

Ballhandling, Moves & Finishes

Every Session
 Ballhandling
 Passing
 Mikans
 Finishes
 Footwork
 Finish with FT's
 No dribbling stationary
 Around legs
 Around knees
 Around Waist
 Figure 8
 Around 1 leg
 Around legs around back
 Spiders
 1 ball stationary
 V's (Yo-Yo) Front side
 Crossover,
 In-out cross, hesitation cross
 Through legs
 Behind Back
 Through legs behind back
 Crossover, through legs
 Any 2
 Figure 8
 Taps
 1 ball pound and kill series
 Pound cross kill,
 Pound in-out kill,
 Pound through legs kill
 Pound, counters kill
 2 ball pound series
 Pound high and low
 alternate
 round n pound
 cross hands
 One low one high
 One in out one same
 V's
 alternate v's
 In Front
 Towards Each other

Switches
 Cross
 Through Legs
 Behind Back
 Push Pulls
 Alternate Push Pulls
 Pound Quick Counter
 Circles
 In front
 Around Back
 Figure 8 follow
 Figure 8 one in front
 One leg
 Circle Drop
 3 balls
 Make a rhythm
 Moves
 In out
 Cross
 Through Legs
 Behind Back
 Spin
 In out Cross
 Hesitation Cross
 Double Cross
 Through Legs Twice
 Through Legs Cross
 Through Legs Behind Back
 Behind Back Twice
 Behind Back Cross
 Behind Bck Through Legs
 Cross Spin
 Legs Spin
 Behind Back Spin
 Finishes
 Strong
 Floater
 Reverse
 Hop Through
 Out Wide
 Euro Step
 Quick Shot

Workout Templates

Shooting
 Form
 Off Dribble
 Off a move
 Off a screen dribbling
 Contested
 Star Shooting
 Spots
 5 minute shooting
 Free Throws

Attacking the Hoop
 Cones
 3 cones
 Finshes Focus
 Hesitations
 Handling Contact
 Spliting/Tight Spaces
 Around the cone and finish
 1 on 1 from top
 Free Throws

Off Screens
 Up and Down Pull Ups
 Off downscreens
 Curls
 Fades
 Flare
 Head Under Basket
 1,2,3,4
 1 on 1 From Screen
 Free Throws

Stationary/ Catch
 Sprint Sweep
 Sweep, Step R & L
 Step Backs
 Deep Lane Pull Ups
 Burst Attacks
 Jabs, Shot Fakes, Rockers
 Ackward Pull Ups
 1 on 1 from wings
 Free Throws

In the Post
 Basics
 Counter
 Triples
 Banks
 Short Corner
 Flash Middle
 Live
 Free Throws

Rebounding
 Mikans, Around Hoop
 Off the glass back in
 Tip Ins
 Swim Moves
 Bully From Block
 Track it down and finish
 Live From Rebound
 Rim Touches

On balls
 Wing On balls
 Flat
 Double
 As the screener
 Secondary Reads
 Getting Doubled
 Recognizing swtches
 2 on 2 live

Defense
 Form, Slide, Sprint
 Up Lane Across
 Pressure Passing
 Transition
 In the Post
 On Balls
 Closeouts
 No hands
 Fighting Through Screens

Passing
 Off the wall
 Partner
 Tight Gaps
 Skips
 Kick out
 Base Line Drag
 Pick and Roll Passes
 Lobs
 No dribble one on one

Shot Transformation
 Hold until Whistle
 One handed
 Chair Sits
 Two Feet Down
 One Dribble Jump Stop
 Make a Move
 One dribble right left
 Top of the Key
 Gun Fighter Spots

Point Guard
 Dribble Jump Stops Pull Up
 Dribble Jump Stops Kick, Dump
 Outlet, Kick, Pull Up
 Numbers
 Pressure
 Math with Pressure
 Pressure Passing
 Efficient Dribbling
 Game shot up & down

Rep Day
 Quick Form Reps- 1 min
 2 Ft Down 2 Ball- 1 min x 3
 Mid Range 2 Ball- 1 min x 3
 Three's up top- 1 min x 3
 Between 2 Spots- 1 min x 3
 2 Spots Off Dribble- 1 min x 3
 Plus Minus Spots 2's & 3's
 Plus Minus Full Court
 100 FT's

Post Work Drills

In the Post
 Quick Spin
 Drop Steps
 Hooks
 Face Up
 Front Pivot
 Counters
 Drop step-middle hook
 One Dribble middle spin back
 Hook- Up and Under
 Face-Up Attack
 Spin Back
 Sweep Through
 Sweep Through Spin Back
 Jab And Shoot
 Jab middle hook
 Jab- Split back
 Jab- Spin back
 Front Pivot
 Baseline Bank
 Baseline Up and Under
 Baseline Spin Back Hook
 Middle Shot
 Middle Up and Under
 Middle Spin Back
 Fade
 Fade and shoot
 Fade Shot Fake Go
 Short Corner
 Catch N Shoot
 Catch N Finish Power
 Step Through
 Reverse
 Catch N Middle Hook
 Catch N Counter
 Catches
 Pound and Catch
 Bad Pass Catch
 Tight Pass Catch
 Hard Pass Catch
 Lob Pass Catch
 Over the top catch
 One Hand Catch