**A picture containing food

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**At-Home Training Workout: Create Your Own**

*Pick 3 or 4 drills you need to improve on and talk to our trainers for any questions!*

Warm Up

1. Walking
   1. High knees
   2. Butt kicks
   3. Lunges
   4. Hamstring kicks
2. Full Speed
   1. High knees
   2. Butt kicks
   3. 50% jog
   4. 75% jog
   5. 100% run

Ball Handling

1. 50 reps R Hand / L Hand
   1. Toes
   2. Knees
   3. Hips
   4. Shoulders
2. Stationary
   1. Vdribble
   2. Vdribble cross
   3. Vdribble cross/cross
   4. Vdribble rocker
   5. Vdribble rocker/between
   6. Vdribble float, cross
   7. Vribble cross/between
3. Cross step footwork
   1. Repeat above
4. Small steps forward
   1. Repeat above

Transition Finishes

1. Attack up sideline (cruise control)
   1. Layup finishes
      1. In front of defense
      2. 1-2 step with defender on hip
      3. Slam on breaks
   2. Make a move at the three point line into layup
      1. Vdribble variations
      2. Float ball variations (between, cross, rocker)
   3. Make a move at three point line into secondary defender move
      1. Spin finish
      2. Shotfake, spin finish
      3. Shotfake spin step through
2. Cone finishes – need two players
   1. Layups
   2. Jumpers
   3. Misdirection
   4. Play it out

Back to Basket Moves

1. Catch immediately, spin over L shoulder/R shoulder
2. Catch shimmy to L and spin over R shoulder
3. Drop step R/L hand
4. Catch face up, crab dribble finish middle of rim
5. Catch face up, crab dribble spin and finish

Walk Up Explode Jumpers

1. V dribble variations
   1. Add hesitations after different moves
2. Between the legs float
3. V dribble float
   1. Variations – cross, between, etc.
4. Pocket to push cross
5. Pocket to cross

Pick and Roll

\*KEY TO EXECUTION IS MAKING MOVE TO SHIFT DEFENDER TOWARDS BASELINE

1. Snake
   1. Combo moves
   2. Read a gap
   3. Pocket pass to post
2. Use it
   1. Jumpers
   2. Change of direction move
3. Refuse it
   1. Jumpers
   2. Change of direction move
4. Use/Reuse

Patience

1. Jab/quarterstep/circle over head/opposite hip/rip and attack
2. Jab/quarterstep
3. Forward jab
   1. Force closeout attack high foot

Shooting off Dribble

\*50 reps simulate footwork into gather off dribble – NO BALL

- R hand dribble

- L hand dribble

\*50 reps simulate with basketball into shot

- R hand dribble

- L hand dribble

Burnout Shooting

* 12 ft 1 dribble jumpers R hand dribble – 10 makes 5 spots
* 15 ft 1 dribble jumpers R hand dribble – 10 makes 5 spots
* 12 ft 1 dribble jumpers L hand dribble – 10 makes 5 spots
* 15 ft 1 dribble jumpers L hand dribble – 10 makes 5 spots