

Off-Season Workout for Basketball Post Players

<p><b>Ball Handling</b></p>	<p>Drills without dribbling - 5 minutes</p> <p>Drills with dribbling - 5 minutes</p> <p>Drills using two balls - 5 minutes</p>
<p><b>Passing</b></p>	<p>All types with both hands especially baseball, outlet, flick and bounce.</p>
<p><b>Foot Quickness</b></p>	<p>Jump Rope - 5 minutes at 3/4 speed for endurance.</p> <p>Jump Rope - 15 seconds off right foot for quickness.</p> <p>Jump Rope - 15 seconds off left foot for quickness.</p> <p>Jump Rope - 15 seconds alternating feet.</p> <p>Jump Rope - 15 seconds on both feet.</p> <p>Do 3 repetitions of each with 30 seconds rest between the quick sets.</p> <p>Run Steps - Up to build leg strength and down to build quickness - Six repetitions of 15-20 seconds each.</p> <p>Run Hills - Jog down and sprint up - Six repetitions of 15-20 seconds each.</p> <p>Intervals - Sprint straight-aways on a track and jog on curves. Alternate up to one mile. (Build to running 2-3 miles a day at 7 to 8 seconds.) To build additional quickness and leg strength run backwards or sideways, picking up your feet and putting them down quickly.</p>
<p><b>Rebounding</b></p>	<p>Six and In - 4 repetitions on each side of the basket.</p> <p>Superman Drill - 4 repetitions of 10.</p> <p>Tap Drill - 4 repetitions of 10 with each hand.</p> <p>Hook Drill - 4 repetitions of 10 with each hand.</p> <p>Second Effort - 4 repetitions of 10 (Make last effort as many repetitions as possible).</p>

	Blocking Out - Work at pivoting and holding contact.
<b>Shooting</b>	<p>Spin ball to yourself, catch ball with both feet off the floor, look over baseline shoulder and Drop Step at Low Post - Practice both ways - 4 sets of 10 shots each way and on each side of the lane.</p> <p>Spin the ball to yourself, catch ball with both feet off the floor, look over baseline shoulder, pivot in the opposite direction, and shoot a jump shot - 4 sets of 10 shots on each side of the lane.</p> <p>Duck Under - Spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, pivot in opposite direction, shot fake and duck under. - 4 sets of 10 shots on each side of the lane.</p> <p>Step-in-Direction Hook - At the low post spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, take a long step in direction of the opposite elbow, and shoot a hook shot. - 4 sets of 10 shots on each side of the lane.</p> <p>At the High Post practice stationary moves for a baby jump shot or a power lay-up. - 4 sets of 15 shots on each side of the lane. Work the shot fake into every 3rd set of shots, either on the move or at the very end.</p> <p><b>Shoot 10 free throws between each set to rest - record in your notebook!</b></p>

### Summer Basketball Workout for Perimeter Players

<b>Ball Handling</b>	<p>Drills without dribbling - 5 minutes</p> <p>Drills with dribbling - 5 minutes</p> <p>Drills using two balls - 5 minutes</p>
<b>Passing</b>	All types with both hands especially baseball, outlet, flick and bounce.
<b>Foot Quickness</b>	Jump Rope - 5 minutes at 3/4 speed for endurance.

	<p>Jump Rope - 15 seconds off right foot for quickness.</p> <p>Jump Rope - 15 seconds off left foot for quickness.</p> <p>Jump Rope - 15 seconds alternating feet.</p> <p>Jump Rope - 15 seconds on both feet.</p> <p>Do 3 repetitions of each with 30 seconds rest between the quick sets.</p> <p>Run Steps - Up to build leg strength and down to build quickness - Six repetitions of 15-20 seconds each.</p> <p>Run Hills - Jog down and sprint up - Six repetitions of 15-20 seconds each.</p> <p>Intervals - Sprint straight-aways on a track and jog on curves. Alternate up to one mile. (Build to running 2-3 miles a day at 7 to 8 seconds.) To build additional quickness and leg strength run backwards or sideways, picking up your feet and putting them down quickly.</p>
<p><b>Shooting</b></p>	<p>50 Shots off the Dribble:</p> <ol style="list-style-type: none"> <li>1. Simulate shooting off the break</li> <li>2. Move on the move into the shot (especially crossover, stutter step, inside-out, inside-out crossover, and Earl the Pearl move.</li> <li>3. Stationary Move - Use Rocker Step to put defender on heels.</li> <li>4. 5 sets of 10 shots at a time with 10 free throws between sets, and record free throws in your notebook.</li> <li>5. Repeat 3 times</li> </ol> <p>30 Shots using shot and pass fakes</p> <ol style="list-style-type: none"> <li>1. Pump fake to shot</li> <li>2. Pump fake, dribble to shot.</li> <li>3. Pass fake to shot</li> <li>4. 5 sets of 10 shots at a time with 10 free throws in between and record free throws.</li> </ol>

5. Repeat 3 times

**Note: Take all shots at game speed!**