

THE ELITE SKILL WORKOUT

1. CRAFTY BALL HANDLING

Reps: 10 with the right & left for each variation

Notes: Exaggerate each move and execute proper footwork

Variations: Allen Iverson crossovers, Switch hand cross, Switch hand reverse through the legs

2. THE DOUBLE CROSS DRILL

Reps: Full court and back for each variation

Notes: Take 1 dribble then execute one of the double crosses

Variations: Double cross, Through the legs cross, Behind the back cross

3. THE BABY PRO HOP DRILL

Reps: 2 Sets of each variation (4 total sets)

Notes: Make a pro hop in one direction and shoot a short floater. Then continue to the next spot.

Variations: Shoot with same hand you dribble with, Shoot with the opposite hand you dribble with.

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4. MID RANGE TOSS OUTS

Reps: Shoot 10 of each variation

Variations: Baseline to baseline, Wing to wing, Elbow to elbow, Top to top

Notes: If you have a partner you can shoot spot up jumpers here instead. Shoot 10 from 5 spots if shooting spot ups.

5. THE WEAVE DRILL

Reps: Shoot 5 going right and 5 going left for each variation.

Notes: Setup 5 cones in a straight line and weave through the cones and get into your jump shot.

Variations: 2 dribble through the legs, 1 dribble through the legs

5. THREE POINT TOSS OUTS

Reps: Shoot 10 of each variation

Notes: If you have a partner you can just shoot spot up jumpers here instead. Shoot 10 from 5 spots if shooting spot

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