

Take it to the Rim Workout Philosophy

Attacking Pressure and handling the ball:

- 🏀 Eyes: Control your eyes. As soon as you touch the ball you should look down the floor “eyes inside” scanning and surveying the floor. Peek immediately, get low and be ready to get tough
- 🏀 If defender ever gets through the neutral area into your body, immediately rip pivot. Get ball high with three points of contact—both hands with ball against shoulder. Avoid going statue of liberty or hugging the ball at your belly. Rip pivot and scan the floor. Remember play at your pace, so learn to pivot out of pressure.
- 🏀 If you have a weak hand, catch the ball on that side of the floor to open up the strong side of the floor.
- 🏀 Attack the defender with 2 powerful dribbles and then read.
 - 🏀 If you beat him, don't forget him. Veer or cut the defender off. Once the defender is on your backside you control him. In traffic use tight, quick cross-over.
 - 🏀 If you are side by side the defender, throw the first punch. You need to initiate contact with the defender using your shoulder. Veer/Steer into him and get to middle of floor. Special players play in straight lines in limited space and time. Average players play in loops and arcs.
 - 🏀 Go with 2 hard powerful dribbles and stop. Defender will keep going and you have now created space, allowing for you to scan the floor and attack off the dribble.
 - 🏀 If you see a trap coming, you will need to back the ball up, chin on shoulder, ball behind back foot, off arm up for protection, feet wide, eyes scanning. If you cannot back up the ball, you are in trouble and limited in ability to handle the ball.
- 🏀 Create space by changing speeds dramatically. Vary your speeds every possession and within each possession. Strike a balance between quickness and composure keeping the defender off balance. Go from 100% to 10% then back to 90%. Going from 50% to 60% rarely works. **Just dropping your shoulders will create space.**
- 🏀 Use purposeful, powerful and explosive dribbles. Wasting first dribble by dribbling at your feet will usually lead to big problems.

Ball handling workouts should revolve around the following core moves:

- 🏀 The ability to go equally well either right or left: **NO WEAK HAND**
- 🏀 Push dribble--should be able to length of court in 3 dribble
- 🏀 Cross-over
- 🏀 Inside-out
- 🏀 Stop and go or hard stutter (change of pace)
- 🏀 Step or pop back and create space
- 🏀 Glide dribble
- 🏀 Combo move

Emphasis and teaching points:

- 🏀 Make your move three or four feet in front of defender (or in drills, the cone/chair)
- 🏀 You sell the move with your feet, not the ball
- 🏀 Your feet never stop moving
- 🏀 Accelerate into the move and Explode out of move; stay low "Low is to explode"
- 🏀 Attack the defender, stay in straight line, go body to body by defender, get back across the line by veering defender
- 🏀 Dribble is used to attack, not to show off. Go somewhere with your dribble.
- 🏀 Change Speeds and Change Directions
- 🏀 Push the ball out in front of you.
- 🏀 Protect the ball with off-hand, “arm bar”.
- 🏀 Practice only counts if it is done in open court and with a game focus

A. Two workout killers:

1. Boredom
2. Fatigue

*There is no excuse for not being in great shape, you'll get a lot more out of your workouts and increase your chances of improving. Vary your workouts, include music, and find someone to play one on one with.

In a two and half hour practice Paul Pierce took 17 shots. During pick-up games to seven points a game will last fifteen minutes in which about 16 total shots per team will be taken. *If you want to be a great shooter you have to get shots up. You have to play but you have to drill for skill also.

B. Your workouts:

1. Need to be faster or more difficult than an actual game.
2. Need to be understood as a process to improve.
3. Need to eliminate boredom and fatigue.
4. Need to be planned-have a written purpose and plan.
5. Should emphasize conditioning, dribbling, and shooting every day.
6. Drill like you want to get better.

C. Four must haves in your drill work:

1. Weak hand development.
2. Footwork and balance.
3. Playing through contact-get a partner and use a pad.
4. Contested shots-find someone to simply put a hand up as you shoot, hit you with a pad as you finish, etc.

D. Ball Handling Emphasis:

1. Pound the ball-no soft dribbles.
2. Work to be ball quick.
3. During workouts ball handle for a minimum of 10-15 minutes.

E. Theory of 2

1. 2 minutes to show you a skill
 2. 2 weeks to become comfortable
 3. 2 months of work to become automatic in a game
- *Perfect practice prepares you for performance.
 - *To be a champion, you want to have a work ethic, a maturity level, seriousness, and a focus.
 - *Who are you listening to? People who will help and improve you, or people who will just enable you?
 - *You become your habits in pressure situations.

F. Executing the workout:

1. Execute each move of workout in sets of 5 always beat the press on the way back with your move of the day.
2. Start each move with a ball toss or go off the toss back and square up-"load the gun". It's game-like if you square up off the toss back.
3. Vary the way you finish-off one or 2 feet, or shoot the pull up.
4. Shoot 4-5 free throws to recover after every 5 reps.

THE DRIBBLE DRILLS:

A. Learn the moves

Chair about 4 feet from sideline, player sweeps the ball; takes rhythm and then executes move; stay in straight line and be sure player veers the chair or "crosses the line. Right hand out; left hand back

- Hard Stutter
- Blast Move—rhythm dribble, big push out of ball from shoulder level, take big step and go
- Cross over—Big step with same leg that ball is in to begin cross over; As you step with right leg (ball in right hand) you should be crossing over to the left-hand. Keep feet moving, your feet should not get parallel, if they do you will stop moving
- Inside out—big step with opposite leg that ball is in to begin inside out, jam that foot and pushing off as the inside out move is executed
- Between legs—"Sit, split, go"; Make this a stop and go move. Sit, split, pound and then explode. Don't try and run put ball between legs
- 2 hard dribbles to controlled dribble, retreat dribble, explode same side, to veer
- 2 hard dribbles to controlled dribble, retreat dribble, between legs, explode, to veer

B. Commando and Kill The Grass Workout

Do each set of commando for 30 seconds. Rest for 30 seconds in between sets or shoot 2-4 free throws. Strive to get 13-15 reps in the 30 seconds, a few less if you are going as far as the top of the key. Out and back would be considered 2 reps.

1. One Ball Commando of 15-20 feet—20 to 30 seconds—2 sets of each move

Reminder: Jump stop/Reverse pivot: One-way right hand/Come back left hand

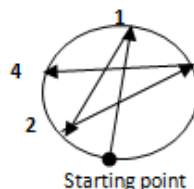
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|---------------------|---------------------|--------------------------|-------------------------|
| a. right hand blast | b. left hand blast | c. right hand hesitation | d. left hand hesitation |
| e. cross over | f. inside out right | g. inside out left | h. inside out cross |
| i. between the legs | | | |

2. Two ball commando-execute from baseline to the top of the key:

- | | | | |
|---------------------|-----------------------|----------------------------|--------------------|
| a. two ball same | b. two ball alternate | c. two ball change of pace | d. cross them over |
| e. between the legs | f. behind the back | | |

3. Kill the Grass

- Pick a designated area about the size of the jump circle at half-court
- For 30 seconds attempt to dribble with one or two balls the diameter of the circle. Once you get to other side spin and attack to other side of circle.



- Make as many moves as possible as you go from one side to the other
- Pound the ball or balls as if you are killing the blades of grass in the circle
- Be sure to work both hands if only using one ball

BALLHANDLING WORKOUTS

A. NC State Workout

1. **Tight Chairs**-ball quick, quick feet emphasis. Place 4 chairs three feet apart in a straight line. Execute the following dribble moves through the chairs as quick as you can. Do this sequence twice.
 - a. cross over
 - b. inside out cross
 - c. inside out right hand
 - d. between the legs
 - e. inside out left hand
 - f. parallel behind the back
2. **Spread Chairs**-emphasis on getting out and going with the basketball. Place a chair at the top of key, half court line and the other top of the key. Begin the drill on the baseline, go at the first chair and execute the dribble move, at each chair execute the same dribble move. Finish when you get to the other end-vary the way you finish. After scoring you will beat the press on the way back, go full speed, execute 1 dribble move at half court (move of the day) and finish. Go through this sequence one time, shoot free throws to recover after every 4 full court trips.
 - a. change of pace right hand
 - b. change of pace left hand
 - c. cross over
 - d. inside out right hand
 - e. inside out left hand
 - f. inside out cross
 - g. between the legs
3. **Half court drives**-start about 10 feet behind half court even with the lane line. Execute each of the dribble moves one time from the right side and one time from the left side in the sequence listed. Beat the press on the way back with the "move of the day" at half court and finish. When you beat the press you are making a full court trip. Shoot free throws when you need to rest.
 - a. blast
 - b. hesitation
 - c. cross over
 - d. inside out
 - e. inside out cross
 - f. between the legs

B. Creating Space Workout

1. **V dribble drill**-Start under the rim, take two power dribbles to the elbow, get sideways, slide back using the correct technique (arm up, chin on the shoulder, feet never come together, slightly drop your hips and keep the ball about waist level), when you get back to where you started from, change between the legs, two power dribbles to the opposite elbow and repeat for 30 seconds. Shoot free throws to recover.
2. **CMU glide drill**-Start at the top of the key, get sideways, power slide to the elbow, when you hit the elbow, slide backwards back to the top of the key, change between the legs, now slide to the other elbow and repeat for 30 seconds. Shoot free throws to recover
3. Start the following drives about 3 to 4 feet above the top of the key, execute each sequence first with your right hand, and then your left hand. Start by driving the ball hard to the elbow with two power dribbles, when you get to the elbow area get sideways and bounce back and then perform the move listed, do each for 5 reps and use the same move on the way back to beat the press:
 - a. bounce back, explode with the ball in the same hand-finish at the rim
 - b. bounce back, explode with the ball in the same hand and shoot the pull up jumper
 - c. bounce back, change with a between the legs or cross over, get in the paint and finish
 - d. bounce back, change with a between the legs or cross over, shoot the pull up jumper

Remember:

1. Beat the press on the way back with the same move
2. Use the correct footwork on your pull up jumper, a 1-2 step
3. Vary the distance you back up
4. Explode with your first two dribbles and simulate getting the defender off of you

C. John Walsh (Denver Nuggets) "Hit The Move" Workout

Emphasis:

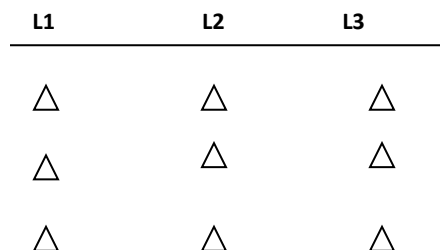
1. Changing pace by either speeding into or hitting the move or by hesitating and exploding.
2. Each move is performed by doing 4 full court trips and executing the dribble move twice. Start on the block. You will make the first trip down with the right hand, always comeback using the left hand. You should be making two trips with the right and two trips with the left.
3. Shoot 4 free throws after every 4 trips to recover.

Drill Sequence:

1. Start on the baseline, go out half speed, get to 2/3 speed and the speed into the dribble move in between the top of the key and half court. After you speed into the move, slow down, go half speed, 2/3 speed and hit the move again.
 - a. hesitation, ball stays in the same hand
 - b. cross over
 - c. inside out
 - d. inside out cross
 - e. between the legs

D. Florida Push/Blast Series

Player will sweep ball/start at first cone, push/blast dribble to second cone execute dribble move push to third cone and go around and come back make move again at second(middle) cone. Next player goes after first returns to sideline. Drill runs for 30 seconds/or set time and each line of players needs to make a set amount of trips (number of times players in line get from sideline around cones back).

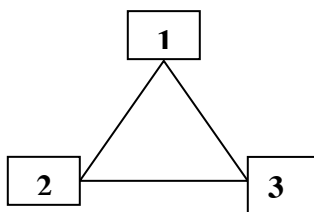


The Moves: Push/Blast; Push Stutter; Push Inside out; Push Sit/Split; Push Inside out/Cross;

**note for the first three, be sure to do one set of time for both right and left hands.

E. Florida Triangle Drill

Player marks out a triangle....start at point 1 with ball in right hand, blast to point 2, retreats back to point 1 sits and splits, blast back to point 3 and retreat dribble to point 1, sit and split and blast out to point 2. Drill is run for 30 seconds







F. Change of Pace Workout

Slight hesitation or a hard stutter and explode is probably your simplest and best move yet it's the one that is the least practiced.

A slight hesitation can freeze the defender, it could get them to come out of their defensive stance, or knock them backwards allowing you to attack and cut their hip. You can work on changing speeds with half court drives or by working four full court trips.

Change of Pace Workout: Half Court Drives:

- Execute each move 5 times, beat the press back 5 times by using the same change of pace move. Shoot 4-5 free throws after every 5 reps.
- Start with 2-3 explosive, powerful dribbles-when you hit the 3 point line slightly hesitate, and then explode to the rim. Vary the way you finish mixing in lay ups off 1 or 2 feet with pull up jumpers.
- Work the following moves:
 -  Slight hesitation, keep the ball in your right hand and explode.
 -  Slight hesitation, cross over, explode to the rim.
 -  Slight hesitation, inside out (sell it with your feet), get to the rim.
 -  Slight hesitation, between the legs, explode.
- Repeat this sequence on the left side of the floor.
- Doing the entire workout you will execute 80 slight hesitation moves and shoot 40 free throws.

Change of Pace Workout: Full Court Drives:

You can work changing speeds using the full court.

- Execute four full court trips, make either 2 or 3 changes of speed during each trip on the full court
- Practice the same 4 moves listed above.
- Once again vary the way you finish and shoot 4 free throws after every 4 trips.
- If you do the entire workout you will be doing 32 full court trips and shooting 32 free throws.







Finishing Progression

Teaching Points:





- Be able to finish going full speed with either your right or left hand. Do not slow down or take timing steps.
- Protect the ball by getting it to your hip, shoulder, or using a football tuck. Work on protecting the ball every time you work on finishing.
- Once you master the fundamentals work on creativity. An example would be work on finishing off the wrong foot. Remember, shot blockers time your feet. Going off the wrong foot or using your Stockton makes your shot more difficult to time.
- Usually when you go off one foot it's for speed and quickness, going off two feet usually involves more time, fakes, and power.
- When finishing vs. contact, keep your head and eyes up, losing vision on the rim makes it difficult to finish.

Finishing Off 1-Foot

Master these 1-Foot finishes in the following order:









-  Protection lay-up.
-  Reverse lay-up.
-  Stockton (and the reverse Stockton).
-  Kentucky Reverse.
-  Euro Step.
-  Floater or tear drop.

1-Foot Finishing drills:





-  Half court or full court drives. Combine your ball handling with your ability to finish full speed off 1 foot.
-  Rayfield Sprint Finishes.
-  Nine cone finishing. You may start with three cones and as your conditioning improves, add cones. Build up to nine cones.
-  Work against the broom and pad.

Finishing Off 2-Feet

Teaching Points:

- Be mentally and physically dangerous when you finish off 2 feet.
- Get dangerous:
 -  cover ground, land soft and wide, take up space
 -  use the back brakes and stick the landing
 -  spank the baby or football tuck
 -  land in the power position, ball on the outside shoulder, elbows up and out taking up space
 -  peek, eyes on the rim, be a threat to score
 -  hesitate for one-eighth of a second, load your legs
 -  get to the sweet spot and put the defender in jail
 -  initiate contact and demonstrate control to the official
- Playing off 2 feet creates time for you to fake and make decisions.
- It allows you to change direction.
- It can be more difficult for shot blockers to time your feet.

Master these 2-Foot finishes in the following order:

- Work on the following 4 ways to finish, doing each finish 4 times with right hand, and 4 times with left hand, total of 32 finishes.
- During one workout start from the wing, the next workout from the top of the key. Start with a dribble move or offensive footwork move.
- Remember to mix in air'ems, and work on sweeping the ball high or football tuck.
 -  Big Two Foot Jump Stop
 -  Get To The Other Side
 -  Rip Pivot
 -  Hips Across

Finishing Drills: Mix in 1-Foot and 2-Foot Finishes

A. Finishing Warm Up

- Mikan Drill off 1 foot-go for 30 seconds or make 10.
- Mikan Drill off 2 feet-go for 30 seconds or make 10.
- Reverse Mikan's-off 1 foot - go for 30 seconds or make 10.
- Make 4 of each of these lay ups off 1 foot, starting on the block and taking 1 hard dribble.



Protection lay up



High off the glass/Tear Drop



Stockton



Reverse



Stockton Reverse

B. Half-court blast to jump stop finish

- Start 5 feet behind half court above the elbow. **Here's the drill sequence:** blast, hesitation, cross-over, inside-out, between the legs
- You can either work by exploding with first two dribbles or speeding into the move (John Walsh Workout) at about the 3 point line.
- Execute dribble move at about the 3 point line and either shoot a pull up jumper or work on finishing.
- Get your rebound, walk out to about the half- way point between the rim and corner of the court on the baseline, square up and beat the press back to the opposite side of the court you started on.
- Use the same dribble move you just finished with to beat the press back to half court.
- Turn around and now execute the dribble move coming from the left side-score and beat the press back with your left hand to where you originally started from.
- Repeat this sequence 4 more times for a total of 5 times.
- You should score with your right hand 5 times, beat the press 5 times with your right hand, score 5 times with your left hand and beat the press 5 times with your left hand.
- Shoot 5 free throws to recover.

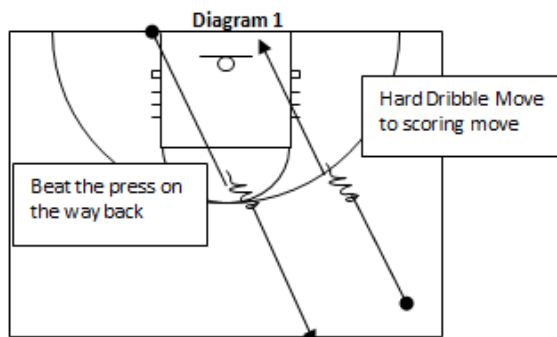
C. Half Court Drives

If you have a second person to work with you, have them at the 3 point line and work on the reaction drive drill that demonstrated during camp.

When are working on all handling work out in either a full court or half court setting. It depends on what type of facility is available.

Here are some general points to keep in mind.

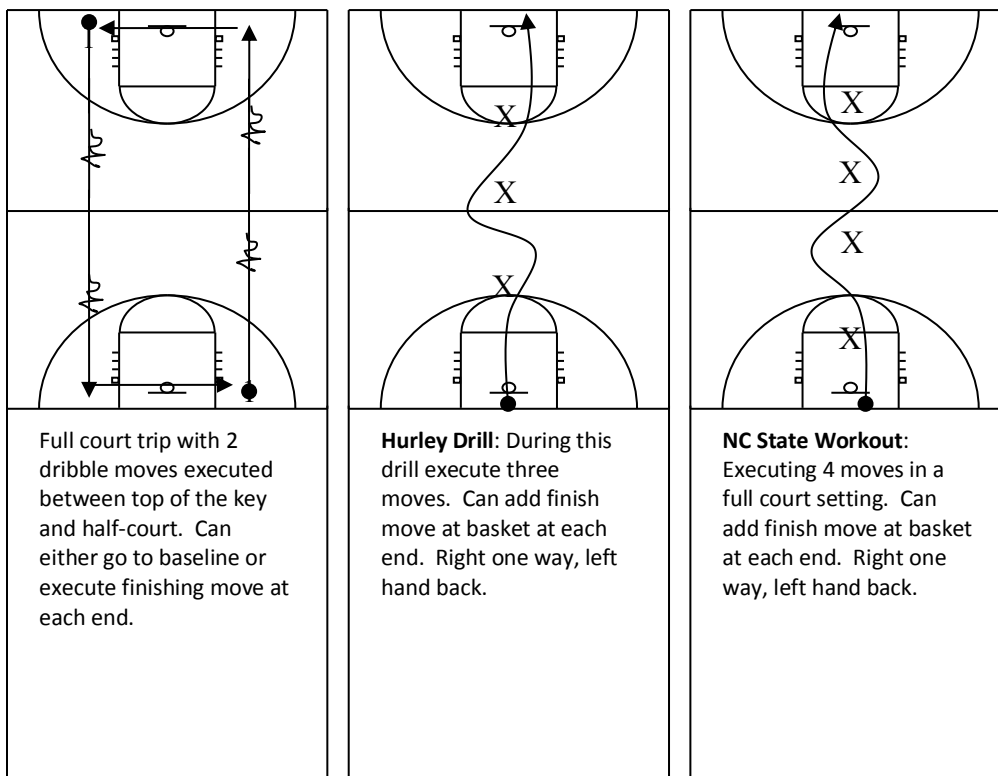
- In a half court setting (diagram 1) always attack from the half court and make a strong move in the general area of the three point line.
- Vary the way you finish. After you score, always beat the press on the way back.
- When you beat the press on the way back, always work on the same move that you attacked the basket with.
- Complete 5 repetitions from the right side, 5 repetitions from the middle and 5 repetitions from the left side.
- Shoot 5 free throws after completing 5 repetitions.



D. Full-court Drills

- In a full court setting (diagram2), complete four trips and then shoot 4 free throws.
- Where on the court the move is executed will vary depending on the drill.
- Either 2, 3, or 4 moves can be made in one full court trip.
- In the workout in **Diagram 2**, player can change drills after each set of free throws

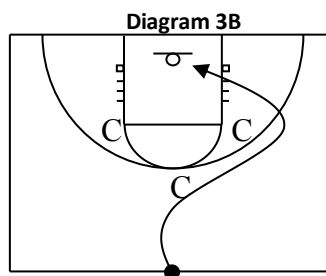
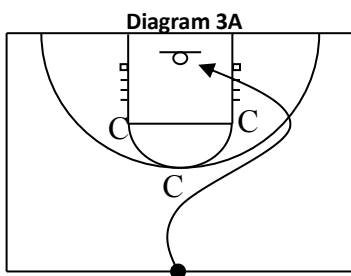
Diagram 2



E. Half-Court Cornering Sequence:

Set up three chairs as shown in Diagram below:

- Turn the corner and get to the rim in 1 dribble: 3 trips to right, 3 trips to left: **(Dia. 3A)**
- Get to first chair add move and explode to turn the corner and get to rim in 1 dribble: 3 trips to right, 3 trips to left
- Get to elbow chair, quick change between legs, go inside of cone and finish at rim off 1 dribble: 3 trips right, 3 trips left **(Dia. 3B)**
- Can add pull up jumper instead of finishing at rim
- Shoot 4 free throws after every 6 reps.



F. Tight Chairs into Cornering Sequence:

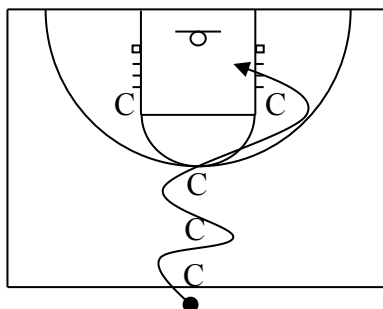
Set up chairs as shown in Diagram 4 below:

1. Set up 3 chairs 3 feet apart above top of key and 2 chairs at the elbow
2. Work on being ball quick through the chairs, explode and turn into the corner and finish at rim or shoot the pull up jumper
3. All moves are done 3 trips to right, 3 trips to left: Mix in 1-Foot and 2-Foot Finishes
4. Shoot 4 free throws after every 6 reps.

Sequence:

- Cross-Over through tight chairs, turn the corner and get to the rim in 1 dribble
- Inside-out dribble through tight chairs, turn the corner and get to the rim in 1 dribble
- Inside-out cross through tight chairs, turn the corner and get to the rim in 1 dribble
- Between the legs through tight chairs, turn the corner and get to the rim in 1 dribble
- Behind the back through tight chairs, turn the corner and get to the rim in 1 dribble

Diagram 4



G. Triangle Top Drill

Set up chairs as shown in Diagram 5 below:

1. Place a chair on each side of the 3-point line, free throw line extended.
2. Set the other chair about 10-15 feet above top of key.
3. All moves are done 3 trips to right, 3 trips to left
4. Player starts where half court line meets sideline
5. Shoot 4 free throws after every 6 reps.

Sequence:

- A) Attack the chair on the top with cross-over dribble move, go by turn the corner and get to the rim in 1 dribble
- B) Attack the chair on the top with between the legs dribble move, go by turn the corner and get to the rim in 1 dribble
- C) Attack the chair on the top with inside-out dribble move, go by turn the corner and get to the rim in 1 dribble
- D) Get to elbow chair, quick change between legs, go inside of cone and finish at rim off 1 dribble. **(Dia. 5B)**
- E) Can add pull up jumper instead of finishing at rim

Diagram 5

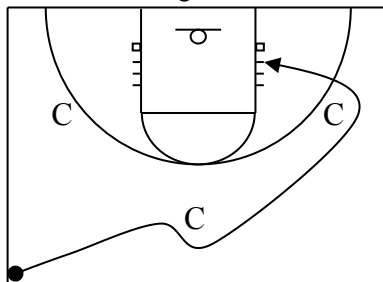
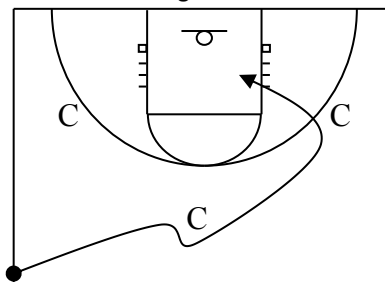


Diagram 5B



H. 20 minute Full Court Workout

Do each drill court, down and back twice. You should be making four full court trips. Do two trips with the right hand and two trips with the left hand. Vary the move used to finish at the rim, grab basketball and blast out to other end.








Drill Sequence:

1. Four trips where you work on stop and go. Execute a strong stop and go move about where the old hash marks use to be on the court, about 10 feet before and after half-court. Player will make two stop and go moves with each full court trip.
2. Four trips working to create space. Blast out from baseline to where old hash marks use to be, jump stop, turn into sideways position with arm out, chin on shoulder, get ball dropped behind the back leg, bounce back 3-4 feet and blast forward in the same hand or add change of direction move.
3. Glide dribble, four trips. The player needs to really vary the way they work this. Player might start with three strong glide dribbles, explode ahead with an all-out sprint and then get back to glide dribble. Player may start with an all-out sprint dribble, and then get back to glide dribble. REMEMBER anytime the defender is quicker, get into the glide dribble. Do not let the defender get a gauge, keep them off balance by exploding forward or by bounce back to create space or getting into glide dribble.
4. Cross-over using Hurley Drill--See Diagram 2
5. Inside-out using Hurley Drill--See Diagram 2
6. Between the legs using Hurley Drill--See Diagram 2
7. Push dribble into a hard stutter and a dribble move. Use 2-3 push dribbles to get to the 3-point line at opposite end, go into hard stutter, and finish at rim. Really work on getting under control at the point of the hard stutter
8. Off the board drill.
9. 6 in 30 seconds. Make six full court trips in thirty seconds or under. Begin on one base line, push dribble to other end, score and push to other end. Continue until six trips have been made. Perfect drill would be six makes at 30 seconds or under.







I. Rayfield Finishing Workout:

Execute each of the following finishes 6 times by sprinting to the side line, sprinting into the finish, then repeat from the opposite side.

Finishes:








-  Reverse lay-up off of one foot
-  Runner-floater or tear drop
-  Stockton Move
-  Two foot floater from the middle of the lane
-  Two foot jump stop to the middle of the lane-step through
-  Hips across
-  Step through move off a 1-2 step. Sell with a hard step with the inside foot.

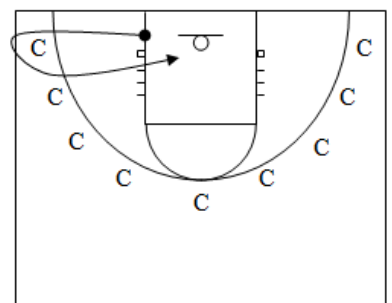
Variations:

-  Reverse off one foot-start near the corner of the sideline-sprint-1 dribble-reverse lay up
-  Run to the lane line extended about 5 feet above the top of the key-sprint into your floater.
-  Sprint to the elbow, catch-rip through-dribble and shoot the Stockton.
-  Sprint, catch outside the lane, 1 dribble, two foot jump stop, inside shoulder in, and shoot the jump hook floater.
-  Same as 4, but how a little shot fake and step through off either foot.
-  Sprint-catch-1 dribble-get into your hips across.

J. Nine Cone Finishing Work out: * Can reduce cones/chairs down to 5 or 7 depending on time or conditioning level

Sequence: See Diagram below for set up: **Varying finishing move at rim—Mix in 1-Foot and 2-Foot Finishes**

-  Nine finishes going around the cones/chairs and then getting to the rim
-  Nine finishes going opposite direction around the cones/chairs and getting to the rim
-  Nine 1 dribble pull up jumpers after going around cones/chairs
-  Nine 1 dribble pull up jumpers after going opposite direction around cones/chairs
-  Nine 2 dribble pull up jumpers after going around cones/chairs
-  Nine 2 dribble pull up jumpers after going opposite direction around cones/chairs
-  Shoot 4 free throws after every 9 trips.



Shooting the Pull-Up Jumper

1. Use the proper footwork and technique. Everything should be a one-two step. If the last dribble is with the right hand it should be a left-right step. The last dribble should be hard and right off the inside of the foot. The ball should come up into your shot pocket and drive you into your shot. A left hand dribble would be a right-left step.
2. Work on mastering the pull-up jumper with one, two or three dribbles and by changing direction. Your goal should be to be explosive and then demonstrate the ability to get under control and shoot the pull up with the proper technique going in either direction.

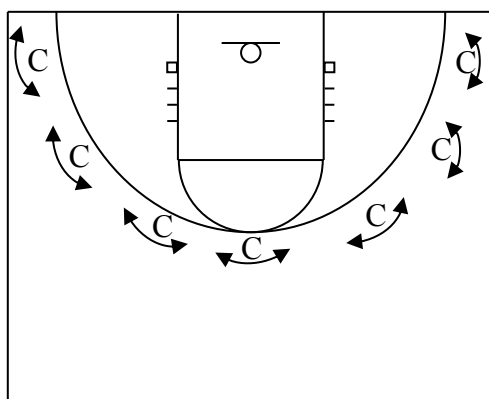
A. Basic introductory Workout

With this workout you are simply working on the correct technique and increasing to game speed. You can vary the number of shots you take. Start at the top of the key and go through the following sequence of shots:

1. One right dribbles—25 shots
2. Two righty dribbles—25 shots
3. One lefty dribble—25 shots
4. Two left dribbles—25 shots
5. Three dribble sequence with a change of direction. Take a rhythm dribble, a change of direction dribble (between the legs, cross over or behind the back) and one more dribble and get into your pull up jumper. Vary the move you work on and the number of reps.
6. *Work both straight on and at angles where you are forced to square up on your inside foot.

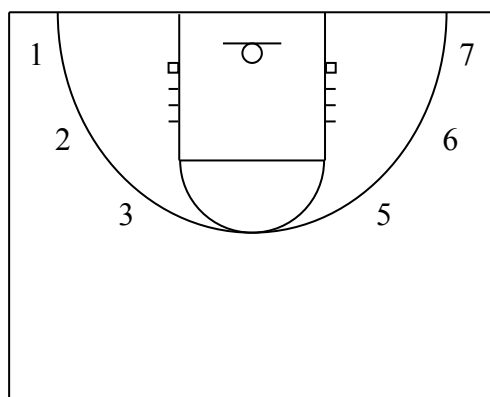
B. Kentucky Workout

- Shoot eight pull up jumpers from each of the seven spots illustrated below.
- Take one or two dribbles around the cone or chair.
- Obviously this drill works a lot better if you have a rebounder.



C. Seven Spots

- Shoot four pull up jumpers from the seven spots illustrated in Diagram below.
- Start by loading the gun, pull the ball through and take one hard dribble.
- Shoot two pull-ups going right and two going left.
- Remember to incorporate and work on your shot fake.
- Once you've worked all seven spots, shoot four free throws and then repeat the workout.



D. Game of 42

- Work the same seven spots illustrated in Seven Spot shooting.
- From each spot you will shoot three shots before moving to the next spot.
- The first shot is a three pointer which counts as three if you make it.
- Next sweep the ball and shoot a pull up jumper—it's worth two points if you make it.
- For the third shot, shot fake, sweep the ball and lay it in using only one hard dribble.
- The lay-up is worth one point.
- If you made all twenty-one shots, your score would be a perfect 42.
- Keep track of your best scores and always try to break your record.

G. Jab Series with ball sweep/ Chair is defender/Sweep under seat

- A. Sequence. Shot Prep, spin out, triple threat to begin all moves! As it becomes advanced, spin out right and left, square up on inside foot. Make distinct moves as part of the teaching process. Ball must be dribbled out with step foot.
1. Rip pivot, ball low to high, pause—ball you and defender position, drive to finish with weak hand...get to other side
 2. Rip pivot, sweep back, strong side step by to finish
 3. Ball sweep to weak knee, crossover step, weak hand dribble to finish
 4. Shot prep, Triple-threat, Shot Fake, Circle strong to weak knee, crossover step, weak hand dribble to finish
 5. Ball jam to weak knee, sweep to strong side, step and finish
 6. Shot prep, Triple-threat, Shot fake, Circle weak to strong knee, step by move strong side drive to finish
 7. Shot prep, ball and foot jam to strong side (foot jam, 2 inches), crossover step, weak hand dribble to finish
- B. Spin outs to attacking the Rim...inside foot to moves
- C. Spin outs to pull jump shot...1,2 step into shot

Kobe Bryant Work Ethic Story #1

I've been a professional athletic trainer for about 16 years and have been able to work with a range of athletes from the high school to professional level. Right now I run in a clinic in Cincinnati and have most recently been training with some players on the Bengals.

I activated my reddit account just a moment ago and because I've been seeing the videos of Kobe's most recent dunks and the comments you guys have had to share I decided I might as well chime in what I know about the man. And let me just state by saying that this story doesn't touch on anything we don't know about Kobe but rather that he simply is not human when he is working on his craft.

I was invited to Las Vegas this past Summer to help Team USA with their conditioning before they head off to London, and as we know they would eventually bring home the Gold (USA). I've had the opportunity to work with Carmelo Anthony and Dwyane Wade in the past but this would be my first interaction with Kobe. We first met three days before the first scrimmage, on the day of the first practice, early July. It was a brief conversation where we talked about conditioning, where he would like to be by the end of the Summer, and we talked a little bit about the hustle of the Select Team. Then he got my number and I let him know that if he ever wanted some extra training he could hit me up any time.

The night before the first scrimmage I remember I was just watched "Casablanca" for the first time and it was about 3:30 AM. I lay in bed, slowly fading away when I hear my cell ring. It was Kobe. I nervously picked up.

"Hey, uh Rob, I hope I'm not disturbing anything right?"

"Uhh no, what's up Kob?"

"Just wondering if you could just help me out with some conditioning work, that's all."

I checked my clock. 4:15 AM.

"Yeah sure, I'll see you in the facility in a bit."

It took me about twenty minutes to get my gear and out of the hotel. When I arrived and opened the room to the main practice floor I saw Kobe. Alone. He was drenched in sweat as if he had just taken a swim. It wasn't even 5AM.

We did some conditioning work for the next hour and fifteen minutes. Then we entered the weight room, where he would do a multitude of strength training exercises for the next 45 minutes. After that we parted ways and he went back to the practice floor to shoot. I went back to the hotel and crashed. Wow.

I was expected to be at the floor again at about 11 AM. I woke up feeling sleepy, drowsy, and almost pretty much every side effect of sleep deprivation. Thanks, Kobe. I had a bagel and headed to the practice facility.

This next part I remember very vividly. All the Team USA players were there, feeling good for the first scrimmage. LeBron was talking to Carmelo if I remember correctly and Coach Krzyzewski was trying to explain something to Kevin Durant. On the right side of the practice facility was Kobe by himself shooting jumpers. And this is how our next conversation went -- I went over to him, patted him on the back and said, "Good work this morning."

"Huh?"

"Like, the conditioning. Good work."

"Oh. Yeah, thanks Rob. I really appreciate it."

"So when did you finish?"

"Finish what?"

"Getting your shots up. What time did you leave the facility?"

"Oh just now. I wanted 800 makes so yeah, just now."

My jaw dropped. Mother of holy God. It was then that I realized that there's no surprise to why he's been as effective as he was last season. Every story about his dedication, every quote that he's said about hard work all came together and hit me like a train. It's no surprise to me now that he's dunking on players ten years younger than him and it wasn't a surprise to me earlier this year when he led the league in scoring.

Thanks for reading and allowing me to share you my Kobe Bryant story. If anyone has any questions I can clarify. Sorry if the story was at all hard to follow as this is my first time on reddit.

Rob.

An Inside Look at What Makes Kobe Bryant Great

By Alan Stein, CCS, CSCS, StrongerTeam.com



AP Photo

One of the most remarkable people in basketball is shooting coach Dave Hopla. Coach Hopla has worked in the NBA for several years with the Toronto Raptors and Washington Wizards.

In addition to working directly for NBA teams, Coach Hopla has been hired privately by the game's best players. We asked him to share one of his most memorable stories.

Coach Hopla had the opportunity to work with **Kobe Bryant** back in 1996, before he was drafted by the Lakers, and then continued to work with him for the first four years of Kobe's NBA career.

Here is a quick story about the first time they met:

Kobe called late one evening to set up a workout for the following day. The only time Coach Hopla had available was 5:30 a.m. because he was heading out of town around lunch time. Kobe said, "Sounds good, let's do it."

Coach Hopla arrived at the gym at 5:15 a.m. and saw that Kobe was already there... preparing for the workout to start at 5:30 a.m. Kobe had arrived at 4:45 a.m. He was in a full sweat before the workout officially started.

The first drill they did was a Half-Court Shuttle Drill:

- You need one ball and one person to rebound and pass
- Set up a cone at mid-court and two cones at the free throw line extended (3 feet from sideline).
- Start at mid-court and sprint for a jump shot at the free throw line.
- Sprint back to the mid-court cone, then sprint to either outside cone for another jump shot.
- Sprint back to mid-court, then sprint to the other cone for a jump shot.
- Lastly, sprint to mid-court, and sprint in to finish with a dunk or layup.
- If you miss any shots, you continue until you make the shot from that spot.
- Record your best time. A good time is less than 21 seconds on an NBA court.

In his first time doing the drill, Kobe moved at lightning pace and nailed his first three jump shots... but then missed the final dunk (pounded it off the back rim).

Without hesitation (or without complaining or pouting), Kobe sprinted after the ball (which bounced all the way past half court), picked it up, sprinted back and took off from just inside the foul line and dunked it home. He then looked up and said, "What was my time?" Without prompting from Coach Hopla, he jogged to mid-court and began the drill again.

That was the first drill Coach Hopla ever took Kobe through. He immediately knew that Kobe was a special player and would go down in history as one of the greats. Over the next few years of working with Kobe, Coach Hopla made this observation:

"Kobe has a sense of urgency with everything he does. Every rep, every shot, every drill is important to him. He takes advantage of every opportunity to get better. Kobe is never satisfied with his game and is always looking to improve. That hunger is what makes him great."

Jay Bilas on Toughness:

 <http://www.mdbball.com/Documents/ToughnessbyJayBilas.pdf>

HAVE A DREAM

By Bob Conklin

People, in a way, are like the "Cryptobiotic Tardigrade," one of the weirdest creatures known. It can exist for more than 100 years in a state which, by most definitions, would be called "death," withdrawn in its spiny shell without water, oxygen, or heat. Yet, when it is moistened, it immediately springs back to "life," the legs and head poking out from its coffin-like bony crust. People's lives can flatten out, seem routine and dull. Like the Tardigrade, they go into their shells and become shielded from the adventure of life. For them the moisture that brings back life are untried dreams, fresh goals. Their perspectives need laundering within renewed vision.

If you aren't getting as big a jolt as you'd like from life, get yourself a dream. You are the only expression of life that has that ability. It is, in fact, your ultimate obligation. Where there is no hope, no higher direction or noble purpose towards which a life is growing, then, for all meaningful purposes, life's current is not flowing.

Other forms of life have the dreams built in. An acorn will someday become an oak tree, the wheat seed will flourish into golden grain, the lion cub will undeniably grow to be king of the jungle. How about you? What will be your destiny? I'll tell you. It will be a realization of your dreams. As James Allen writes: "Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be. One who cherishes a beautiful vision, a lofty ideal, will one day realize."

Be brave with your dream! Don't wait for someone else to do it before you dream it! Robert Perry aspired to be the first to set foot at the North Pole. Alexander Mackenzie wanted to do what no American had done--cross the continent on foot. Nellie Bly dreamed of being the first woman to go, alone, around the world. The world needs dreamers like that. Organizations need them. People who look beyond the limitations of their lives, fasten their thoughts on their dreams and then rise each morning to the levels of their visions, make miracles happen.

Such a person was wirey Bob Beamon who, before 40,000 people in Mexico City on October 18, 1968, raced down the runway, pounded his foot against his takeoff point and leaped into the air. Olympic records are improved by fractions of seconds or inches. But when he landed, the old record had been shattered by two feet, an unmatched achievement in athletic history.

It doesn't always happen to the young. In 1968, Bill Emmerton, in his late 40's, decided to run 125 miles through Death Valley. He started in the heat of 106 degrees, got 30 miles out and encountered a sandstorm so severe it blew him off his feet and bounced him 15 feet along the road. Undaunted, he kept going until he collapsed from sulfur fumes. Following him in a camper, his wife, Norma, thought, "Dear God, this is it." She soaked his clothes in water, massaged his legs, and three minutes later Emmerton was on his way again. The temperature reached 135 degrees. He finished with the toe of one shoe cut off to allow for the free flow of blood. "It was like running through hell," he exclaimed. "I suffered. I was in pain. But no one else can stand it as I do."

Seeing only starts can fill one's heart with hope and expectancy. Tawny Elaine Godin, 18 years old, in 1975, was named Miss America. When Bert Parks placed her crown on her head and told her, "Now you may make your walk," she replied, "This should be easy for me. I have been doing it in my mind since I was five years old!" She was testifying to the mysterious phenomena that if you look to a dream, nurture it, and hold it close to your heart then what you see, you will most certainly experience.

Your dreams are the wings of your thoughts; they lift your thinking out of the commonplace and the ordinary. Belief and dedication motivate, but dreams inspire! Your dreams of tomorrow will make today's problems seem unimportant. Dreams take the dullness out of work, the aggravation from problems and the hopelessness from lack. They are the cups that hold your efforts. Your cup will truly "runneth over" with your dreams fulfilled unless you let others punch holes in them! So hold fast to your dreams! They are the harps of the heart that add music to your everyday existence!