

Full Charge SPORTS

At home shooting and ball handling fundamentals workout



Commit to completing the workouts every day for the next 30 days and watch what happens to your game!

Beginning Players MAKE 5 shots from each spot | Advanced Players MAKE 10 Shots from each spot

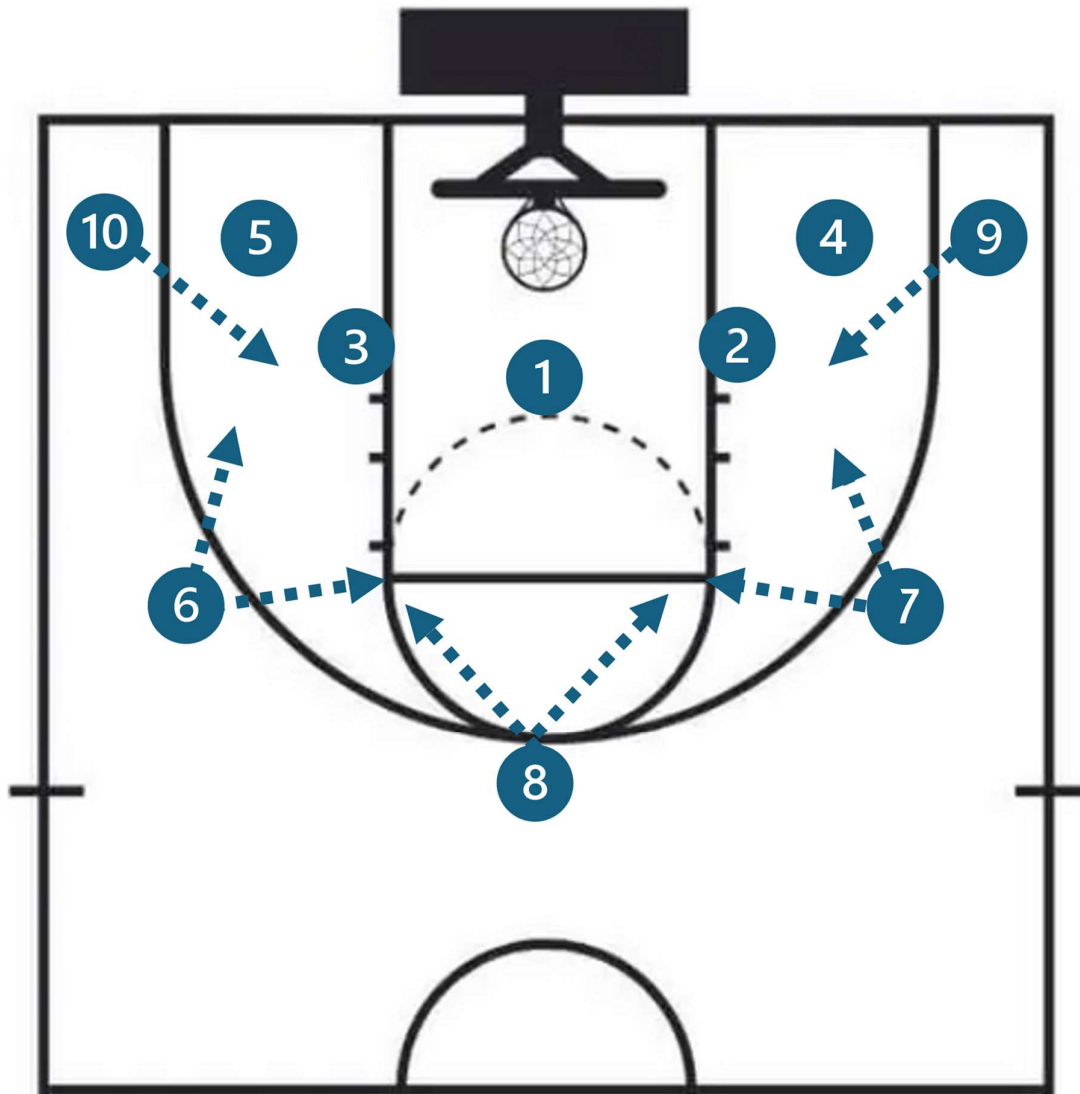
FREE Skills Planning and Training Session

(limit one per athlete)

Contact Coach Ian to book your session
iyoys@yahoo.com | (909)559-3224

www.fullchargesports.com

Shooting Warm up and On the Move

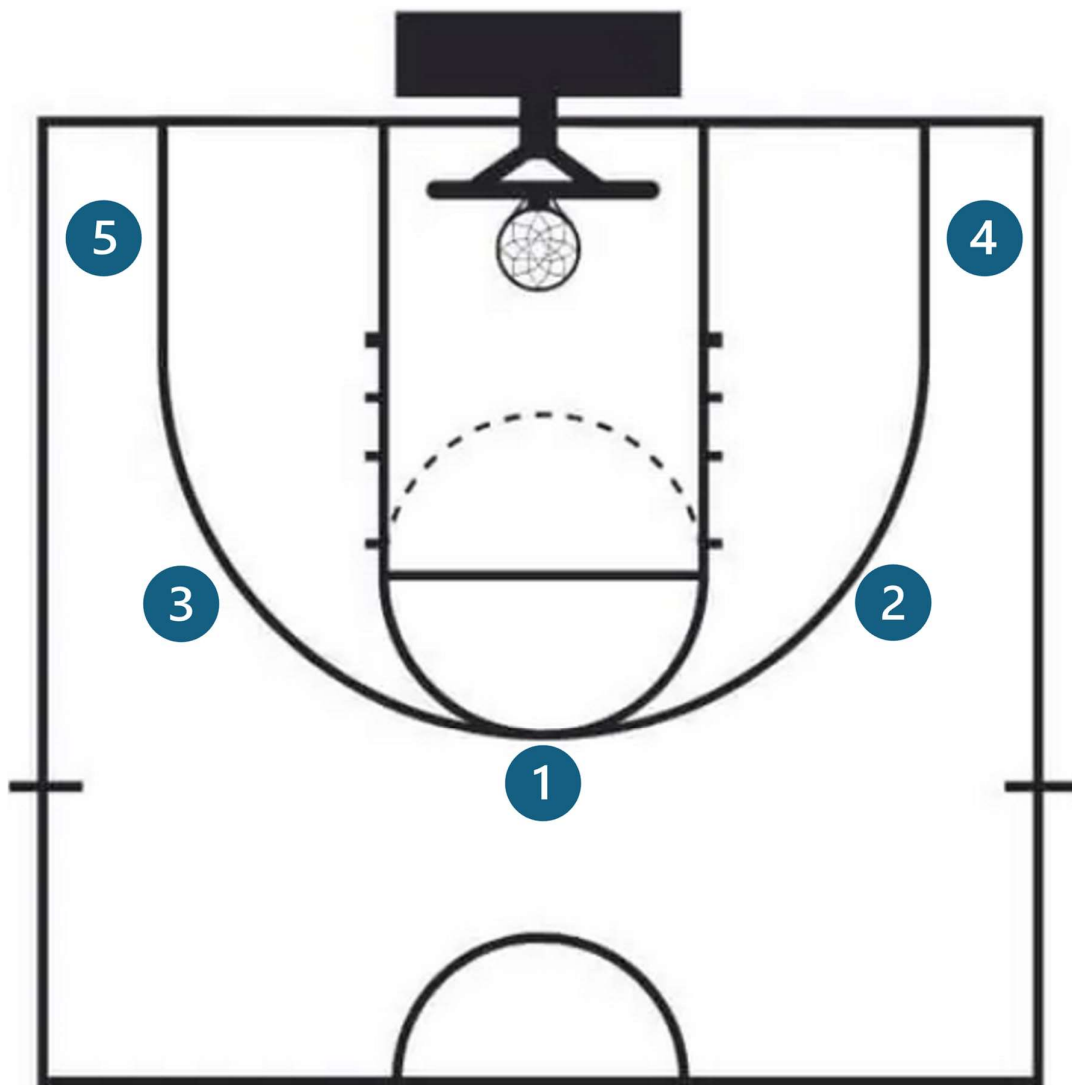


Form shooting warm up

Shots on the move

1	Swish
2	RH Bank
3	LH Bank
4	12-15 ft Swish
5	12-15 ft Swish
6	1 dribble pull up L&R
7	1 dribble pull up L&R
8	1 dribble pull up L&R
9	1 dribble bank & 3
10	1 dribble bank & 3

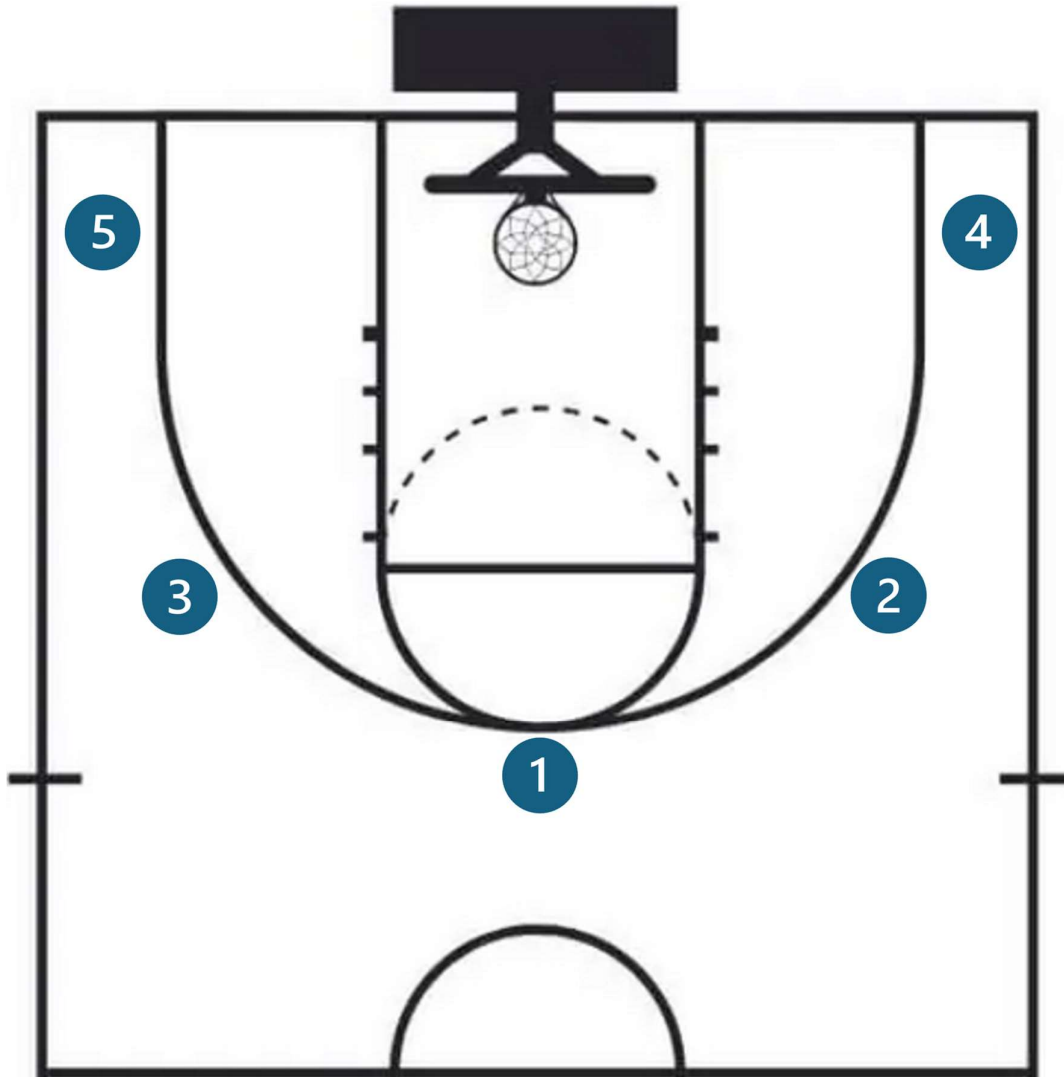
Three Point Shots



Three Point Shots

- | | |
|---|---------------|
| 1 | Catch & Shoot |
| 2 | Catch & Shoot |
| 3 | Catch & Shoot |
| 4 | Catch & Shoot |
| 5 | Catch & Shoot |

Driving Layups and Floaters



Drive and finish from each spot.
Make 10 floaters, Layups, and reverse layups (finish on opposite side of rim) from each spot

- | | |
|---|-------------------------------------|
| 1 | Change direction cut back to finish |
| 2 | L&R: Floater, Lay, Reverse |
| 3 | L&R: Floater, Lay, Reverse |
| 4 | L&R: Floater, Lay, Reverse |
| 5 | L&R: Floater, Lay, Reverse |

Ball Handling

Dribble down and back on a half court for each move. Have a wide base and chest up. Pay attention to pace (change the speed of your dribble from slow to fast and fast to slow). The more you push yourself to perfect your stance, control, and speed the better you will get.

1	L hand Pound, cross, cross
2	R hand Pound, cross, cross
3	L hand between legs, cross
4	R hand between legs, cross
5	L hand cross, behind back
6	R hand cross, behind back
7	L hand pound, jolt
8	R hand pound jolt
9	Between legs figure 8 lunges, get low
10	Between legs figure 8 lunges, speed

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