

THE YOUTH PROGRAM

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

POWER CROSSOVERS

Variations

Reps

V Dribble, Double Cross, Double Legs,
Legs Back

10 Of Each Both Hands

FOOTWORK BALL HANDLING

Variations

Reps

V dribble, Forward V dribble,
Crossovers, Legs

Full Court & Back For Each

THE CONE GAME FOR YOUTH

Variations

Reps

Crossover, Legs, Back

4 Times Through For Each

DRIBBLE LIMIT LAYUPS

Variations

Reps

1 dribble layup, 2 dribble reverse layup

Make 4 of Each From Both Wings

MIDRANGE TOSS OUTS

Variations

Reps

Baselines, Wings, Elbows, Top

Make 5 Of Each

TRIPLE THREAT DEVELOPMENT

Variations

Reps

1 dribble pull up, 2 dribble pull up

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