

THE FRESHMAN PROGRAM

COMPLETE THIS PROGRAM 4-5 TIMES A WEEK AND ALTERNATE BETWEEN THE GREEN AND ORANGE WORKOUT

HESI CROSSOVERS

Variations

V Dribble, Double Cross, Double Legs,
Legs Back

Reps

10 of each, both hands

FOOTWORK BALL HANDLING

Variations

Legs Cross, Cross Legs, In N Out
Cross, In N Out Legs

Reps

Full Court & Back For Each

THE CONE GAME 1'S

Variations

In N Outs, Crossovers, Legs, Back

Reps

4 Times Through For Each

CROSS LANE FINISHING

Variations

Hook Shot, Floater

Reps

Make 4 of Each Going R & L

MIDRANGE TOSS OUTS

Variations

Baselines, Wings, Elbows, Top

Reps

Make 5 Of Each

TRIPLE THREAT DEVELOPMENT

Variations

1 dribble pull up, 2 dribble step back

Reps

Make 4 of Each From Both Wings

ATTACK THE BASKET

Variations

Reps

N Out Cross, In N Out Legs, In N Out Back Make 3 Of Each From Both Wings

3 POINT TOSS OUTS

Variations

Reps

Baselines, Wings, Elbows, Top

Make 4 of Each

BEGIN TOOLSET TRAINING

SWITCH HAND MOVES

Variations

Reps

Load Up, Switch Hand Move, Switch
Hand Cross

Make 2 Of Each Going R & L

PICK AND ROLL HEDGE WORK

Variations

Reps

Escape The Hedge, Reject The Hedge

Make 2 Of Each Variation From Both
Wings

FLOATER WORK

Variations

Reps

Take 1, max 2 dribbles from the wing to
shoot a floater

Make 5 From Both Wings

EUROSTEP MASTERY

Variations

Reps

Inside Hand Finish, Outside Hand
Finish, Euro Floater

Make 2 Of Each Going R & L