

THE SOPHOMORE PROGRAM

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

POUND CROSSOVERS

Variations

Reps

Pound Cross, Pound Through The
Legs, Pound Behind The Back

10 of each, both hands

FOOTWORK BALL HANDLING

Variations

Reps

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

Full Court & Back For Each

THE CONE GAME 2'S

Variations

Reps

Double cross, Legs/cross, Legs/back,
Back/cross

4 Times Through For Each

LANE LANE FINISHING

Variations

Reps

Floater Off The Glass, Runner Off The
Glass

Make 4 of Each Going R & L

MIDRANGE TOSS OUTS

Variations

Reps

Baselines, Wings, Elbows, Top

Make 5 Of Each

TRIPLE THREAT DEVELOPMENT

Variations

Reps

1 dribble step back, 2 dribble step back

Make 4 of Each From Both Wings

ATTACK THE BASKET

Variations

Legs/cross, Legs/back, Double crossover

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

TONY PARKER MOVES

Variations

Cross spin, Through the legs spin

Reps

Make 4 Of Each Going R & L

PICK AND ROLL REFUSE WORK

Variations

Half spin, Through the legs hesi cross

Reps

Make 3 Of Each Variation From Both Wings

FAKE SPIN AND HALF SPIN

Variations

Fake spin and half spin

Reps

Make 4 Of Each From Both Wings

SHOOTING OFF A BACKSCREEN

Variations

Both Wings and the top

Reps

Make 5 From Each Spot