

Fairmont Basketball



Perimeter Player Workout

+/- System of Shooting: When you make a shot it is +1, when you miss it is -1. If the goal is Make 10, then you want to shoot until to are at a +10. {For Example: make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), make (+1), make (+1), make (+1), = $1+1+1+(-1)+1+1+1+(-1)+1+1+1+1+1+1 = +10$ }

1. Jump Rope (1 minute)
2. Pound Shooting-3 dribbles while foot firing with-both hands (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): Hawkeye 25 times (dribble, dribble, cross, legs,back sequence)
6. Moving Hawkeye Drill: $\frac{1}{2}$ court and back 3 times.
7. Mikan Drill (make 40)
8. Perfect form shot (Make 10 +/- system)
9. 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)
10. Full Court Ball Handling: 45 degree crossovers (cross, between legs, behind back, retreat dribble to a crossover) (2 times down back for each skill)
11. Jump Rope (1 minute)
12. 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)
13. Free Throws (Make 10 +/- system)
14. Post Moves (see post workout handout: make 5 of each)
15. Defensive slides: side to side (20 touches)
16. Jump Rope (1 minute)
17. Pound Shooting-3 dribbles going behind back or between legs (1 minute)
18. Free Throws (Make 10 +/- system)