

# THE YOUTH PROGRAM

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

## POWER CROSSOVERS

### Variations

V Dribble, Double Cross, Double Legs,  
Legs Back

### Reps

10 Of Each Both Hands

## FOOTWORK BALL HANDLING

### Variations

V dribble, Forward V dribble,  
Crossovers, Legs

### Reps

Full Court & Back For Each

## THE CONE GAME FOR YOUTH

### Variations

Crossover, Legs, Back

### Reps

4 Times Through For Each

## DRIBBLE LIMIT LAYUPS

### Variations

1 dribble layup, 2 dribble reverse layup

### Reps

Make 4 of Each From Both Wings

## MIDRANGE TOSS OUTS

### Variations

Baselines, Wings, Elbows, Top

### Reps

Make 5 Of Each

## TRIPLE THREAT DEVELOPMENT

### Variations

1 dribble pull up, 2 dribble pull up

### Reps

Make 4 of Each From Both Wings

## **ATTACK THE BASKET**

### **Variations**

Crossover, Legs, In N Out

### **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**

### **BALL WRAPS**

#### **Variations**

Leg wraps, Figure 8 wraps, Through the legs/Around the back, Knee/Waist/Head

#### **Reps**

20 of Each

### **BANK SHOT TOSS OUTS**

#### **Variations**

Midrange wings

#### **Reps**

2 sets of 10 makes

### **FINGER TIP HANDLING**

#### **Variations**

Typewriter, Double Taps, Ankle taps,  
Seated Leg Dribbles

#### **Reps**

Differs for each variation but mostly 50  
reps of each both hands

### **THE MIKAN DRILL**

#### **Variations**

Regular Mikans and Reverse Mikans

#### **Reps**

2 sets of 20 makes of each variation