

— FRESHMAN PROGRAM —

HESI CROSSOVERS

Reps: 10 hesitations on each variation with each hand.

Variations: V dribble hesi right, V dribble hesi left, Cross hesi right, Cross hesi left, Legs hesi right, Legs hesi left, Legs/back hesi right, Legs/back hesi left

Notes: This is a stationary drill. Complete the move and then pause with the ball (hesi) and repeat.

FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

Variations: Legs/cross, Cross/legs, In n out/cross, In n out/legs

Notes: This is a full court, straight line drill where you take a step with each dribble you take.

THE CONE GAME 1'S (SINGLES)

Reps: 4 successful completions for each variatio

Variations: In n outs, Crossovers, Legs, Back

Notes: While selling each move get through the cones as fast as possible. The cones are in a straight line.

Cone Setup: 

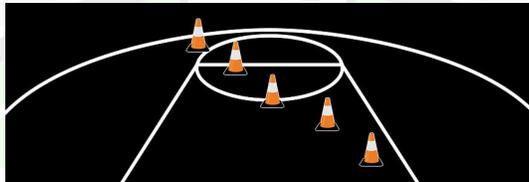
CROSS LANE FINISHING

Reps: Make 4 right and 4 left of each variation then switch sides and repeat

Variations: Hook shot, Floater

Notes: Use any dribble move you want and attack the top cone and either use your 2 steps to finish with a sweeping hook shot or get into a floater.

Cone Setup:



MIDRANGE TOSS OUTS

Reps: Make 5 of each variation

Variations: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

Notes: Start under the basket and toss the ball to one of the spots. Chase it down, catch, and shoot. Rebound and do the same thing to the same spot on the other side.

TRIPLE THREAT DEVELOPMENT

Reps: Make 4 shots per variation. Once completed switch wings and repeat.

Variations: 1 dribble pull up, 2 dribble step back

Footwork: Rocker and go, Rocker jab & cross

Notes: Alternate between attacking middle and baseline.

3 POINT TOSS OUTS

Reps: Make 4 of each variation

Variations: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

Notes: Start under the basket and toss the ball to one of the spots. Chase it down, catch, and shoot. Rebound and do the same thing to the same spot on the other side.

BEGIN TOOLSET TRAINING...

CHOOSE 1 WORKOUT FROM BELOW

THIS MONTHS TOOLSET TRAININGS

Switch Hand Dribble Moves: These are 3 different dribble moves that all build upon each other and act as counters to each other. I call them “the load up move,” “the switch hand move,” and “the switch hand cross.” Watch the video...

Pick & Roll Hedge Work: Here we work on two ways to attack the hedgman to get our shot off. Watch the video...

Floater Work: This is a great way to improve your floater in a game applicable way. Watch the video...

Eurostep Mastery: Here you are going to work on three different ways to eurostep. Watch the video...

GO TO BALLER NATION

— FRESHMAN PROGRAM —

HESI CROSSOVERS

Reps: 50 dribbles of each variation

Variations: V dribble right hand, V dribble left hand, Crossovers hesi right, Crossovers hesi left, Legs hesi right, Legs hesi left, Back hesi right, Back hesi left

Notes: This is a stationary drill. Complete the move and then pause with the ball (hesi) and repeat.

FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

Variations: Legs/cross, Legs/back, In n out/cross, In n out/legs

Notes: This is a full court, straight line drill where you take a step with each dribble you take. Switch hands after 1 full court length.

THE CONE GAME 1'S (SINGLES)

Reps: 4 successful completions

Variations: In n outs, Crossovers, Legs, Back

Notes: While selling each move get through the cones as fast as possible. The cones are in a straight line.

Cone Setup:



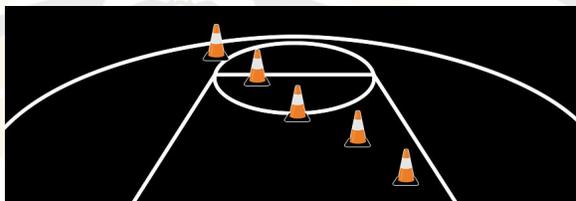
CROSS LANE FINISHING

Reps: Make 4 right and 4 left of each variation then switch sides and repeat

Variations: Hook shot, Floater

Notes: Use any dribble move you want and attack the top cone and either use your 2 steps to finish with a sweeping hook shot or get into a floater.

Cone Setup:



MIDRANGE TOSS OUTS

Reps: Make 5 of each variation

Variations: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

Notes: Start under the basket and toss the ball to one of the spots. Chase it down, catch, and shoot. Rebound and do the same thing to the same spot on the other side.

ATTACK THE BASKET

Reps: Make 3 shots per variation. Once completed switch wings and repeat.

Variations: In n out/crossover, In n out/legs, In n out/back

Finish Type: layup or jump shot

Notes: Always start with the ball in your outside hand.

3 POINT TOSS OUTS

Reps: Make 4 of each variation

Variations: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

Notes: Start under the basket and toss the ball to one of the spots. Chase it down, catch, and shoot. Rebound and do the same thing to the same spot on the other side.

BEGIN TOOLSET TRAINING...

CHOOSE 1 WORKOUT FROM BELOW

THIS MONTHS TOOLSET WORKOUTS

Switch Hand Dribble Moves: These are 3 different dribble moves that all build upon each other and act as counters to each other. I call them “the load up move,” “the switch hand move,” and “the switch hand cross.”

Pick & Roll Hedge Work: Here we work on two ways to attack the hedgman to get our shot off.

Floater Work: This is a great way to improve your floater in a game applicable way.

Eurostep Mastery: Here you are going to work on three different ways to eurostep.

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