

## — YOUTH PROGRAM —

### POWER CROSSOVERS

**Reps:** 50 dribbles of each variation

**Variations:** V dribble right hand, V dribble left hand, Forward V dribble right hand, Forward V dribble left hand, Crossovers, Legs, Legs switched, Back

**Notes:** This is a stationary drill. Stay low and keep your eyes up. Dribble as hard and fast as you can on each rep.

### YOUTH FOOTWORK BALL HANDLING

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

**Variations:** V dribble, Forward V dribble, Crossovers, Legs

**Notes:** This is a full court drill where you take a step with each dribble you take. Work to move your feet faster and have the ball keep up.

### THE CONE GAME FOR YOUTH

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

**Variations:** Crossover, Legs, Back

**Notes:** Take 2 dribbles between crossovers

**Cone Setup:**



## DRIBBLE LIMIT LAYUPS

**Reps:** Make 4 from both wings of each variation

**Variations:** 1 dribble layup, 2 dribble reverse layup

**Notes:** Out of triple threat use only 1 dribble to get a layup from the wing. Only attack baseline for both variation

## 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 FOR YOUTH

**Reps:** Make 4 shots per variation. Once completed switch wings and repeat.

**Variations:** 1 dribble pull up, 2 dribble pull up

**Footwork:** Jab & go, 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 YOUTH TOOLSET TRAINING...

Choose 1 of the workouts from below

**Ball Wraps:** Finish up your workout with this quick workout great for youth players to improve their ball handling

**Bank Shot Toss Outs:** Start under the basket and toss the ball to the short wing, catch and shoot a bank shot. Get your own rebound and repeat to the other side.

**Fingertip Handling:** Sit on the ground and complete this mini ball handling workout and strengthen your fingertips while working on your fingertip control.

**The Mikan Drill:** Work on your finishing by making 20 Regular Mikans and 20 Reverse Mikans and then repeat.

GO TO BALLER NATION

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**Cone Setup:**





## DRIBBLE LIMIT LAYUP

**Reps:** Make 4 from both wings of each variation

**Variations:** 1 dribble layup, 2 dribble reverse layup

**Notes:** Out of triple threat use only 1 dribble to get a layup from the wing. Only attack baseline for both variation

## 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:** Crossover, Legs, In N Out

**Finish Type:** layup or jump shot

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

## 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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