



Hoops Training - Featuring our very own B7P Coach - Andy Dahl. Andy put together a 24 Day Workout Training for players. He has it all on his Facebook platform. The WBA paid the association fee for all players to be able to attend, so no individual fee will be collected from you. [Click here](#) to go to his website, which will show you how to join his Facebook page.

Midwest Basketball Training - Pat Freeman has put together a free 28 Day Workout along with options to pay for the Live Virtual Trainings. Go to [MBT's Facebook Page](#) to learn more!

Ballogy Lab - Subscribe to the [YouTube Channel](#) for free drills

Ballogy App - Download the Ballogy Training App for your mobile device. [Click here](#) for more details.

MYAS Rising Stars Basketball Academy - Subscribe to the [YouTube Channel](#) for free workouts, drills, stretches, etc (Below is an example of what a weekly training looks like, along with the links to the YouTube videos. New drills are posted every Sunday.

Week 1, November 30th-December 4th - New workouts posted every Sunday night

Monday, 11/30: [Inner Skills Foundations - Commitment](#)

Tuesday, 12/1: Dynamic Warmup, [Stationary Ball Handling](#), [X Layups](#), [Shooting Mechanics](#), [Post 50](#)

Wednesday, 12/2: Dynamic Warm Up, [Stationary Ball Handling](#), [Progression Shooting](#) and [Bank Challenge](#)

Thursday, 12/3: Dynamic Warmup, [Bank Challenge](#) ,[18 Shot Shooting Progression](#)

Friday, 12/4: [Dynamic Warmup](#), [Stationary Ball Handling](#), [X Layups](#). [Post 50](#), [Bank Challenge](#)