

– SOPHOMORE PROGRAM –

POUND CROSSOVERS

Reps: 10 Crossovers of each variation

Variations: V dribble right hand, V dribble left hand, Crossovers hesi right, Crossovers hesi left, Legs hesi right, Legs hesi left, Back hesi right, Back hesi left

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

SOPHOMORE FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

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

Notes: This is a full court drill where you take a step with each dribble you take. Switch hands after 1 full court length.

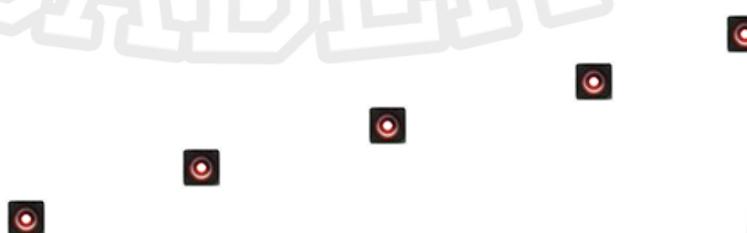
THE CONE GAME 2'S

Reps: 2 of each variation. Then switch the angle and repeat.

Variations: Double cross, Legs/cross, Legs/back, Back/cross

Notes: Take 1 dribble in between. Cones should be angled.

Cone Setup:





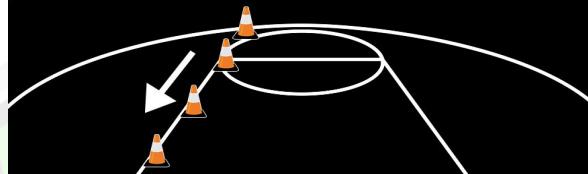
LANE LINE FINISHING

Reps: Make 4 of each variation then switch to the other side.

Variations: Floater off the glass, Runner off the glass

Notes: Use any dribble move you want and attack the top cone and either use your 2 steps to finish (layup) or pro hop. The higher and wider you start the “V” the more difficult this is.

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 step back, 2 dribble step back

Footwork: Shield and sweep, Shield 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 ONE WORKOUT FROM BELOW

THIS MONTHS WORKOUTS

Tony Parker Move: This move where TP makes a crossover and then spin move to finish inside is great for guards. The 2 variations are crossover spin and through the legs spin.

Pick & Roll Refuse Work: Here we work on 2 different ways to refuse an on-ball screen.

Fake Spin & Half Spin: These are 2 different dribble moves that are not often taught, but are very effective. They are used as a change of speed.

Shooting Off Of A Back Screen: As a shooter it's hard to get open. Setting a back screen is a great way to do that.

GO TO BALLER NATION

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POUND CROSSOVERS

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

SOPHOMORE FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

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

Notes: This is a full court drill where you take a step with each dribble you take. Switch hands after 1 full court length.

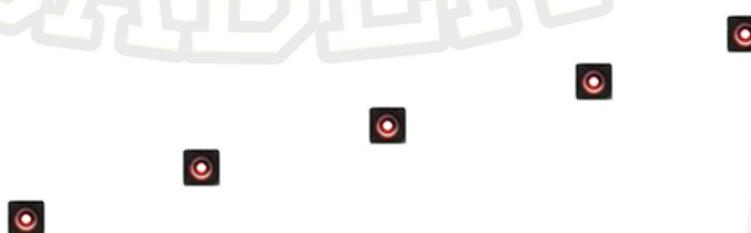
THE CONE GAME 1'S

Reps: 2 of each variation. Then switch the angle and repeat.

Variations: Double cross, Legs/cross, Legs/back, Back/cross

Notes: Take 1 dribble in between. Cones should be angled.

Cone Setup:



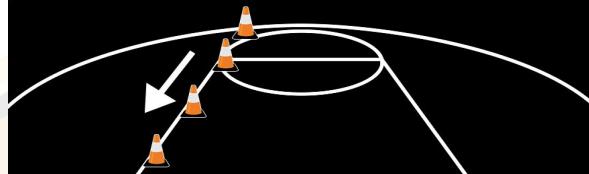
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Cone Setup:



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 3 shots per variation. Once completed switch wings and repeat.

Variations: Legs/cross, Legs/back, Double crossover

Finish Type: layup or jump shot

Notes: Always start with the ball in your outside hand.

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

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Watch the video...

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