

THE JUNIOR PROGRAM

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

THE HANGMAN DRILL

Variations

Double through the legs, Through the legs cross, Double through the legs scissor, Through the legs behind the back

Reps

10 Of Each With Both Hands

DOUBLE CROSS ANKLE BREAKERS

Variations

Double crossover, Through the legs cross, Through the legs Scissors

Reps

Full Court & Back For Each

THE CONE GAME 3'S

Variations

Cross/legs/back, Legs/cross/cross, Legs/legs/cross

Reps

4 Times Through For Each

FLAT LINE FINISHING

Variations

Floater, Runner

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, 1 dribble/hesi/1 dribble pull up

Reps

Make 4 of Each From Both Wings

ATTACK THE BASKET

Variations

Cross/legs/back, Legs/cross/cross,
legs/legs/cross

Reps

Make 3 Of Each From Both Wings

3 POINT TOSS OUTS

Variations

Baselines, Wings, Elbows, Top

Reps

Make 4 of Each

BEGIN TOOLSET TRAINING

SCORING OFF A CURL

Variations

Layup, Floater, and Jump shot

Reps

Make 3 Of Each Going R & L

REVERSE THROUGH THE LEGS SNATCH

Variations

Snatch back, Snatch back cross

Reps

Make 3 Of Each Variation Going R & L

REVERSE PIVOT FINISHING

Variations

Reverse pivot and sweep, Reverse
pivot and jab cross

Reps

Make 3 Of Each From Both Wings

THE HARDEN STEP BACK

Variations

Pound cross right, Pound cross left

Reps

Make 4 Of Each Going R & L