



DAILY

DEPOSIT

BASKETBALL TRAINING

Skills Program - v1

Handles 101

Weeks 1-4

Prep Work - Wrap Series

BEGINNER SERIES:

1. Behind the back wrap into a behind the back dribble.
 - First rep is 1 wrap, 1 dribble. Second rep is 2 wraps, 2 dribbles. Third rep is 3 wraps, 3 dribbles. Each way
2. Between the leg wrap into a between the leg dribble, same leg.
 - First rep is 1 wrap, 1 dribble. Second rep is 2 wraps, 2 dribbles. Third rep is 3 wraps, 3 dribbles. Each leg
3. Behind the back wrap into between the leg wrap, into behind the back dribble, into between the leg dribble.
 - First rep is 1 wrap, 1 dribble. Second rep is 2 wraps, 2 dribbles. Third rep is 3 wraps, 3 dribbles. Each leg

SEMI-EXPERIENCED SERIES:

1. Between the leg wrap, each leg, into between the leg dribble each leg
 - One rep is completing the wrap between each leg, and the dribble between each leg. 10 reps each leg
2. Walking between the legs wrap full court, staying narrow with scissor like movement in the legs. Steady but quick pace. On the way back down, continuous between the leg dribble, staying low and narrow

EXPERIENCED SERIES:

1. Behind the back touches with skip. Passing the ball behind your back to each hand, while skipping towards the side you are handing the ball off to. Ball shouldn't touch the ground on the way down full court. On the way back, continuous skip dribble behind the back, alternating hands. All the way back down court.
2. Between the leg wraps with skip. Passing the ball between your leg alternating legs, while skipping towards the side you are handing the ball off to. Ball shouldn't touch the ground on the way down full court. On the way back, continuous skip dribble between the legs, alternating legs. All the way back down court.

Dribbling - Alternate between blocks weekly

BLOCK A - Static 2 ball handling:

1. Two ball ankle level ball taps, same time. 1 min
2. Two ball knee level pounds, same time. 1 min
3. Two ball shoulder level pounds, same time. 1 min
4. Two ball alternating waist pounds. 1 min
5. Two ball V cross, on side and in front, same time. 1 min
6. Two ball pound crossover, alternate direction of cross. 1 min

BLOCK B - 1 ball handling:

Pick any 6-7 of these for 45sec-1min sets, based on time available and level of athlete

1. Between the legs double cross, stationary
2. Between the leg, same leg continuous while slowly moving forward with each cross, each hand.
3. Between the legs, switch legs every rep, in place but while switching hips into each cross.
4. One hand cross, stationary
5. Between the legs, pickups stationary
6. Double leg, double cross
7. Behind the back while shifting to the side, moving forward slowly
8. Front back between the same leg, stationary
9. Pound cross stationary
10. Pound figure 8 pickup

Shooting 102

Weeks 1-4

Form Shooting

I start EVERY shooting workout with this. I will send you a video of how I set up form shots and break down why I use that set up. You are a good shooter though, so as long as you cover these important points of shooting, then format teaching it however you'd like. It's important to check each players shooting form, and then emphasize what they need most. Some players have bad hand placement, some feet placement, some twist in the air. You just have to evaluate and then cater it to them.

1. Feet: Making sure they have a balanced stance, not too wide or narrow. Making sure there is a split stance, or favoring leaning in with one leg/hip
2. Hip/Knees: Making sure we get good depth on each dip for our shot. When we elevate, the hips should lock out fully to extend up into the jumper.
3. Chest: Torso should be upright, and facing the basket
4. Hands: Hand should be loaded behind the ball, the wrist should be bent with good finger spread on the shooting hand. Off hand should be spaced from the shooting hand, on the side/bottom of the ball. Upon release off hand should be straight up and down, no fingers touching the ball. Shooting hand should release with wrist snap, and the ball coming off 2 of the first 3 fingers. Hold follow through

Repeat this for 25 makes from 4 close spots. Beginners should focus on making shots while maintaining good form. More advanced shooters should work for at least 15 of the 25 made to be swishes.

Midrange

Set Shots

Based on skill level, pick 5 mid range spots and shoot for 25 makes at each spot:

Phase 1:

Regular spot up jumpers. Pass from rebounder. Emphasize being in triple threat on the catch. Focus on carry over technique from form shooting.

Phase 2:

Spot up jumpers, with between the leg pick up. Off the pass from the rebounder, catch and drop into between the legs, pick up out of the dribble and pull up into jumpsuit. Focus on replacing the feet out of the dribble move, good balance going into jumpshot.

Phase 3:

Spot up jumpers, with double between the leg pick up. Off the pass from the rebounder, catch and drop into between the legs on each leg pick up out of the dribble and pull up into jumpsuit. Focus on replacing the feet out of the dribble move, good balance going into jumpshot.

On the Move Series

Hand Off Curl Shots: Pick 5 spots, Passer holds ball in hand closest to sideline. Shooter runs from a marked spot and curls around passer like a pick. Grabbing the ball off the handoff and going straight into the jump hot. Make 25 from 5 spots.

Down Screen Shots:

Start at the low hash mark set up live help, or chair for pin down screen. Make 10 shots: curling off screen no dribble, curl with one dribble, fade.

3 Pointers/Finishers

3 Pointers:

Set Shots:

10-15 makes from 5 spots around the arc

2 Min Drill:

Good shooters will be able to finish in 2 min. Great shooters can finish in under 1:30min.

Starting in at the corner 3, make 2 shots in a row, do the same at the wing, top of the arc, opposite wing, opposite corner, repeat corner and then come all the way back around.

Finishers:

Mikan Drill:

20 makes each hand outside hand finish, repeat with reverse finish. Repeat both with inside hand finish

Floater:

Pick 5 angles inside the key for 15 makes each. Do once with 1 dribble, once with 2 dribbles.