

# Perimeter Player Workout

## Lake City Basketball

1. Jump Rope (1 minute)
2. Dot Drill (1 minute)
3. Ball Slaps (20)
4. Stationary Ball Handling: Head, waist, right leg, left leg, both legs, figure 8 (5 times each spot, both directions)
5. Stationary Ball Handling (Dribble): Crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)
6. Mikan Drill (make 40)
7. Perfect form shot (Make 10 +/- system)
8. Perimeter Shooting
  - a. Block to block (Make 10 +/- system)
  - b. Free Throws (Make 10 +/- system)
  - c. 10 footers in paint (Make 10 +/- system)
  - d. Free Throws (Make 10 +/- system)
  - e. Elbow to baseline right side (Make 10 +/- system)
  - f. Free Throws (Make 10 +/- system)
  - g. Elbow to baseline left side (Make 10 +/- system)
  - h. Free Throws (Make 10 +/- system)
  - i. Elbow to Elbow (Make 10 +/- system)
  - j. Around the horn 3's: (Make 15 +/- system)
9. Full Court Ball Handling: x-over, behind back, between legs, step back (3 times down/back each skill)
10. Jump Rope (1 minute)
11. 1 on 1 moves: Square up and take ball to hoop on both sides
  - a. Jab Step/Rocker (5 times)
  - b. Jab Step/Crossover (5 times)
  - c. Jab Step/Shot Fake (5 times)
  - d. Jab Step/Shot Fake/Crossover (5 times)
12. Free Throws (Make 10 +/- system)
13. Post Moves (see post workout handout: make 5 of each)
14. Defensive slides: side to side (20 touches)
15. Jump Rope (1 minute)
16. Dot Drill (1 minute)
17. Free Throws (Make 10 +/- system)