

THE SENIOR PROGRAM

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

SCISSOR HESI CROSSOVERS

Variations

Reps

Double cross, Through the legs cross, Behind the back, Double through the legs scissors

10 Double Crosses of Each

IN N OUT SERIES

Variations

Reps

In N Out cross, In N Out through the legs, In N Out around the back

Full Court & Back For Each

THE CONE GAME V SERIES

Variations

Reps

Legs/In N Out/Legs, Legs/Legs back/Legs, Pound cross/In N Out/Pound cross, Pound cross/Legs back/Pound cross

4 Times Through For Each

CRAFTY FINISHING

Variations

Reps

Pro Hop, Layup

Make 4 of Each Going R & L

MIDRANGE TOSS OUTS

Variations

Reps

Baselines, Wings, Elbows, Top

Make 6 Of Each

TRIPLE THREAT DEVELOPMENT

Variations

Reps

1 dribble pull up, 2 dribble behind the back snatch

Make 4 of Each From Both Wings

ATTACK THE BASKET WITH SPIN MOVES

Variations

Spin move, then your move of choice

Reps

Make 6 From Each Wing

3 POINT TOSS OUTS

Variations

Baselines, Wings, Elbows, Top

Reps

Make 5 of Each

BEGIN TOOLSET TRAINING

SPLIT THE HEDGE WORK

Variations

Pound cross split, Around the back split

Reps

Make 4 of each from both wings

THE DEAD LEG MOVE

Variations

Dead leg pull up, Dead leg cross pull up

Reps

Make 5 of each variation going R & L

THROUGH THE LEGS STEP BACK/PULL BACK

Variations

Through the legs step back, Through
the legs pull back

Reps

Make 5 total shots of each

THE DROP STEP DOUBLE PUMP DRILL

Variations

The more advanced you are the further
away from the basket you start

Reps

2 sets of 10 makes