

SUMMER WORKOUT – BASKETBALL

GUARDS:

1. Conditioning
 - A. Mikan Drill
 - B. Line hops
 - C. Stance/ Slides
 - D. Sprints
 2. Ball Handling
 - A. Spider Drill
 - B. Two ball
 - C. One ball- dribble moves
 - a. crossover
 - b. between legs
 - c. behind back
 - d. stutter step
 - e. spin
 - f. inside-out
 3. Shooting
 - A. Technique
 - B. Elbow
 - C. Wing-corner
 - D. “21”
 - E. +,-, eleven
 4. Passing
 - A. Off Wall or with partner
 - a. Chest
 - b. Bounce
 - c. Overhead
 - d. Baseball
- Always work out at game speed
 - Try and work out with a partner whenever possible
 - After your workout you should be tired
 - Always challenge yourself to do better
 - Remember if you think you are working hard, someone out there is working harder.

BIGMEN:

1. Conditioning
 - A. Mikan Drill
 - B. Backboard Touches
 - C. Stance/Slides/Footfire
 - D. Sprints
2. Rebounding
 - A. Ball Taps – One hand/Two Hands
 - B. Catch, Turn and Pivot
 - C. Turn, box out, go get it
3. Shooting
 - A. Low Post
 - e. Drop step
 - f. Turn around
 - g. “Sikma”
 - B. Mid Post
 - C. High Post
4. Passing
 - A. Off wall or with partner
 - a. Chest
 - b. Bounce
 - c. Overhead
 - d. Baseball