BALLER

### [BOOTCAMP]



## Notes

This week we introduce the step jump jump shot. This is a pretty advanced shot, but if you can shoot it at a high percentage then you really can become a deadly scorer. Make sure that you don't fade away on the shot as this is the biggest mistake players make.

Also, on some days you will be shooting your toss outs off of the reverse pivot. This is a good drill to focus on shooting the ball over a defender. Most defenders will drop their hands on the reverse pivot due to the fact that they are in danger of you sweeping through and getting to the basket. Make sure your pivots are fast and crisp to fake the defender into thinking you are sweeping through so you can shoot over them.



### WORKOUT 5 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Reverse pivot then shoot

<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
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**Spots** – Both wings and top

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
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**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Reverse pivot then shoot

<b>Step Back Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
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**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Cross over, Through the legs, Around the back, In N out

<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
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**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – 1-2 step (right, left and left, right)



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 5 - B

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Counter Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Transition Pull Up Midrange</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Elbows and elbow 3's (4 spots) <b>Footwork</b> – 1-2 step. Focus on getting your shot off quickly with a high release <b>Moves</b> – Curl (act as if you are curling off a down screen to the elbow)					



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 5 - C

DRILL

QUANTITY

RESULTS

**Toss Outs Reverse Pivot      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Reverse pivot then shoot

**1-2 Step Wing Series      Each Move 4 Times      /12   /12   /12**

**Spots** – Both wings and top  
**Footwork** – Reverse pivot, Reverse pivot cross  
**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Outs Reverse Pivot      10 From Each Spot      /10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Reverse pivot then shoot

**Step Back Dribble Moves      Each Move 3 Times      /12   /12   /12   /12**

**Spots** – Both Wings and Top  
**Footwork** – Step back (After your move take 1 dribble and then step back)  
**Moves** – Double In N out, In N out cross, In N out around the back, In N out through the legs

**Deep 3's      Make 3 From Each Spot      3/   3/   3/   3/   3/**

**Spots** – Both corners, Both wings, Top (5 spots)  
**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 5 - D

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Counter Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Transition Pull Up  
Midrange**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop into your shot (Except on the hesitations)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 6

## BALLER

### [BOOTCAMP]



## Notes

This week is very similar to the previous one. Some of these shots (like step backs off the dribble) take time to master and that is why I want to dedicate more than just one week to mastering these shots. If the 1-2 Step Wing Series drills are becoming pretty easy for you to shoot a high percentage then you need to focus on faster, stronger, and lower. Start low and explode into the dribble and then stop on a dime and pull up and shoot the ball with a high release.

I hope that you are starting to see an improvement in your deep threes and your downscreen footwork. The reason we shoot deep threes a couple times a week is to strengthen your shot. Make sure you use your legs and keep your form as much as possible. We also do the downscreen footwork twice a week because if you want to be a shooter you have to be able to shoot a high percentage off of screens and the footwork needs to be second nature.

We are half way through the program after this week so it's time to step up the intensity. Go harder this week then you did last week!





### WORKOUT 6 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Reverse pivot then shoot					
<b>1-2 Step Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Reverse pivot then shoot					
<b>Step Back Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top <b>Footwork</b> – Step back (After your move take 1 dribble and then step back) <b>Moves</b> – Cross over, Through the legs, Around the back, In N out					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step (right, left and left, right)					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 6 - B

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Counter Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Reverse pivot, Reverse pivot cross <b>Moves</b> – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step (right, left and left, right)					
<b>Transition Pull Up Midrange</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 step <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Elbows and elbow 3's (4 spots) <b>Footwork</b> – 1-2 step. Focus on getting your shot off quickly with a high release <b>Moves</b> – Curl (act as if you are curling off a down screen to the elbow)					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 6 - C

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Reverse pivot then shoot					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Reverse pivot then shoot					
<b>Step Back Dribble Moves</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
<b>Spots</b> – Both Wings and Top <b>Footwork</b> – Step back (After your move take 1 dribble and then step back) <b>Moves</b> – Double In N out, In N out cross, In N out around the back, In N out through the legs					
<b>Deep 3's</b>	<b>Make 3 From Each Spot</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>	<b>3/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop into your shot					



Shoot 5 Free Throws After Each Drill





### WORKOUT 6 - D

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Counter Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop into your shot. (Except on the hesitations)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 7

## BALLER

### [BOOTCAMP]



### Notes

This week we introduce new dribble moves. This drill is becoming much more complex now with these two dribble move combos and step back jump shots. If you are having difficulty with this drill just take it slow and in time you will improve and can speed up the drill. We also introduce the Step Back Wing Series. If you are having trouble executing the step back you need to go online and watch the video drill demos on the step backs and watch how it is done.

Finally, all great shooter have the ability to shoot out of a jab step. This week you can practice this ability in the Toss Outs With Jab drill. The important thing is that you use a hard jab and at the same time you don't let that throw you off balance.



### WORKOUT 7 - A

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step

**Pull Up Dribble Moves**      **Each Move 4 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Deep 3's**      **Make 3 From Each Spot**      **3/   3/   3/   3/   3/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 7 - B

DRILL

QUANTITY

RESULTS

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Step Back Wing Series      Each Move 4 Times      /12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Step Back Dribble Moves      Each Move 4 Times      /12   /12   /12   /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Down Screen Footwork      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – 1-2 step. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 7 - C

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Pull Up Dribble Moves  
With Spin Move**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Deep 3's**      **Make 3 From Each Spot**      **3/   3/   3/   3/   3/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – 1-2 step



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 7 - D

DRILL

QUANTITY

RESULTS

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step, jab, shoot

**Step Back Wing Series      Each Move 4 Times      /12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Step Back Dribble Moves      Each Move 4 Times      /12   /12   /12   /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Down Screen Footwork      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**





# WEEK 8

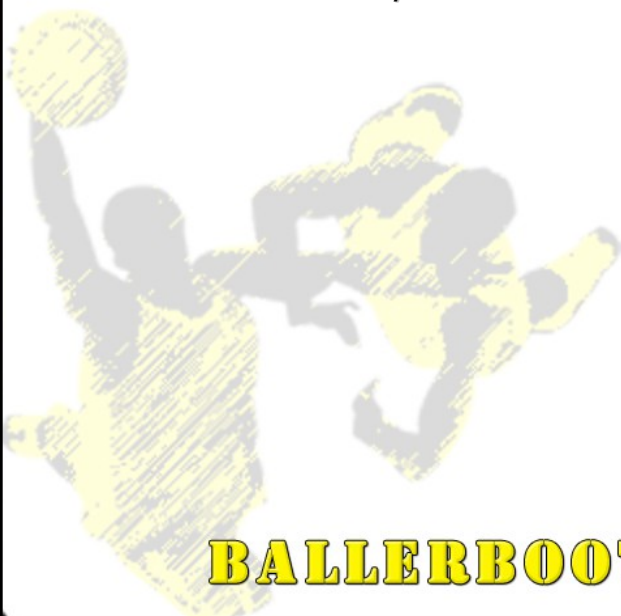
## BALLER

### [BOOTCAMP]



## Notes

This week we bump up the number of shots to make on the Deep Threes. By this point in the program you should start to feel comfortable on the different footwork required to be a good shooter. Before you start this week take a look back on your shooting numbers from the beginning of the program. Lets really focus this week on showing a large amount of improvement in each drill. I know that after 7 weeks of the same program you can start to get a little bored, but if you are able to see some actual improvement then you will instantly be re-motivated and will catch your second wind, get after it!





### WORKOUT 8 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>1-2 Step Wing Series</b>	<b>Each Move 6 Times</b>	<b>/18</b>	<b>/18</b>	<b>/18</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop into your shot					
<b>Pull Up Dribble Moves</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – Jump stop <b>Moves</b> – Double cross, Switch hand double cross, Killer double cross					
<b>Deep 3's</b>	<b>Make 5 From Each Spot</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop into your shot					



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 8 - B

DRILL

QUANTITY

RESULTS

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Step Back Wing Series      Each Move 4 Times      /12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Outs With Jab      10 From Each Spot      /10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Step Back Dribble Moves      Each Move 4 Times      /12   /12   /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Down Screen Footwork      10 From Each Spot      /10   /10   /10   /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – 1-2 step. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 8 - C

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step					
<b>Counter Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step					
<b>Pull Up Dribble Moves</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – Jump stop <b>Moves</b> – Double cross, Switch hand double cross, Killer double cross					
<b>Deep 3's</b>	<b>Make 5 From Each Spot</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step					



Shoot 5 Free Throws After Each Drill



### WORKOUT 8 - D

DRILL

QUANTITY

RESULTS

**Toss Outs With Jab**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step, Jab, Shoot

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Outs With Jab**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 step, jab, shoot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 step into your shot

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 9

## BALLER

### [BOOTCAMP]

A large, stylized silhouette of a basketball player in a dynamic pose, colored in a gradient of yellow and black, positioned to the right of the main title.

## Notes

This week we introduce Toss Outs With Shoulder Fake. The way you are going to execute these is by tossing the ball out to the spot, catch the ball with your back to the basket, shoulder fake towards the baseline, and then pivot to the middle and shoot the basketball. This is very difficult from the three point line. If you are not comfortable shooting this shot form three then just use the normal toss outs.

Also, this week are going to step back the Wing Series. Start in triple threat with the ball a little behind where the NBA three point line is. Now when you take your dribble or two and shoot the ball you will be shooting from a few feet further than you did in the previous weeks.





### WORKOUT 9 - A

DRILL

QUANTITY

RESULTS

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – 1-2 Step

**Jump Stop Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)  
**Footwork** – Jab and go, Jab and cross  
**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – 1-2 Step

**Pull Up Dribble Moves**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)  
**Footwork** – Jump stop  
**Moves** – Double cross, Switch hand double cross, Killer double cross

**Deep 3's**      **Make 5 From Each Spot**      **5/   5/   5/   5/   5/**

**Spots** – Both corners, Both wings, Top (5 spots)  
**Footwork** – 1-2 step



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 9 - B

DRILL

QUANTITY

RESULTS

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Counter Wing Series**

**Each Move 4 Times**

**/12 /12 /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Step Back Dribble Moves**

**Each Move 3 Times**

**/12 /12 /12 /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Down Screen Footwork**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – Jump stop into your shot. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**

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### WORKOUT 9 - C

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into your shot

**Pull Up Dribble Moves  
With Spin Move**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Deep 3's**      **Make 5 From Each Spot**      **5/   5/   5/   5/   5/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 9 - D

DRILL

QUANTITY

RESULTS

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**1-2 Step Wing Series**

**Each Move 6 Times**

**/18 /18 /18**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)  
**Footwork** – Reverse pivot, Reverse pivot cross  
**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Transition Pull Up 3's**

**Each Move 4 Times**

**/12 /12 /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)  
**Footwork** – 1-2 step into your shot  
**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Short corners and corner 3's (4 spots)  
**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)  
**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**

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# WEEK 10

## BALLER

### [BOOTCAMP]



## Notes

This week we put it all together. Make sure you read every detail on the workouts because this week is very similar to the previous week except for some different footwork stuff. Remember, we are trying to build your footwork so that you are comfortable in any situation when it comes to shooting. The game is unpredictable. Sometimes you will be shooting off of a jump stop and sometimes you will be using 1-2 step and you need to be able to convert those shots into points.

If you are just doing these shooting workouts and nothing else, why not step it up this week. End each workout with 3 suicides or some defensive slides. The goal is to get better as a player and not to just complete the workout.



### WORKOUT 10 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop, reverse pivot, shot					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3) <b>Footwork</b> – Revers pivot, Reverse pivot cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop, reverse pivot, shot					
<b>Pull Up Dribble Moves</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 Step <b>Moves</b> – Through the legs cross, Double through the legs, Through the legs behind the back					
<b>Deep 3's</b>	<b>Make 5 From Each Spot</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – 1-2 step					



Shoot 5 Free Throws After Each Drill





### WORKOUT 10 - B

DRILL

QUANTITY

RESULTS

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Counter Wing Series**

**Each Move 4 Times**

**/12 /12 /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Step Back Dribble Moves**

**Each Move 3 Times**

**/12 /12 /12 /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Down Screen Footwork**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – 1-2 Step. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**

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### WORKOUT 10 - C

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Pull Up Dribble Moves  
With Spin Move**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – Jump stop into your shot

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Deep 3's**      **Make 5 From Each Spot**      **5/   5/   5/   5/   5/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**



### WORKOUT 10 - D

DRILL

QUANTITY

RESULTS

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**1-2 Step Wing Series**

**Each Move 6 Times**

**/18 /18 /18**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Transition Pull Up 3's**

**Each Move 4 Times**

**/12 /12 /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – Jump stop into your shot (Except on the hesitations)

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**

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# WEEK

# 11

## BALLER

## [BOOTCAMP]



### Notes

Two more weeks left! Have you seen an improvement in your shooting ability? I bet you have. If you have a cool story about your improvement I would love to hear about it on our website at <http://facebook.com/ballerbootcamp>. Just go there and submit your story through message or on the facebook wall. At this point in the program you have shot over 9,000 shots. The cool part about it too is that you were able to do that all on your own with nothing more than a basketball, hoop, and this program.

In college I would wake up early at 7:30 am on Saturday mornings in the off season and I would do this program. I liked training alone because I felt like I was getting an edge on my competition and if you have completed this solo program this far you certainly have done that too. Make sure you finish out these last two weeks hard at full speed and I look forward to hearing from you soon!



### WORKOUT II - A

DRILL

QUANTITY

RESULTS

**Toss Outs Midrange**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Jump Stop Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Revers pivot, Reverse pivot cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Out 3's**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Pull Up Dribble Moves**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 Step

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Deep 3's**      **Make 5 From Each Spot**      **5/   5/   5/   5/   5/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – 1-2 step



**Shoot 5 Free Throws After Each Drill**



### WORKOUT II - B

DRILL

QUANTITY

RESULTS

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Counter Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – 1-2 Step

**Step Back Dribble Moves**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – Jump stop. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



**Shoot 5 Free Throws After Each Drill**





### WORKOUT II - C

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, reverse pivot, shot

<b>Step Back Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
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**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
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**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, reverse pivot, shot

<b>Pull Up Dribble Moves With Spin Move</b>	<b>Each Move 3 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>
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**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

<b>Deep 3's</b>	<b>Make 5 From Each Spot</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>
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**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**



### WORKOUT II - D

DRILL

QUANTITY

RESULTS

**Toss Outs With Jab**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**1-2 Step Wing Series**      **Each Move 6 Times**      **/18   /18   /18**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation

**Toss Outs With Jab**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop, hard jab, and then shoot

**Transition Pull Up 3's**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both Wings and Top (Right side use right hand, Left side use left hand)

**Footwork** – 1-2 Step

**Moves** – Quick shot, Hesitation, Pick and roll

**Down Screen Footwork**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Short corners and corner 3's (4 spots)

**Footwork** – Fade footwork (Focus on big steps, quick feet and high release)

**Moves** – Fade (act as if you are fading off a down screen to the corner)



**Shoot 5 Free Throws After Each Drill**



# WEEK 12

## BALLER

### [BOOTCAMP]



## Notes

Week 12, it's finally here. I want you to think back for a quick second. Have you given 100% in this program? Have you been consistent and worked hard in every workout? If the answer is "Yes!" then I am proud of you and hope you have not only improved your footwork and shooting, but built some profound confidence in your overall basketball game.

I also hope you have had fun with this program and can now appreciate the value of handwork. Like I said in the previous week, please visit us on facebook and let us know what you thought of the program and if you still have a hunger to improve you can check out our other programs and our website at <http://www.ballerbootcamp.com>





### WORKOUT 12 - A

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Midrange</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step					
<b>Jump Stop Wing Series</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3) <b>Footwork</b> – Revers pivot, Reverse pivot cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Out 3's</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – 1-2 Step					
<b>Pull Up Dribble Moves</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 Step <b>Moves</b> – Through the legs cross, Double through the legs, Through the legs behind the back					
<b>Deep 3's</b>	<b>Make 5 From Each Spot</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>	<b>5/</b>
<b>Spots</b> – Both corners, Both wings, Top (5 spots) <b>Footwork</b> – Jump stop into your shot					



Shoot 5 Free Throws After Each Drill



### WORKOUT 12 - B

DRILL

QUANTITY

RESULTS

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top  
**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Counter Wing Series**

**Each Move 4 Times**

**/12 /12 /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Jab and go, Jab and cross

**Moves** – 1 dribble hesitation shot, 1 dribble hesitation cross shot, 1 dribble spin move shot

**Toss Outs With  
Shoulder Fake**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Forward pivot (Catch the ball backwards, facing away from the basket)

**Step Back Dribble Moves**

**Each Move 3 Times**

**/12 /12 /12 /12**

**Spots** – Both Wings and Top

**Footwork** – Step back (After your move take 1 dribble and then step back)

**Moves** – Double cross, Switch hand double cross, Killer double cross

**Down Screen Footwork**

**10 From Each Spot**

**/10 /10 /10 /10**

**Spots** – Elbows and elbow 3's (4 spots)

**Footwork** – Jump stop. Focus on getting your shot off quickly with a high release

**Moves** – Curl (act as if you are curling off a down screen to the elbow)



### WORKOUT 12 - C

DRILL

QUANTITY

RESULTS

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into shot

**Step Back Wing Series**      **Each Move 4 Times**      **/12   /12   /12**

**Spots** – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3)

**Footwork** – Reverse pivot, Reverse pivot cross

**Moves** – 1 dribble step back, 2 dribble step back, 2 dribble with hesitation step back

**Toss Outs With Dribble**      **10 From Each Spot**      **/10   /10   /10   /10**

**Spots** – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

**Footwork** – Jump stop into shot

**Pull Up Dribble Moves  
With Spin Move**      **Each Move 3 Times**      **/12   /12   /12   /12**

**Spots** – Both Wings and Top \*After first cross take 1 dribble and then spin back into your shot

**Footwork** – 1-2 step (left, right and right, left)

**Moves** – Through the legs cross, Double through the legs, Through the legs behind the back

**Deep 3's**      **Make 5 From Each Spot**      **5/   5/   5/   5/   5/**

**Spots** – Both corners, Both wings, Top (5 spots)

**Footwork** – Jump stop into your shot



**Shoot 5 Free Throws After Each Drill**





### WORKOUT 12 - D

DRILL	QUANTITY	RESULTS			
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Midrange: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop, reverse pivot, shot					
<b>1-2 Step Wing Series</b>	<b>Each Move 6 Times</b>	<b>/18</b>	<b>/18</b>	<b>/18</b>	
<b>Spots</b> – Both wings and top (Start from behind NBA 3 so that you are shooting from normal 3) <b>Footwork</b> – Jab and go, Jab and cross <b>Moves</b> – 1 dribble pull up, 2 dribble pull up, 2 dribble with hesitation					
<b>Toss Outs Reverse Pivot</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – 3's: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top <b>Footwork</b> – Jump stop, reverse pivot, shot					
<b>Transition Pull Up 3's</b>	<b>Each Move 4 Times</b>	<b>/12</b>	<b>/12</b>	<b>/12</b>	
<b>Spots</b> – Both Wings and Top (Right side use right hand, Left side use left hand) <b>Footwork</b> – 1-2 Step <b>Moves</b> – Quick shot, Hesitation, Pick and roll					
<b>Down Screen Footwork</b>	<b>10 From Each Spot</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>	<b>/10</b>
<b>Spots</b> – Short corners and corner 3's (4 spots) <b>Footwork</b> – Fade footwork (Focus on big steps, quick feet and high release) <b>Moves</b> – Fade (act as if you are fading off a down screen to the corner)					



Shoot 5 Free Throws After Each Drill



# CONGRATS

## BALLER [BOOTCAMP]



**You finished the program!**

**I would love to hear what you thought about the program.**

**Here are some places you can find us:**

**<http://facebook.com/ballerbootcamp>**

**<http://ballerbootcamp.com>**

**<http://youtube.com/hoophonor>**

**BALLERBOOTCAMP.COM**

