

— OVERSEAS PRO PROGRAM —

HANDLE PASSING

Reps: 10 passes with each hand for each variation.

Variations: Double through the legs, Through the legs behind the back, Crossover through the legs

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

SNATCH BACK HANDLING

Reps: Full court and back for each variation

Variations: Through the legs snatch, Behind the back snatch, Dead leg snatch

Notes: Start in triple threat and take one dribble and then execute the snatch back and land on 2 feet. Then repeat the same thing in the opposite direction out of triple threat.

THE CONE GAME FOR OVERSEAS PROS

Reps: 4 successful completions for each variation

Variations: Legs/Pull back cross, Legs/Behind the back, Cross/ Reverse through the legs

Notes: While selling each move get through the cones backwards as fast as possible. The cones are angled.

Cone Setup:



REVERSE FINISHING

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

Variations: Reverse off of 1 foot, Reverse off of 2 feet

Notes: Start under the basket and toss the ball to the corner. Grab the ball and sweep back to the basket and take a reverse layup. Try to minimize your number of dribbles.

MIDRANGE TOSS OUTS

Reps: Make 6 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 dead leg jumper

Footwork: Reverse pivot, Reverse pivot and cross

Notes: Alternate between attacking middle and baseline.

3 POINT 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.

BEGIN TOOLSET TRAINING...

CHOOSE 1 WORKOUT FROM BELOW

THIS MONTHS WORKOUTS

Through The Legs Snatch Back: Execute this snatch back going right and left.

The Ultimate Fadeaway: Work on shooting this fadeaway off of one foot. It is very difficult to stop. Practice it going both directions.

Double Through The Legs and Counter Pull Ups: This is a very advanced move where you dribble twice through your legs, hesitate, and then crossover.

Hesi Shooting: Here we are working on shooting out of 3 different types of hesitations.

GO TO BALLER NATION

— OVERSEAS PRO PROGRAM —

HANDLE PASSING

Reps: 10 passes with each hand for each variation.

Variations: Double through the legs, Triple through the legs, Through the legs behind the back

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

SNATCH BACK HANDLING

Reps: Full court and back for each variation

Variations: Through the legs snatch, Behind the back snatch, Dead leg snatch

Notes: Start in triple threat and take one dribble and then execute the snatch back and land on 2 feet. Then repeat the same thing in the opposite direction out of triple threat.

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Variations: Reverse off of 1 foot, Reverse off of 2 feet

Notes: Start under the basket and toss the ball to the corner. Grab the ball and sweep back to the basket and take a reverse layup. Try to minimize your number of dribbles.

MIDRANGE TOSS OUTS

Reps: Make 6 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 6 shots from both wings

Variations: Through the legs

Notes: Line up 3 cones in a row and use through the legs crosses to get through them. Then approach the next cone and make a blow by move and finish with a jumper or at the basket.

3 POINT 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.

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CHOOSE 1 WORKOUT FROM BELOW

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The Ultimate Fadeaway: Work on shooting this fadeaway off of one foot. It is very difficult to stop. Practice it going both directions.

Double Through The Legs and Counter Pull Ups: These are 2 very advanced moves where you dribble twice through your legs, hesitate, and then crossover or pull up.

Hesi Shooting: Here we are working on shooting out of 3 different types of hesitations.

GO TO BALLER NATION