

— THE NBA PROGRAM —

OFF HAND HESI CROSSOVERS

Reps: 10 double crosses with each hand for each variation.

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

Notes: Every time you hesitate **touch the wall** with your hand.

FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

Variations: In N Out/Legs/Around the back, Legs/Back/Around the back, Cross/Legs/Back/Around the back

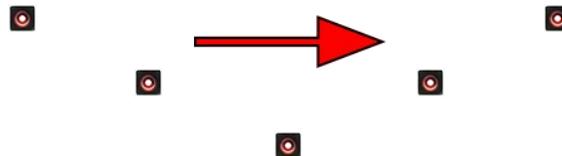
Notes: The focus on this drill is the around the back dribble. Really wrap it around and get up the court.

THE CONE GAME

Reps: 4 successful completions for each variation

Variations: Cross.legs.back/In N Out, Cross.legs.back/Cross.legs, Legs.back.back/In N Out, Legs.back.back/Cross.legs

Notes: Execute each move and then glide to the next cone and repeat.



Cone Setup:

SPIN MOVE FINISHING

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

Variations: Spin move/layup, Spin move/shot fake/step through

Notes: Attack from the top and make a move. Take 1 dribble and then use a spin move to get into your finish.

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 through the legs snatch

Footwork: Your choice

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

Jamal Crawford Finish: We will work on 2 different variations of this pro hop. The first is with a through the legs and the 2nd is with a behind the back.

Fading Off A Down Screen: Work on using a downscreen and fading to the corner for a jump shot or 1 dribble pull up.

Behind The Back Side Step: This move is different from the step back and is a tricky change of direction move. We will work on shooting off it and the counter as well.

Straight Line Reverse: This finish can be used as a way to to avoid getting blocked by bigger defenders by using the rim as protection. You will be jumping off the wrong foot with this as well.

GO TO BALLER NATION

— OVERSEAS PRO PROGRAM —

OFF HAND HESI CROSSOVERS

Reps: 10 double crosses with each hand for each variation.

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

Notes: Every time you hesitate **touch the wall** with your hand.

FOOTWORK BALL HANDLING

Reps: Full court and back for each variation

Variations: In N Out/Legs/Around the back, Legs/Back/Around the back, Cross/Legs/Back/Around the back

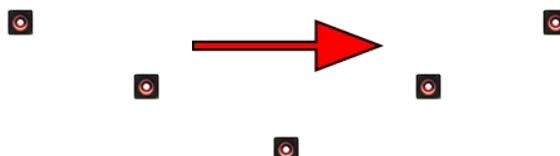
Notes: The focus on this drill is the around the back dribble. Really wrap it around and get up the court.

THE CONE GAME

Reps: 4 successful completions for each variation

Variations: Cross.legs.back/In N Out, Cross.legs.back/Cross.legs, Legs.back.back/In N Out, Legs.back.back/Cross.legs

Notes: Execute each move and then glide to the next cone and repeat.



Cone Setup:

SPIN MOVE FINISHING

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

Variations: Spin move/layup, Spin move/shot fake/step through

Notes: Attack from the top and make a move. Take 1 dribble and then use a spin move to get into your finish.

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: Pound cross

Notes: Line up 3 cones in a row and use pound crosses to weave through them. Then approach the next cone and make any 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.

BEGIN TOOLSET TRAINING...

CHOOSE 1 WORKOUT FROM BELOW

THIS MONTHS WORKOUTS

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