

## — THE JUNIOR PROGRAM —

### THE HANGMAN DRILL

**Reps:** 10 moves with each hand for each variation.

**Variations:** Double through the legs, Through the legs cross, Double through the legs scissor, Through the legs behind the back

**Notes:** Execute the move then hesitate, stand up by bringing your feet shoulder width, and then get back into the move.

### DOUBLE CROSS ANKLE BREAKERS

**Reps:** Full court and back for each variation

**Variations:** Double crossover, Through the legs cross, Through the legs Scissors

**Notes:** Work on floating or gliding with the ball by executing each move and moving up the court when you hesitate.

### THE CONE GAME FOR JUNIORS 3'S

**Reps:** 4 successful completions for each variation

**Variations:** Cross/legs/back, Legs/cross/cross, Legs/legs/cross

**Notes:** Take 1 dribble in between each cone and then execute the triple crossover on the next cone and continue.

**Cone Setup:**





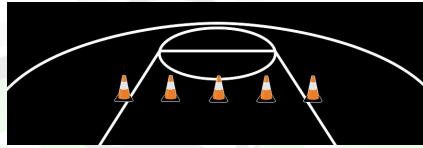
## FLAT LINE FINISHING

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

**Variations:** Floater, Runner

**Notes:** Drive down the lane line and make a crossover at the line and head toward the front of the rim and then finish.

**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, 1 dribble/hesi/1 dribble pull up

**Footwork:** Shot fake and sweep, Shot fake and 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 WORKOUTS

**Scoring Off A Curl:** Curl off of a downscreen and finish in 3 different ways...Layup, Floater, or Jump shot

**Reverse Through The Legs Snatch Back:** Execute this move going right and left and also work on the counter.

**Reverse Pivot Finishing:** Make a reverse pivot or reverse pivot jab cross and attack the basket then make a spin move into your finish.

**The Harden Step Back:** Use a pound crossover to get into your Hard Step Back.

**GO TO BALLER NATION**

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### THE HANGMAN DRILL

**Reps:** 10 moves with each hand for each variation.

**Variations:** Double through the legs, Double through the legs scissor, Through the legs behind the back

**Notes:** Execute the move then hesitate, stand up by bringing your feet shoulder width, and then get back into the move.

### DOUBLE CROSS ANKLE BREAKERS

**Reps:** Full court and back for each variation

**Variations:** Double crossover, Through the legs cross, Double through the legs (Scissors)

**Notes:** Work on floating or gliding with the ball by executing each move and moving up the court when you hesitate.

### THE CONE GAME FOR JUNIORS 3'S

**Reps:** 4 successful completions for each variation

**Variations:** Cross/legs/back, Legs/cross/cross, Legs/legs/cross

**Notes:** Take 1 dribble in between each cone and then execute the triple crossover on the next cone and continue.

**Cone Setup:**



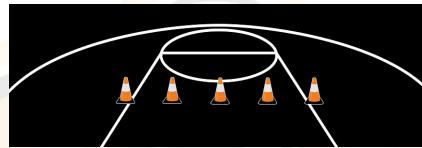
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**Reps:** Make 4 right and 4 left of each variation then switch sides and repeat

**Variations:** Floater, Runner

**Notes:** Drive down the lane line and make a crossover at the line and head toward the front of the rim and then finish.

**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 2 shots per variation from both wings.

**Variations:** Cross/legs/back, Legs/cross/cross, legs/legs/cross

**Notes:** Attack the wing and execute the dribble move and finish with a jump shot or at the basket.

## 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 WORKOUTS

**Scoring Off A Curl:** Curl off of a downscreen and finish in 3 different ways...Layup, Floater, or Jump shot

**Reverse Through The Legs Snatch Back:** Execute this move going right and left and also work on the counter.

**Reverse Pivot Finishing:** Make a reverse pivot or reverse pivot jab cross and attack the basket then make a spin move into your finish.

**The Harden Step Back:** Use a pound crossover to get into your Hard Step Back.

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