

# THE IN SEASON PROGRAM

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

## HOUR GLASS AGILITY DRILL

### Variations

### Reps

Two feet, Right foot, Left foot, Splits

3 sets of 5 for each variation

## COUNTDOWN DRIBBLING

### Variations

### Reps

Crossover, Through the legs, Behind the back

Complete the entire series twice

## HOUR GLASS AGILITY DRILL

### Variations

### Reps

Two feet, Right foot, Left foot, Splits

3 sets of 5 for each variation

## IN SEASON FINISHING

### Variations

### Reps

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

Make 4 Of Each Variation

## IN SEASON TOSS OUTS

### Variations

### Reps

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

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**