



— 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 bring 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:





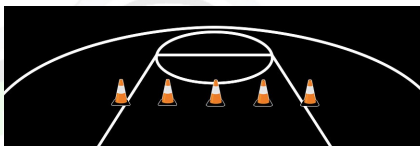
FLAT LINE FINISHING

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

— THE JUNIOR PROGRAM —

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:



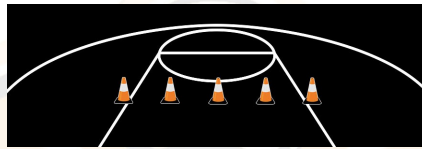
FLAT LINE FINISHING

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.

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.

GO TO BALLER NATION