

The COMPLETE GUARD Workout



Ball Handling

The 200 Chore Drill

- 50 In N Out, Pound Dribble -
- 50 Through The Legs, Pound Dribble -
- 50 Behind The Back, Pound Dribble -
- 50 Crossover In Front, Pound Dribble -

The Hang Man Drill

- 15 Double Through The Legs -
 - 15 Through The Legs, Cross -
 - 15 Through The Legs, Behind The Back -
- Note:** Make sure to do each with the right & left

Finishing

Point Guard Finishing

- Make 3 Runners Using The Switch Hand Dribble Move -
- Make 3 Floaters Using The Switch Hand Crossover Dribble Move -
- Make 3 Eurostep Floaters Using The Blow By Dribble Move -

Note: Make 3 going right and 3 going left

Shooting

The Shot Creator

Ball Handling Section

- 1 Dribble, Through The Legs -
- 1 Dribble, Behind The Back -
- 1 Dribble, In N Out -

Note: Weave through 4 cones using these moves

Type Of Shot To Take

- Hesitation, Shot -
- Hesitation, In N Out, Shot -
- Hesitation, Through Dribble Cross, Shot -

Reps: 3 of each from the right and left

Quick First Step Pull Ups

- 10 from the right wing, left wing, and top -

Note: Shoot 1 dribble pull ups by tossing the ball, sprinting, then executing the pull up

Crossover Pull Ups

- Crossover, Through the legs, Behind the back -

Note: Make 1 going right & left for each move.

Shoot from both wings and the top

Toss Outs or Spot Up Shooting From Midrange and 3 Pt Line

- 4 Spots: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top (Shoot 10 from each spot)

Note: Run back and forth from spot to spot catching and shooting for Toss Outs.

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