

Individual Workout – Guards

Be meticulous in your reps and make sure that every rep is done correctly and with a purpose. The only way to get better is to work on this stuff with precision. Perfect practice makes perfect.

- **Footwork**
 - Spin ball out to yourself at elbow (Both sides - R + L pivot foot)
 - Dropstep (3x)
 - Outside Pivot - Shot Fake Attack (3x)
 - Outside Pivot - Jab and Go Opposite (3x)
 - Outside Pivot - Jab to Shot (3x)
 - Inside Pivot Attack (3x)
 - Inside Pivot - Jab and Go Opposite (3x)
 - Inside Pivot - Jab to Shot (3x)
- **Ball Handling**
 - Dribbling (3 sets)
 - R Hand pounds - 50x
 - L Hand pounds - 50x
 - Continuous crossover - 20x
 - Continuous between the legs - 20x
 - Continuous behind the back - 20x
 - One pound crossover - 20x
 - One pound between the legs - 20x
 - One pound behind the back - 20x
 - Between/cross - 12x-Each
 - Between/behind - 12x-Each
- **Shooting (FT's in between each drill)**
 - **Miss a layup in a drill = Up and Back**
 - **Miss a FT in between = Up and Back**
 - **"Make 60"**
 - 10 Form Makes
 - 10 Mikan/10 Reverse Mikan
 - 10 Bill Bradley's
 - 10 Technique Jumpers
 - 10 Made FT's
 - **WPI Rips (Both Wings)**
 - Rip right layup (2x)/Rip left layup (2x)/Rip right pullup (2x)/Rip left pullup (2x)/Rip right get to 2 shot fake finish (2x)/Rip left get to 2 shot fake finish (2x)
 - Add Help Defender (Chair/Trash Can @ Block Area)
 - Rip right layup (2x) – R to L Cross/ RH In-Out/Corkscrew hop
 - Rip left layup (2x) - L to R Cross/ LH In-Out/Corkscrew hop
 - Rip right pullup (2x) - R to L Cross/ RH In-Out
 - Rip left pullup (2x) - L to R Cross/ LH In-Out
 - Rip right get to 2 shot fake finish (2x) - R to L Cross/ RH In-Out/Corkscrew hop
 - Rip left get to 2 shot fake finish (2x) - L to R Cross/ LH In-Out/Corkscrew hop
 - **5 Spots (Midrange) – 5 Makes (Can't miss 2 in a row)**
 - **Elbow to Short Corner Jumpers (Make 10 – Both Sides)**
 - **Lane Line to Lane Line 3's (Make 10)**
 - **Lane Line to Corner 3's (Make 10)**
 - **5 Spot Pullups – Make 3 going R + L**

- o [Combo Guard Shooting](#)
 - Use Side Ballscreen/Refuse Side Ballscreen Pullup
 - Handoff Pullup (If no partner, use chair and put ball on chair)
 - Screen the Screener Action – Set imaginary backscreen and come off down screen
- o [Beat the Pro +10/-10](#)
 - Made shot = +1
 - Missed shot = -2
 - Win when you are +10/Lose when you are at -10
 - Spots - Elbow to Elbow/Wing to Corner/Wing to Top of Key
- Finish Workout Drills (Earn your License & Choose 1 more)
 - o Pitino Shooting
 - 3 points for a 3; 2 points for a pullup; 1 point for a layup
 - Shoot 1 3 ball; 2 pullups (Left/Right); 2 layups (Left/Right)
 - End with a 1 & 1 (both worth 1 point)
 - Add up total score
 - Spots – Top of Key/R + L Wing
 - o [Larry Bird 2 Minute Shooting](#)
 - 5 Spots – Make 2 in a row at each spot
 - After you finish last spot – Sprint to top and make 10 3's
 - Must finish in 2 minutes
 - o [Earn Your License](#) (Need to Make 32/50 3x per week to earn License)
 - **Round 1:** Spot Ups
 - Player will start at spot 1 (Corner) and move around the arc and back to shoot a total of 10 shots.
 - *Player is allowed to start the drill by making his first shot (Only Round 1)
 - **Round 2:** Cut-Into 3s
 - Player will start under the basket and make a cut into spot 1 (Corner) to shoot.
 - Player then cuts back under the basket end then to spot 2 (Wing).
 - This is repeated for all 5 spots, then the player will repeat the cuts starting at spot 5 (Opp. Corner). 10 shots total.
 - **Round 3:** Transition Wing 3s
 - Player will start at 1/2 Court and make a cut into the wing.
 - Coach is in the middle to pass.
 - The player will shoot 5 shots in a row from the right side, then shoot 5 shots in a row from the left side.
 - 10 shots total.
 - **Round 4:** Trail 3's
 - Player will start at half court and shoot a trail 3 at the top of the key. Coach will pass from the side. Player shoots 5 from the right and 5 from the left. 10 Shots total.
 - **Round 5:** Spot Ups
 - Same as Round 1 but the player does NOT start on make from spot. 10 Shots total.
- Finish workout w/ **50 Mikan in a row, 10 FT makes** (Can't miss 2 in a row)