

3220 Elite Workout

Ball Handling

*Both posts and guards start your workout with the ball handling portion of the workout.

*Warm up by handling the ball at half speed 8-10 times up and down the court.

*After you are warm do the following moves down and back at full speed.

*Do each set two times.

*Make sure that you zigzag.

• Keep eyes up at all times! Do not look at the ball!

• Handle the ball at game speed. Remember that these four ball handling moves are used as a change of direction to get past the defense. Once you make your move and get around the defense explode full speed.

• Make sure you protect the ball the hand and arm that you are not dribbling with.

• Keep the ball as low as you can. It should go no higher than your knees.

• Rest a few seconds between each move so that you can go full speed.

1 Time Down and Back	2nd Time Down and Back	
		1. Crossover- Plant your outside leg and crossover in front of your knees. (not waist)
		2. Behind the knees- Similar to behind the back, but it is lower. When you are ready to change direction use a jump stop and go behind your knees then explode the other direction.
		3. Through the legs- When you change direction go through the legs as you jump stop then explode the other direction.
		4. Reverse pivot (Spin move) - When you are ready to change direction you turn your back to the defender and pull the ball through with one hand to the other.

Post Moves

*Make sure your dropsteps are low and strong, and that you are dropping toward the hoop.

*Explode strong to the hoop when you shoot the ball, protecting the ball with your off hand and arm.

*Your power dribble should be strong and with two hands.

5 Times on Left Side	5 Times on Right Side	
		5 dropsteps baseline on each side of the lane
		5 dropsteps middle on each side of the lane
		5 turnaround jump shots turning middle on each side of the lane (use backboard)
		5 turnaround jump shots turning baseline on each side of the lane (use backboard)
		5 up and under moves middle (fake shot and take a power dribble toward the basket)
		5 up and under moves baseline
		Practice developing a jump hook with both your right and left hand

Jab Moves Sequence

Points of emphasis on the jab sequence:

*Catch the ball behind the 3 point arc

*Catch the ball in triple threat position

*Jab either right or left foot at the imaginary defense in front of you. (practice both feet)

*Make sure that you use the glass when the angle permits you to on your jump shots. The backboard shot is the easiest shot in basketball if worked on.

5 Times jabbing to the left	5 Times jabbing to the right	
		*Jab and go move: Jab foot at defense then take one quick dribble to the basket. After that one dribble use a big jump stop. At the height of your jump shot release the ball. (If you jab your right foot then you dribble with your right hand. If you jab your left foot then you dribble with your left hand.)
		*Jab and crossover move: Jab foot at defense then bring foot across body and take one dribble at the basket using the hand opposite that you jabbed with.
		Jab, shot fake, and go move: Jab with either foot, then fake the three point shot and when the imaginary defense jumps to block the shot take one quick dribble to the basket. (Depending on which direction the defense jumps at you determines whether you use the Crossover move or Go move).

**Alternate doing Shooting Workout I & II

Shooting Workout

Points of emphasis:

*Make sure you pivot on the inside foot during your elbow-elbow and elbow-baseline shots. This will allow you to get your shot off quicker.

*Make sure you move quickly from spot to spot.

*Your release on your 3 point shot has got to be quick. From the time you catch the ball until the time it leaves your hands has to be less the .8 of a second. If it takes you over a second it will never get off in a game.

Shooting Workout I

Make 10		Make 10 shots going elbow to elbow
FT	/10	Shoot 10 Free Throws
Make 10		Make 10 shots going elbow to baseline on the right side of the court
FT	/10	Shoot 10 Free Throws
Make 10		Make 10 shots going elbow to baseline on the left side of the court
FT	/10	Shoot 10 Free Throws
Make 20		Make 20 shots using the backboard (10 on each side) Touch the baseline then come back and shoot off glass; then touch the elbow and come back and shoot off the glass. Don't just stand in one place.
Make 20		Make 20 three pointers going around the arc
FT	/10	Shoot 10 Free Throws
Make 10		Make 10 shots using the jab and go move (one dribble)
FT	/10	Shoot 10 Free Throws
Make 10		Make 10 shots using the jab and crossover move (one dribble)
FT	/10	Shoot 10 Free Throws
Make 10		Make 10 shots using the Jab, Fake shot, and go move (one dribble)
FT	/10	Shoot 10 Free Throws
Make 30		Make 30 three pointers going around the arc

Shooting Workout II

Shoot 25	/25	Shoot 25 elbow-baseline right side
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 elbow-baseline left side
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 three-pointers right side (*pivot on inside foot)
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 three-pointers left side (*pivot on inside foot)
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 catch-and-go (*pivot on inside foot)
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 catch and cross (swing through below your knees) (*pivot on inside foot)
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 jab and shoot 3
FT	/10	Shoot 10 Free throws
Shoot 25	/25	Shoot 25 off-the-dribble step backs
FT	/10	Shoot 10 Free throws