

## – IN SEASON PROGRAM –

### HOUR GLASS AGILITY DRILL

**Reps:** 3 sets of 5 for each variation



**Variations:** Two feet, Right foot, Left foot, Splits

**Notes:** Imagine a large hour glass on the ground. Go from point to point around the shape.

### COUNTDOWN DRIBBLING

**Reps:** Complete the series 2 times

**Variations:** Crossover, Through the legs, Behind the back

**Notes:** Take 5 dribbles then make a crossover, then 4, etc.

### FORM SHOOTING

**Reps:** Make 10 for all three variations

**Variations:** Close, Far, With footwork

### IN SEASON FINISHING

**Reps:** Make 4 of each

**Variations:** Mikans, Sweep reverse, 1 dribble inside hand, Drop step hooks to the middle, Drop step banks

**Notes:** Toss the ball to the elbow, chase it, and then use one of the finishes from above.

## IN SEASON TOSS OUTS

**Reps:** Make 6 shots from each spot

**Variations:** Catch & shoot, 1 dribble pull up left, 1 dribble pull up right

**Notes:** Shoot from all 5 spots: Both wings, Both baselines, Top. Start under the basket and toss the ball to one of the spots. Chase it down, catch, and make one of the variations from above.

## 3 POINT TOSS OUTS

**Reps:** Make 5 of each variation

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

## GO TO MOVES

**Reps:** Make 20 total shots off of 2 different moves.

**Variation Examples:** Step back, Snatch back, Spin move, Crossover, Running off a screen, etc.

**Notes:** Score against your imaginary defender.

## SHOOT 10 FREE THROWS AFTER EACH DRILL

## GO TO BALLER NATION