



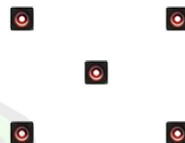
— IN SEASON PROGRAM —

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