



MPLS LAKERS

OFF-SEASON PLAYER GUIDE



**THE GOAL IS NOT TO BE
BETTER THAN ANYONE ELSE**

**IT'S BEING BETTER THAN
YOU WERE YESTERDAY**

-Jon Gordon

INTRODUCTION

This a guide for offseason workouts that will improve players' skills.

Each drill is designed to take 20-30 minutes. Use the chart as a way to visually track your progress.

Players can set goals with herself/himself and/or challenge friends. *For example:* a good goal would be to “check at least one box seven days straight.” Once a player starts a streak of checking boxes, they can expand their goals to something like “do each drill at least once in a fourteen day period.”

The off-season is a great time to practice the mechanics of dribbling & shooting. Your off-season should be focused on this but not limited to it. Remember, playing the game with new players (the same age or older) is great for working on physical movement (cutting, pivoting & reaction). The combination of mechanics and pick-up game scenarios will lead to wider player development range.

Championships are not won on the night of a big event, but years before by athletes who commit themselves daily to championship principles



Name _____ Month _____

Area	Ball Handling		Interior Shooting Drills			Perimeter Shooting Drills			Shooting Games	Strength & Agility		Team & Explore	
Drill/ Day of Month	10 x 10	Advanced (5)	Mikan (>25 Makes)	Spots (>50 Makes)	Free Throws (>25 Makes)	Mikan (>25 Makes)	Spots (>50 Makes)	Offensive Moves (5 reps, 4 moves)	Play 3 of 6	Strength (>2 of 4)	Agility (>2 of 4)	Play with Friends (>30 min)	Initials
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SUMMARY OF OPTIONS

1. **Ball Handling**

- Stationary Ball Handling - The Daily Ten by Ten
- Advanced Ball Handling - four drills

2. **Shooting**

- *Interior Shooting*
 - Mikan Drill
 - Spot Shooting w/ Free Throws
- *Perimeter Shooting*
 - Spot shooting w/ Free Throws
 - Individual Offensive moves - four drills
- *Shooting Games* - 6 games options to play

3. **Strength & Agility**

- Strength - 4 drills
- Agility - 4 drills

BALL HANDLING

Regardless of your size or particular position, to be a complete player on any level, players must have the ability to skillfully handle the basketball. A player can dramatically improve their overall game by committing to a thirty minute daily practice routine geared toward working on ball handling skills.

The Daily Ten

10 reps of each of the 10 ball handling drills

1. **Ball Slaps**
2. **360 waist**
3. **360 ankles**
4. **Low Dribbles**
 - Left
 - Right
5. **Pound Dribbles**
 - Left
 - Right
6. **Around each leg, one hand**
 - Left
 - Right
7. **Figure eight**
8. **Crossovers**
9. **Windshield wipers**
 - Left
 - Right
10. **Through the legs and cross over**
 - Right to Left
 - Left to Right

ADVANCED BALL HANDLING

1. Run in place, crossing the ball back and forth between legs. (1 minute)
 2. Stand upright, legs spread, bounce ball back and forth between legs. (1 minute)
 3. Full court imagination one-on-one against your favorite pro (Maya Moore, Lebron, etc). (5 minutes)
 4. Play an imaginary game that concentrates on full court dribbling skills including:
 - A. Crossover Dribble
 - B. Around-the-Back Dribble
 - C. Between-the-Legs Dribble
 - D. Step Back, Pull Back Dribble
 - E. Reverse Pivot Dribble
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Things to Remember

1. Keep your head up (don't look at the ball when dribbling)
2. Use stops, starts, change of direction and change of speed
3. Get in a stance with legs flexed, body balanced, and protect the ball
4. Develop hand and foot speed. Get a little quicker every day
5. Compete against the clock and sustain intensity through the workout
6. Set short and long term goals, record scores, and chart your progress

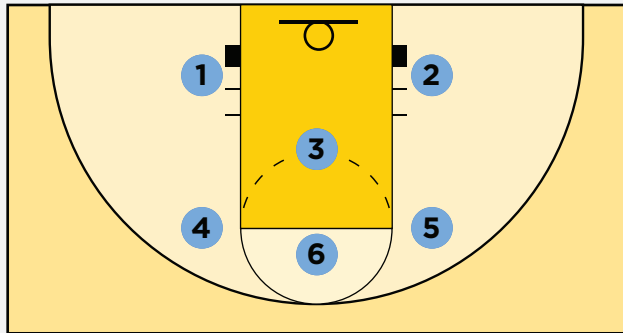
INTERIOR SHOOTING WORKOUT

Mikan Drill

Designed to help players develop rhythm, timing for rebounding, and scoring in the paint. It is also used to better layup skills and increase stamina, for longer games.

Practice as follows:

From under the basket, make a layup with the right hand, rebound the ball under the net with the left hand and make a layup with the left hand. Rebound with the right hand and layup with the right hand.



Continue to repeat this, alternating hands. Eventually the player should learn how to quickly grab the ball & take a shot while taking the permitted two steps.

References:

<https://www.youtube.com/watch?v=ho9GJkWyYQ>

<https://www.youtube.com/watch?v=HaLqlOueNpY>

<https://www.breakthroughbasketball.com/drills/mikan-drill.html>

Make 50

Spot Shooting - 100 Shots and 50 Free Throws (diagram above)

(younger players can cut the workout in half as necessary, 50 shots and 25 free throws)

- A. Positions 1 - 5 are basic jump shooting spots. Spot 6 is the free throw spot.
- B. 20 shots taken from each spot having a partner pass you the ball or by using a spinout & pivot.
- C. Record a daily score out of 100 shots.
- D. A set of 50 free throws should be shot and recorded daily in addition to the 100 shots.

Perimeter Shooting Goals and Scoring Your Workout:

90 made out of 100 = Super Star
80 made out of 100 = Excellent
70 made out of 100 = Good
60 made out of 100 = Average
50 made out of 100 = Below Average - Keep working

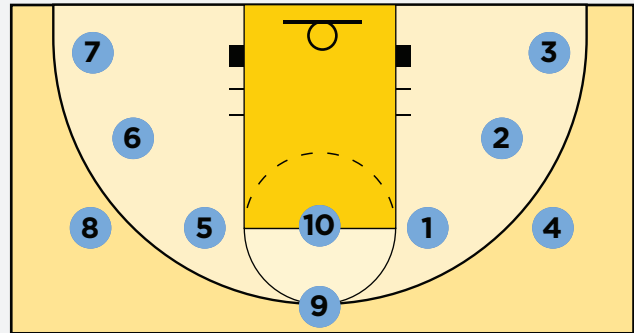
Free Throw Goals:

50 made out of 50 = Super Star
45 made out of 50 = Excellent
40 made out of 50 = Good
35 made out of 50 = Above Average
30 made out of 50 = Average
25 made out of 50 = Below Average - Keep working

PERIMETER SHOOTING WORKOUT

Spot Shooting - 100 Shots & 50 Free Throws

(younger players can cut the workout in half as necessary, 50 shots and 25 free throws) (if a player cannot use the same technique on the perimeter as they do on the interior, they should stay within their range and work their way to the perimeter when they can maintain the same shot mechanics.)



A. Positions 1-10 are basic jump shooting spots. Spots 2 and 6 are bank shots.

B. 10 shots should be taken from each position having a partner pass the ball. If no partner, use a self pass

C. Record a daily score out of 100 total shots.

D. Set of 50 free throws should be shot and recorded daily in addition to the 100 shots.

Perimeter Shooting Goals and Scoring Your Workout:

90 made out of 100 = Super Star
80 made out of 100 = Excellent
70 made out of 100 = Good
60 made out of 100 = Average
50 made out of 100 = Below Average - Keep working

Free Throw Goals:

50 made out of 50 = Super Star
45 made out of 50 = Excellent
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25 made out of 50 = Below Average - Keep working

Individual Offensive Moves - Driving and Shooting

Starting from outside the three point line on both sides of the key area in the above diagram players should utilize the Spin Out of the ball to each number in working on a variety of offensive moves. Player should spin the ball backwards and throw it out in the air 10 to 15 feet at one number at a time while catching the ball on a jump stop after it has hit the ground once.

After catching the ball, the player should pivot and square up to the basket and practice the following basic moves:

- Making the move and getting all the way to the basket on a drive.
- Making the move, taking a dribble and getting a shot off.
- Pivot and Go - 10 repetitions going right and left.
- Pivot and Pump Fake - 10 repetitions going right and left.

SHOOTING GAMES

High Five

This is a game that is played from the free throw line and a shooter can work on his form along with a consistent routine. The shooter gets five shots from the foul line and a perfect score is 25.

Scoring:

1. A swish that rolls back to the shooter = 5 pts.
2. A swish that rolls away from shooter = 4 pts.
3. A made shot that hits only one rim is = 3 pts.
4. A made shot that hits two rims is = 2 pts.
5. A made shot that hits the backboard = 1 pt.
6. A missed shot = 0 pts.

Hot Spot

This is a fun game that has five basic shooting spots on the floor. They are both low post or block positions. Both elbows, to the left and the right of the free throw line, and the top of the key. Shooter has 1 minute to shoot at any spot while keeping track of their points.

Scoring:

1. Low Post/Block/Layup = 1 point.
2. Right or Left Elbow = 2 points.
3. Top of the Key = 3 points.
4. Player is timed for 1 minute & can shoot any shot they want at any time for a score

Beat Michael Jordan

Test your jump shot on the move against an imaginary Michael Jordan. Played to ten & requires a rebounder who passes the ball to the shooter who must move around to catch & shoot. For every made shot the shooter gets 1 point. For every miss Jordan gets 2 points. The object is to get to 10 points before Jordan. If the shooter gets 10 before Jordan, they keep going until Jordan gets 10. Record your score!

Scoring:

1. Shooter gets 1 point per made shot.
2. Jordan gets 2 points per missed shot.
3. Shooter keeps shooting until Jordan gets 10.
4. Can you be the greatest player in NBA history?

10 to 6 - Two Cone

Played by a single shooter who attempts to get to 10 before the imaginary opponent gets to 6. Starts beyond half court along a sideline, dribbling with the outside hand & crossing over to the middle outside the three point line (1st cone). Dribbler follows with a windshield wiper move and/or hesitation dribble (at the 2nd cone) & pulls up for a jump shot at foul line. Shooter should alternate sidelines.

Scoring:

- Shooter gets 2 points for a swish
- Shooter gets 1 point for a make that hits the rim
- Shooter's score is reduced by minus 2 for a miss
- The player tries to get to 10 (win) before he/she gets to negative 6 (opponent wins)

Baseball Shooting

Played like baseball, a shooter needs a rebounder/passers who will keep track of the runs or makes of a shooter. Shooter must be constantly moving around outside the key going hard to the right & left simulating game conditions. Shooter's score can be kept for as many innings as they want. 3 outs & the inning is over

Scoring:

1. A made shot equals 1 run or point.
2. A missed shot equals an out and zero points.
3. A shooter gets 3 outs in an inning.
4. After the visitor starts the game the home team shoots in the first inning.

Streak Shooting

Played from the free throw line but could be played from any spot on the court. Shooter starts from the free throw line and starts a streak on a made free throw. Once a shooter makes a shot, they will attempt to see how many shots can be made in a row.

Scoring:

1. Start a streak on a made free throw.
2. 1 point for each make in a row.
3. How many can you make in a row?

STRENGTH & AGILITY

Strength

1. **Push-ups** – 3 sets of 10 or as many as can be done.

Push-ups in which the pelvis stays neutral, the spine remains straight, and the nose nearly touches the ground are great for a variety of reasons. With no “furniture” to support the mid-section, the “core” muscles are highly activated. While the anterior muscles of the upper body are working to raise and lower the torso, the posterior structures and muscles are working to stabilize the shoulder. When the scapulas (shoulder blades) move correctly during push-ups, shoulder joint health and optimal performance are established.

2. **Fingertip pushups** – 3 sets of 3 pushups

Same as above but all the weight is on the finger tips to improve strength of fingers

3. **Wall squats** – 3 sets of 12

Wall squats are done facing a wall, standing as close to the wall as possible, with the hands above the head. An athlete should be able squat until their thighs are parallel to the ground and then stand up without falling backward. This movement requires ankle mobility, hip strength and mobility, and upper spine extension. These movement abilities are essential for performance and injury prevention for both the lower and upper body. Proper squatting is the pre-cursor for jumping, accelerating, decelerating, and a variety of other athletic skills.

reference: <https://www.youtube.com/watch?v=17I8fEzmNQc>

4. **Mountain Climbers** – 3 sets of 45 seconds

Mountain climbers are performed by starting in the traditional push-up position, and alternating driving each foot forward towards your hands. Again, this can be adjusted by elevating your hands on a chair until comfortable performing on the ground.

reference: <https://www.youtube.com/watch?v=lvaQcFaxL00>

STRENGTH & AGILITY

Agility

1. **Jump Rope** – 2 times for 2 minutes each

2. **Ladder Drills with a ball**

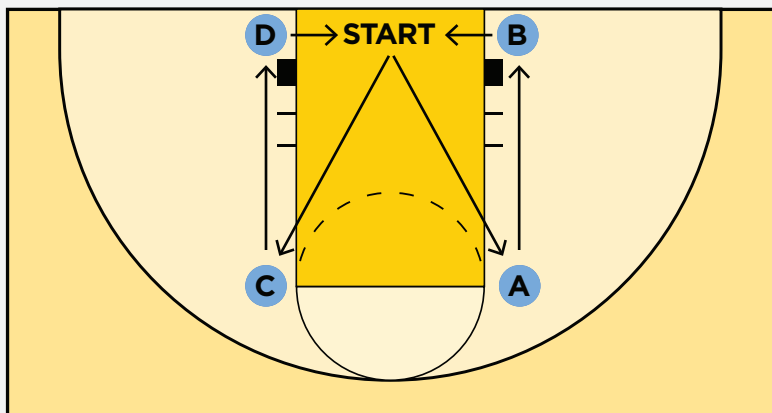
One Foot Each forward (held)
One foot each (dribbling, weak hand),
Two Feet each forward (held)
Two Feet each forward (dribbling, weak hand)
One Foot Each backward (held)
Two Feet each backward (held)
Lateral Ladder to L two feet (held)
Lateral Ladder to R two feet (held)
Continuous Crossover (dribbling)
Ickey Shuffle (held)

3. **Line jumps**

reference: <https://www.youtube.com/watch?v=UVsYrQ-UT2c>

4. **Super Shuttle** (diagram below)

Starting underneath the basket with your back to the court.
Shuffle backwards with hands in a defensive ready position to point A.
Sprint backwards from A to B focusing on minimizing the time to change direction.
Side step facing the court from B to Start position (again keep hands in defensive position).
Jump to touch the net or backboard.
Repeat the back shuffle from Start to C.
Sprint forwards from C to D.
Side step with back to court to Start position.
Jump to touch the net or backboard.
Repeat for 6-8 repetitions with at 60-90 seconds rest between.



GOAL SETTING

My Short Range Goals	Target Date
1.	
2.	
3.	

My Long Range Goals	Target Date
1.	
2.	
3.	