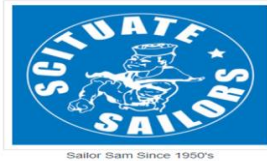


# SCITUATE BASKETBALL 1924 - 2020



## NO SLOGANS NEEDED

As you progress with the workout focus on your foul-shots. Notice the workout demands you make 2 foul-shots in a row to move on to the next step. Again: Don't leave the foul-line until you make 2 in a row. Keep a daily log of how many foul-shots you make and take. This is more than just a good idea, it is a winning idea and a winning habit. The word habit from the Latin, "habitare" means where you live. Make winning decisions, create winning habits everywhere you live. Next seasons games are won now.

Suggestion: I measure the success of this workout not by merely completing it, I measure the success of this work out by the length of time it takes to complete it from start to finish. Keep a daily log even if it is a mental note of how long it takes to complete this workout is a good idea. On my best of days, I can complete this workout, steps 1-21 in under 30 minutes. Step 22, the simulated 1:1 takes 10 – 15 minutes more and as I get older I cannot always do this with Jack.

### Here is the workout itinerary shown below: ASK YOURSELF DAILY...

- Are you a triple threat? Double threat? Single threat? Or no threat at all? A coach can only play someone who is an advantage for the team. Be an advantage. Be a Triple Threat.
- Do you Seek or Avoid Challenges? Are you a Dream Chaser or just a dreamer? Prepare Daily. Seek Challenges and Chase your Dreams.

## Scituate Basketball Individual Workout – The Skill Machine

1. Range Finder: No Suggested Time: Also known as Form Shooting. Start close to the basket, make a shot - take a step back towards the foul-line and stay put if you miss. Only drill where you can take your time. Make sure toes are to target, shooting hand is in the middle of the ball, take one handed shot while making sure all mechanics i.e. the L is in-line with forward leg as well as the rest of the necessary components of proper shooting form are PERFECT. Exaggerate your follow through upon your release. Make sure the ball rotates and you cannot see the Wilson, Baden or Spaulding insignia. Knuckles ball don't go in, rotation motivates the ball to go in. Keep up your follow through arm / hand until you see the result of your shot.
2. Make 2 foul-shots in a row: Make sure you utilize the same foul-shot preparation every-time you go to take a foul-shot. Take and make foul shots when you are fresh, when you are fatigued, in all conditions and situations. Doing so will prevent failure. Shoot for Success. Please Note: Love your routine and enjoy the trip to the foul-line. Nothing is free about a free-throw and make sure it is never "foul." The foul shots taken and made in the pre-season, there is no "off" season, guarantee peace of mind when you step on the foul-line when it matters most. Peace of mind is what we all want at the end of the day. Shoot with confidence, but remember confidence is earned, never given. Go to the line loving the opportunity to make the shot that matters most. Strive to be the one that makes the critical foul-shots. Like the old guy who loves to make the shot that decides and wins a Sunday morning pick-up game to maintain the court. Love that moment, that opportunity and that success. Be that guy.
3. Mikans to 10: 30 seconds maximum: Left, Right lay-ups as quickly as you can. George Mikan was the man. Attack the basket in this drill. If you have a partner with you create contact with each other. Who said basketball was not a physical sport? If you have the use of a blocking bag, go to town on the player who is competing in the Mikan drill. Fight through contact. Don't avoid it. Seek it.
4. Spin-Outs: 1 minute: 10 Shots in the paint, spin the ball out, go get it, jump stop with two feet so that you can chose your pivot foot, make sure to vary your pivot foot during spin-outs, hold follow through and go get the ball to repeat until you get to 10
5. Lane Slides: 30 seconds: 10 horizontal ball dribble step sprints while dribbling the ball, keep the ball as low as you can.

6. Duke Lay-Ups: 1:30. 5 Right, 5 Left. Attack the elbow, take 2 back dribbles after touching elbow, protect ball with guard fist as you do, not hand. A fist is strong, the hand is weak. Protect the ball. Dribble fast to the opposite elbow, create response move and then attack basket using only one dribble. Again: 5 left, 5 right for a total of 10.
7. 5-Spot Shooting: 1:30. Start at the left baseline shoot, rebound hard, go get the ball and shoot from the right baseline, rebound and shoot from the left foul-line extended, rebound and shoot from the right foul-line extended, rebound and shoot from the top of the key. Repeat until you make 10.
8. Elbow lay-ups: 1 minute: Starting at the baseline dribble ball out to right elbow turn and attack the hoop making lay-up with the right hand, jumping off the inside left foot, get ball back dribble ball to the left elbow, attack the hoop and make left handed lay-up. If shot missed follow up strong, put the ball in & repeat until you have made 10. Goal: Make 10 in 30 seconds or less.
9. Ball-Handling: 3 minutes 2 ball dribble work into Le Moyne 2 ball tap dribble into figure 8, Z and Spider Dribble. Fingertip control of the ball is key, staying as low as possible to complete. If you don't want to be slow, you got to be low.
10. Paint Touches: 1 minute: 3 attack points are foul line extended, top of the key, opposite foul line extended. Attack dribble throw the "nail" or midpoint of the foul line, back dribble staying low to the next attack point. Again, attack points are the foul-line extended areas and top of the key. Repeat from these 3 areas for a total of 10. Start at the foul line extended and on your 10th attack dribble from the top of the key make lay-up.
11. Make 2 Foul Shots in a row
12. Full Court 90 foot sprint into lay-up: Measure 90 feet at the park, driveway if not on full court.
13. Repeat 5-Spot (2nd Time)
14. Repeat Elbow Lay-ups (2nd Time)
15. Repeat Paint Touches (2nd Time)
16. Full Court 90 foot sprint into lay-up (2<sup>nd</sup> Time)
17. Make 2 Foul Shots in a row
18. Repeat 5-Spot (3rd time)
19. Repeat Elbow Lay-ups (3<sup>rd</sup> Time)
20. Repeat Paint Touches (3<sup>rd</sup> Time)
21. Make 2 Foul Shots in a row
22. Start phase 2 of the workout: Controlled 1:1 play best of 7, take 10 foul-shots between games, no more than 3 dribbles per catch, play as fast as you possibly can, don't call fouls

## What Do You Want (Need)? Choose Wisely



**THIS OR THAT? The Choice is YOURS: No ONE else's.**



**Well, what's your choice? There are no retakes for today, make the most of it.**