

**Owatonna Boys Basketball**

**INDIVIDUAL WORKOUT**

**#2**

**Warm-up/Ball Handling**

* U of M Series
  + Righty pound 1-2-3, cross, lefty pound 1-2-3 cross…repeat for 30 seconds
  + Push pull right hand on right side then left hand left side (30 seconds each side)
  + Push pull in front with right then in front with left (30 seconds each hand)
  + “U” series: Rhythm push pulls
    - 3 on right side, cross over in front, 3 on left, cross over…repeat for 30 seconds
    - 3 on right side, between legs, 3 on left….repeat for 30 seconds
    - 3 on right side, behind back (or under butt), 3 on left…repeat for 30 seconds
* Single Tennis Ball Drills
  + Perform each dribble move **20 times** each
  + Toss ball…make move…catch tennis ball
    - Righty pound
    - Lefty pound
    - Righty inside out
    - Lefty inside out
    - Crossover
      * Sweep away reaching hand
    - Between legs single
    - Between legs double
    - Behind back single
    - Behind back double
    - Combo

**Bounce Back-Attack Drill**

* Place two cones just outside of each elbow. Every drill starts from about 10-15 feet behind the cone.
* Each rep starts out with you attacking the cone with a sprint dribble. When you reach the chair:
  + Stop
  + Get sideways
  + Bounce back 1-2 dribbles
  + Explode into your dribble move
  + Finish at the rim or with a 1-2 dribble pull-up.
  + BEAT THE PRESS down the middle on the way back to the next cone.
* Perform 3 TRIPS with each of the following dribble moves
  + Righty push dribble
  + Lefty push dribble
  + Righty inside out
  + Lefty inside out
  + SHOOT 5 FREETHROWS
  + Cross-over
  + Between the legs
  + Behind the back

**5 Free-throw’s**

**Champions Shooting**

* 5 spots to shoot from (corner – wing – top-of key – wing – other corner)
  + Put cone out at each spot if available
* Object is to make 7 shots from each spot (2 lay-ups, 2 jumpers, and three 3’s) in as little time as possible.
* Order of shooting from each spot is as follows:
  + Make one righty dribble to lay-up
  + Make one lefty dribble to lay-up
  + Make one righty dribble to pull-up jumper
  + Make one lefty dribble to pull up jumper
  + Make three three’s
* Once you have finished with one spot, move on to the next.
* Player must spin ball to self, rip or sweep ball into triple threat position (10 toes to rim), then make his move.

**Spread Chairs (can us cones too)**

* Place a cone at the 3 point line, ½ court line, and other 3 point line.
* Starting on one end of the gym attack each cone and make a move as if it is a defender.
  + Hesitation, Inside out, cross over, between legs, behind back, and any combination double moves
* When you get to the cone on the opposite end make your final move and score.
* Sets (and ways to score):
  + Make 20 lay-ups
    - Vary finishes!!!
  + Make 10 pull-up jump shots going right
  + Make 10 pull-up jump shots going left
  + Make 20 bounce back moves (choice of jumpers or finishes at the rim)
  + Make 20 three pointers in transition
    - For this area make a move at the first two cones, then choose different spots to pull-up from to shoot a 3 pointer on the other end.
* After each set stop and shoot 2 free throws to rest

**Race to the Free Throw Line (if partner is available)**

* One on one game where both partners start at the baseline. Two cones are set out (one about a foot inside the elbow and the other about a foot outside the elbow).
* Offensive player initiates start of point by taking off to dribble around outside cone. Defensive player reacts and runs around inside cone.
* Once they get around cone the offensive player tries to score and defensive player tries to stop him. This is a great game to learn how to finish against contact and simulates a help defender coming over to stop the ball.
* Players can decide what to play up to.

**20 FREETHROWS**