



## **Basketball Individual Workout**

**“Catch to Shoot, Drive to score”**

### **Lay-up Work (8 minutes)**

- Sweep into Right Hand regular Lay-up 1-2 dribbles from R-wing
  - Sweep into Right Hand power lay-up 1-2 dribbles from R-wing
  - Sweep into Left Hand regular lay-up 1-2 dribbles from L-wing
  - Sweep into Left Hand power lay-up 1-2 dribbles from L-wing
- \*\*\*If you have a partner Contested Lay-up Strong/Weak hand from FT line\*\*\*

### **Full Court Dribble Skills (8 min) \*\*\*Change Speed & Direction with every move\*\*\***

- Sweep into Right hand 2 in-out dribbles
- Sweep into Left hand 2 in-out dribbles
- Sweep into 2 crossover dribbles both Right & Left hand
- Sweep into 2 retreat dribbles both Right & Left hand (explode out of the retreat dribble)

### **Free Throws (3 minutes) \*\*\*Work your routine, stay on the line\*\*\***

- Track how many FT's you can make in a row

### **Shooting (10 minutes)**

**\*\*\*Hips down, Elbow above the eye, hold your frame, eyes stay on the rim\*\*\***

- Form shooting
- Step in shooting holding basketball or tossing basketball to yourself
- Catch and shoot Jumpers toss basketball to yourself
- Shot Fake Right and Left Pull-up Jumpers toss basketball to yourself
- 2 Minutes of 3's or deep Jumpers toss basketball to yourself

### **Post Moves (6 minutes) \*\*\*Chair, Goal Post, Chin the ball, Peak-Middle\*\*\***

- Right/Left hash, Drop step baseline
- Right/Left hash, Drop step middle
- Right/Left hash, Drop step middle/secondary up & under move

### **Free Throws (2 minutes) \*\*\*Work your routine, stay on the line\*\*\***

- Shoot 10 total and track your makes

### **1 on 1 Moves/Simulation into any finish or shot your want (8 minutes)**

- Rips/Sweep/Jab step into blow by move (sever the driving line)
- Jab step crossover into any finish or shot
- Shot fake into any finish or shot
- Add any dribble skill after your 1-1 move (be creative and have fun!)