

Drills for Basketball

Dribbles Left & Right Hand

- 100 Power Dribbles
- 100 Double Dribbles w/ Frt Crossover
- 100 Double Dribbles b/w leg Crossover
- 100 In & Outs
- 100 behind the back
- 100 Snatch backs
- 30-50 Kyries – dribble on hand take w/other
- 30-50 In & Outs w crossover b/w legs
- 30-50 Frnt Crossover, behind back, bw legs, frnt crossover – continuous
- 30-50 front & back crossovers, continuous

Footwork Drills for Basketball

- 100 Scissors
- 50 In & Out, 1 ft at a time
- 50 Side Switches
- 50 In & Outs with ball
- 50 heal touches with power hops
- 100 Snatch backs
- 50 Out, In, Frnt Cross, Out, In, Rear Cross
- Jump Rope
- Cone races

Drills for Basketball

Spacing

- Motion offense
- Zone Killers – Spacing/Cutting
- Screens, cuts, backcuts, down screens

Shooting Drills for Basketball

- 50 Mechanics workout (heavy ball)
- 50 Free Throws
- 50 Back Board Mid Range
- 50 Side Back Board shots
- 50 3-Pointers
- 50 Step Thru/Reach
- 50 Step backs
- 50 Side Steps
- 50 Floaters L& R
- 50 Fadeaways
- 50 Snatch back jump shots Mid-L range
- 90 Degree
- Pound into shot
- Left to right hand dribble p/u shot
- Scissor Kick, spin out, quick load to shot
- Left & Right Spinouts to shot
- Left & Right spinout, one dribble to shot
- Quick jump shots off of an elbow screen
- High lob to top of key to shoot L& R
- Toss from Halfcourt to Player – layup or quick jumpshot

Bump Drills for Basketball

- Shoulder Jam
- Secondary Bump
- Veer Step
- Jumpstop Bump
- Euro Bump
- Lean to

Drills for Basketball

Defense Drills

- Baseline to Free throw to half...
- Zones – D1 Trap, 23, 32, Diamond
- Lead a player - Concept
- Cover Areas – Concept
- Spacing
- Help Defense
- Cut offs
- Switch offs
- Close outs

Strength & Conditioning

- Conditioning – running
- Vertical Jump
- Speed/Agility

Weight Training

Upper Body

- Bench press
- Back – Dead lift, seated row, bent over row, pull up, lat pull down
- Barbell Row
- Shoulder Raise
- Overhead Press
- Tricep Extension
- Curls Push ups

Lower Body

- Leg Press
- Calf press
- Squats
- Deadlift
- RDL

