

# **Eastview Boys** **Basketball Workout** **Book**

**“Toughness!”**

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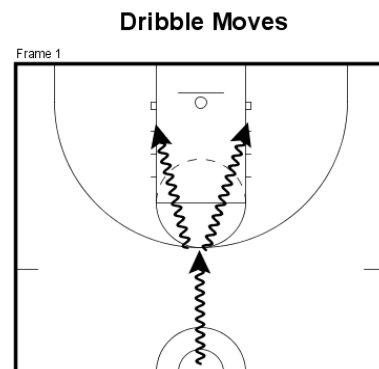
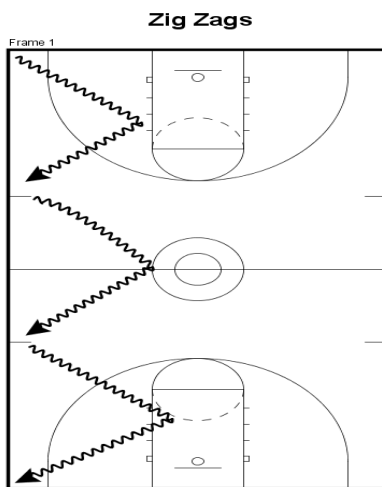
“Everyone tells you that they are going to be special, but few do the work to get there. **DO THE WORK!**” -Mark Cuban

**Eastview Ball Handling Workout #1**

**1 Ball Stationary Dribbling:**

- 20 right hand speed dribbles from knee
- 20 right hand speed dribbles as low as you can
- 20 left hand speed dribbles from knee
- 20 left hand speed dribbles as low as you can
- 20 crossovers (knee to knee)
- 20 behind the back dribbles
- 20 between the leg dribbles each way
- 20 right hand side to side dribbles
- 20 right hand front to back dribbles
- 20 left hand side to side dribbles
- 20 left hand front to back dribbles
- 20 right hand “in and out” dribbles
- 20 left hand “in and out” dribbles
- 5 figure-eights each way

**FC Cone Zig Zag Dribbling:**



\*Start on baseline and explode out 2 dribbles to first cone, then change directions, and explode out 2 more dribbles to the second cone.  
 -Use these 5 moves going down and back: Crossover / Between the legs / Behind the back / Spin dribble / Hesitation

**Dribble Moves (make all 6 shots for each move):**

\*Start at half court and speed dribble up to the top of the key, where you practice your move. Do each move going both left and right for a lay-up, pull-up, and a 3.

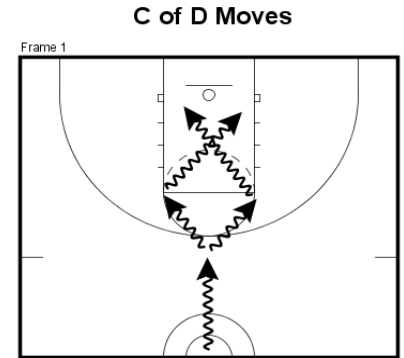
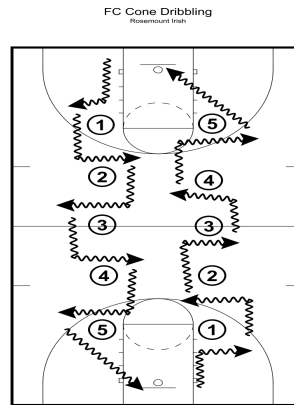
-Hesitation dribble (In and Out) / Crossover dribble / Between legs dribble / Behind back dribble / Spin dribble

-Feel free to add double moves (ex. between the legs to a crossover), going both left and right for a lay-up and a pull-up

**Eastview Ball Handling Workout #2**

**2 Ball Stationary Dribbling:**

- 25 speed dribbles from knee
- 25 speed dribbles as low as you can
- 25 alternating speed dribbles from knee
- 25 alternating speed dribbles as low as you can
- 10 seconds of dribbling with one high and one low, then switch
- 25 side to side dribbles
- 25 front to back dribbles
- 25 “in and out” dribbles
- 5 figure-eights each way



**FC Cone Dribbling:**

\*Start on baseline and explode out to first cone where you will perform your move, than explode out to second cone and do the same moves (Do the same move at all 5 cones and go in for finish if you have a hoop). Use these 5 moves going down and back:

-Crossover / Between the legs / Behind the back(Snap Back) / Spin dribble / Hesitation

-The above ball handling skills are fundamental in being a Lightning basketball player

-Feel free to add double moves (ex. between the legs to a crossover, between the legs to behind the back)

**Change of Direction Scoring (20 makes):**

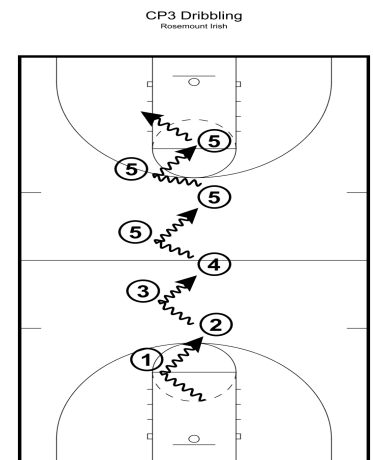
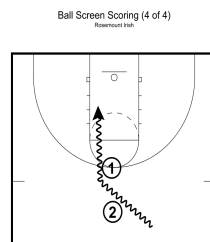
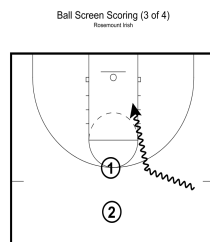
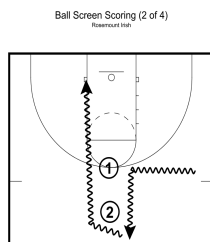
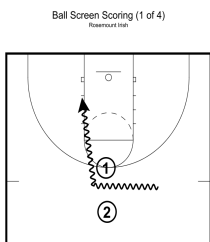
\*Start at half court and speed dribble up to the top of the key, perform a move at the top of the key and explode to the elbow.

Complete the same move at the elbow and go in and finish. (Do each move going both left and right for a made lay-up and pull-up)

-Hesitation dribble (In and Out) / Crossover dribble / Between legs dribble / Behind back dribble / Spin dribble

-Feel free to add double moves (ex. between the legs to a crossover), going both left and right for a lay-up and a pull-up

**Eastview Ball Handling Workout #3**



**Attack-Retreat Dribbling:**

Do 4 sets of 30 seconds. Explode 2 dribbles forward and retreat 1 dribble back (Make sure your retreat dribble is on the side of your body), then use a change of direction dribble and explode 2 dribbles and retreat 1 dribble back. Keep going for 30 seconds.

### CP3 Dribbling:

\*Put 8 cones out on court in a zig-zag pattern about 5 feet apart (Cones should be close together). You will perform each dribble move at each cone and then explode 1 dribble to the next cone (Stay low with your dribble). Go down and back with each move:

-All Right Hand (Low Dribble) / All Left Hand (Low Dribble) / Crossover / Behind Back / Between Legs / Spin dribble

### Ball Screen Scoring:

\*Put 1 cone at the top of the key and another 5 feet straight back. The cone at the top of the key represents your screen and the other cone represents the defense. You will work on 4 different ways to attack a ball screen going both left and right (Based on reading defense) into a lay-up, floater, pull-up, and a 3. The 4 different ways to attack a ball screen are:

-Attack screen (No show) / Retreat at screen (Hard show) / Deny screen (Man jumps screen) / Split screen (Hole in defense)

## Eastview Post Moves Workout

### Keys:

- Stay low, wide, and athletic
- Get you defender off balance with hard/ sharp fakes/ moves (Change Speeds)
- Explode out of move (Don't be lazy)
- Keep ball high and shoot from outside shoulder
- *Make 2 free throws in between each drill*

### Finishing:

\*Mikan drill off 1 foot (1 minute)

\*Mikan drill off 2 feet (1 minute)

\*Ball taps off glass with left hand (1 minute)

\*Ball taps off glass with right hand (1 minute)

\*2 Ball Mikan off 1 foot (1 minute)

\*Power lay-ups (Baseline drop step): Pound ball on block, drop step finish, switch blocks (1 Minute)

\*Power lay-ups (Middle drop step): Pound ball on block, drop step finish, switch blocks (1 Minute)

### Left Block:

- \*Drop step baseline finish with left (2 makes)
- \*Drop step middle finish with right (2 makes)
- \*Drop step baseline for left handed hook (2 makes)
- \*Drop step middle for right handed hook (2 makes)
- \*Drop step baseline for an up and under move (2 makes)
- \*Drop step middle for an up and under move (2 makes)
- \*Fade away to the baseline (2 makes)
- \*Fade away to the middle (2 makes)
- \*Meet ball, square up, and shoot (2 makes)
- \*Meet ball, square up, shot fake and explode to rim (2 makes)
- \*20 Total Makes**

### Right Block:

- \*Drop step baseline finish with right (2 makes)
- \*Drop step middle finish with left (2 makes)
- \*Drop step baseline for right handed hook (2 makes)
- \*Drop step middle for left handed hook (2 makes)
- \*Drop step baseline for an up and under move (2 makes)
- \*Drop step middle for an up and under move (2 makes)
- \*Fade away to the baseline (2 makes)
- \*Fade away to the middle (2 makes)
- \*Meet ball, square up, and shoot (2 makes)
- \*Meet ball, square up, shot fake and explode to rim (2 makes)
- \*20 Total Makes**

## Eastview Perimeter Moves Workout #1

### Keys:

- Stay low and athletic (Triple Threat)
- Get you defender off balance with hard/ sharp fakes/ moves (Change Speeds and change directions)
- Explode out of move (No lazy dribbles)
- Protect ball going to rim (like a running back)
- *Make 2 free throws in between each drill*

### Jab-Crossover:

(Attempt all 6 shots from each of the 5 spots)

\*Jab left and explode right for each move:

- 1 dribble lay-up
- 2 dribble pull-up

### Jab-Go:

(Attempt all 6 shots from each of the 5 spots)

\*Jab and explode right for each move:

- 1 dribble lay-up
- 2 dribble pull-up

### Shot Fake:

(Attempt all 6 shots from each of the 5 spots)

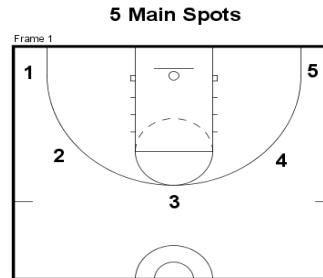
\*Shot fake and explode right for each move:

- 1 dribble lay-up
- 2 dribble pull-up

-1 dribble pull-up *Jab right and explode left for each move: -1 dribble lay-up -2 dribble pull-up(quickaway) -1 dribble pull-up(quickaway) *Make 2 free throws in between each spot	-1 dribble pull-up *Jab and explode left for each move: -1 dribble lay-up -2 dribble pull-up(quickaway) -1 dribble pull-up(quickaway) *Make 2 free throws in between each spot	-1 dribble pull-up *Shot fake and explode left for each move: -1 dribble lay-up -2 dribble pull-up(quickaway) -1 dribble pull-up(quickaway) *Make 2 free throws in between each spot
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**Jordan Scoring Game (Go At least 1 Time):**

- \*Makes are plus 1
- \*Misses are minus 1
- \*Spin the ball out behind the 3 point line and make a 1 on 1 move of your choice
- \*Attempt 4 lay-ups, 4 pull-ups, and 4 threes
- \*Try and improve your score each time you play!



**Eastview Perimeter Moves Workout #2**

**Keys:**

- Stay low and athletic (Triple Threat)
- Get you defender off balance with hard/ sharp fakes/ moves (Change Speeds and change directions)
- Explode out of move (No lazy dribbles)
- Protect ball going to rim (like a running back)
- *Make 2 free throws in between each drill*

**Jab-Shot Fake-Go:**

(Attempt all 6 shots from each of the 5 spots)

- \*Jab left, shot fake, and explode left for a 1 dribble lay-up
- \*Jab left, shot fake, and explode left for a 2 dribble pull-up
- \*Jab left, shot fake, and explode left for a 1 dribble lay-up
- \*Jab right, shot fake, and explode left for a 1 dribble lay-up
- \*Jab right, shot fake, and explode left for a 2 dribble pull-up
- \*Jab right, shot fake, and explode left for a 1 dribble pull-up
- \*Make 2 free throws in between each spot

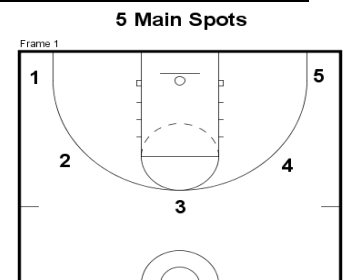
**Shot Fake-Jab-Crossover:**

(Attempt all 6 shots from each of the 5 spots)

- \*Shot fake, Jab left, and explode right for a 1 dribble lay-up
- \*Shot fake, Jab left, and explode right for a 2 dribble pull-up
- \*Shot fake, Jab left, and explode right for a 1 dribble lay-up
- \*Shot fake, Jab right, and explode left for a 1 dribble lay-up
- \*Shot fake, Jab right, and explode left for a 2 dribble pull-up
- \*Shot fake, Jab right, and explode left for a 1 dribble pull-up
- \*Make 2 free throws in between each spot

**Jordan Scoring Game (Go At least 2 Times):**

- \*Makes are plus 1
- \*Misses are minus 1
- \*Spin the ball out behind the 3 point line and make a 1 on 1 move of your choice
- \*Attempt 4 lay-ups, 4 pull-ups, and 4 threes
- \*Try and improve your score each time you play!



**Eastview Individual Shooting Workout**

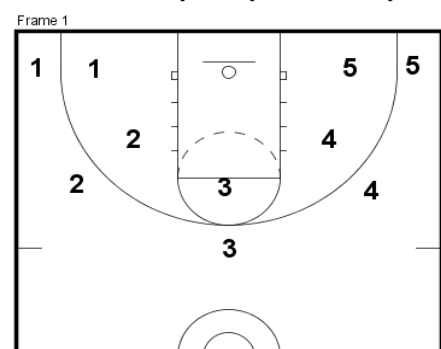
**Keys:**

- Catch the ball in the air/ Square up to rim/inside pivot foot (Proper footwork)
- BEEF: Balance, Elbow in (under ball), Eyes on target, Follow through up
- Hold your follow through until the ball goes in
- Confidence (Practicing at game speed creates confidence!)
- *Make 2 free throws between every drill (This is your rest)*

**Form Shooting:**

- \*Swoosh 3 set shots from each block and from right in front of rim (9 Makes)
- \*Swoosh 3 jump shots from each block and from right in front of the rim (9 Makes)

**5 Main Spots (15ft and 3)**



## Shooting on the Move:

- \*5 spot shooting: (Run after rebound and between spots) (20 makes)
  - Make two 15ft jumpers and two 3s from each of the 5 main spots on the court
- \*Square up and shoot: (20 makes)
  - Start underneath the rim before every shot, spin ball out to each of the 5 main spots and square up to rim and shoot (2 makes from 15ft and 2 makes from 3)
- \*Shooting game: 2 vs. 1 (Play to 11 pts)
  - All made baskets are plus 1 and all missed baskets are minus 2
  - Go twice from 15ft and twice from 3

## Eastview Partner Shooting Workout

### Keys:

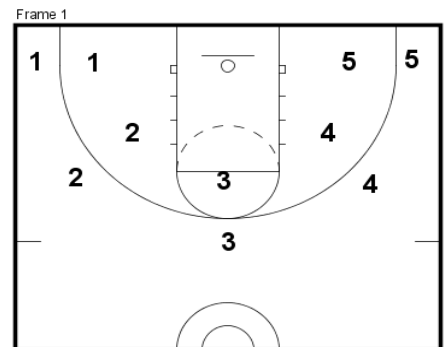
- Catch the ball in the air/ Square belly button up to rim (Proper footwork)
- BEEF: Balance, Elbow in (under ball), Eyes on target, Follow through up
- Hold your follow through until the ball goes in
- Confidence (Practicing at game speed creates confidence!)
- *Make 2 free throws between every drill (This is your rest)*

### Form Shooting:

Rebound for your partner and then switch (Make great passes and push each other).

- \*Swoosh 3 set shots from each block and from right in front of rim (9 Makes)
- \*Swoosh 3 jump shots from each block and from right in front of the rim (9 Makes)
- \*Range Shooting: Start on the block and shoot, if you make it take a step back, if you miss shoot again from the same spot, once you miss 2 in a row you are done (Go once from each block trying to go as far back as you can)

5 Main Spots (15ft and 3)



### Catch and Shoot:

- \*Attempt 5 shots from each of the 5 main spots on the floor from 15ft-Partner passes and rebounds (25 shots)
- \*Attempt 5 shots from each of the 5 main spots on the floor from 3-Partner passes and rebounds (25 shots)
- \*1 ball, 2 person shooting (15ft): Shoot from 15ft, run down your own rebound and pass to your partner who is spotted up somewhere at 15ft, then re-spot up at a new spot 15ft from the hoop (Shoot until you make 20 shots as a group)
- \*1 ball, 2 person shooting (3): Shoot from 3, run down your own rebound and pass to your partner who is spotted up somewhere behind the 3 point line, then re-spot up at a new spot behind the 3 point line (Shoot until you make 20 shots as a group)
- \*1 Ball, 2 Person Shooting (1 dribble pull-ups): Same as the previous drill but instead of catching and shooting.. Shot fake or jab from behind 3pt line into a pull-up (shoot until you make 20 one dribble pull-ups (Work on creating space with your dribble))
- \*1 Ball, 2 Person Shooting Game:
  - Do the drill the same drills as above, but shoot against each other this time (15ft, 3s, Pull-ups)
  - You get 1 point for a make and minus 1 point for a miss / Play to 7

### Shooting on the Move:

- \*Make 10 Drill (15ft and 3): Partner is passing from the top of the key, Shooter starts under the rim and sprints out to each of the 5 main spots like they are coming off of adown screen, Receive pass from partner-Square up and shoot. (Make 2 shots from each of the 5 main spots (10 from 15ft and 10 from 3), Get your own rebound and pass back to partner before next shot

## LIGHTNING 5 Spot Scoring Workout

Total Shots Attempted: 150

Total Free Throws Attempted: 30

### From Each Spot:

- \*\*\**Sprint after ball after each shot attempt*
- \*\*\**Make 1 free throw in between each drill listed*
- \*Attempt 5 15ft jumpers
  - Keys: spin ball out, square belly button up to rim-while catching in the air
- \*Attempt 5 3's
  - Keys: spin ball out, square belly button up to rim-while catching in the air

\*Attempt 4 2-dribble pull-ups

-Keys: Use shot fakes and jabs to get your defender off balance (Attempt 3 each way)

\*Attempt 4 1-dribble pull-ups

-Keys: Use shot fakes and jabs to get your defender off balance (Attempt 3 each way)

\*Attempt 4 1-dribble step backs

-Keys: Use shot fakes and jabs to get your defender off balance (Make 3 each way)

\*Attempt 8 breakdown moves into shots

-Keys: Spin the ball out to 25ft and you get a max. of 4 dribbles to score. Switch up moves and make sure to change speeds and directions (Mix up lay-ups, floaters, and pull-ups)

\*Immediately after breakdown moves, attempt 2 NBA 3's (no free throws after breakdown moves)

### Scoring:

Spot 1: \_\_\_\_\_(30) Spot 2: \_\_\_\_\_(30) Spot 3: \_\_\_\_\_(30) Spot 4: \_\_\_\_\_(30) Spot 5: \_\_\_\_\_(30)

FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6) FTs: \_\_\_\_\_(6)

Total Made Shots: \_\_\_\_\_(150)

Total Made Free Throws: \_\_\_\_\_(30)

**Challenge:** Instead of attempting 150 shots, make 150 shots and time yourself to see how fast you can finish (Stop time while shooting free throws)!

### 5 Main Spots

