

THE IN SEASON PROGRAM

FOLLOW THE SCHEDULE OUTLINED INSIDE OF BALLER NATION WHILE USING THIS PROGRAM

HOUR GLASS AGILITY DRILL

Variations

Two feet, Right foot, Left foot, Splits

Reps

3 sets of 5 for each variation

COUNTDOWN DRIBBLING

Variations

Crossover, Through the legs, Behind the back

Reps

Complete the entire series twice

HOUR GLASS AGILITY DRILL

Variations

Two feet, Right foot, Left foot, Splits

Reps

3 sets of 5 for each variation

IN SEASON FINISHING

Variations

Mikans, Sweep reverse, 1 dribble inside hand, Drop step hooks to the middle, Drop step banks

Reps

Make 4 Of Each Variation

IN SEASON TOSS OUTS

Variations

Catch & shoot, 1 dribble pull up left, 1 dribble pull up right

Reps

Make 6 shots from each spot

SHOOT 10 FREE THROWS AFTER EACH DRILL

3 POINT TOSS OUTS

Variations

Baselines, Wings, Elbows, Top

Reps

Make 5 Of Each

GO TO MOVES

Variation Examples

Step back, Snatch back, Spin move,
Crossover, Running off a screen, etc.

Reps

Make 20 total shots off of 2 different
moves.

SHOOT 10 FREE THROWS AFTER EACH DRILL