

Scituate High School Sailors Individual Workout



"Great teams are made in the season. Great players are made in the off-season."

Pre-Workout Ball Handling and Passing Drill – Paddy Cakes for 15 seconds, 10 Ball-Wraps around head, waist and feet, switch directions and repeat. Figure Eights, Z's and Spider Dribbling 30 seconds each. Concentrate on keeping head up and keeping ball on figure tips at all times. **Do not let anyone take the ball from you ever, the ball is yours, squeeze it.** Target Passing Drill: For 30 seconds each - create target, pass with 2 hands out of triple threat position, hit target with chest, bounce & hook passes, step to the target, follow through pass with thumbs down.

Dana Barros Shooting – One handed shooting starting 3 feet from the hoop in the center of the paint. For every made shot take one-step closer to the foul line, missed shots stay put. Shoot one handed until you reach the foul-line working to create a muscle memory of a proper fundamentally sound shot concentrating on the following: BEEF.

- B – *Balance* – Toes to Target, use legs, feet roughly shoulder width apart, right foot forward if “righty”, left foot if a “lefty”
- E – *Eyes* – Focus on your target, the center of hoop, plan on swishing every shot
- E – *Elbow* – Create the “L” with elbow at chin level, make sure shooting elbow is parallel with corresponding leg
- F – *Follow Through* – Say “Good Bye to the ball, not Hi”, again your L’s elbow should be chin or at least shoulder height

2 Foul Shots – establish routine, overall goal is to swish every shot

Spin Outs – Starting on the baseline throw ball into paint, run out catch, turn, square creating pivot foot of choice, make sure the triple threat position is established with toes to the target facing hoop etc. use the glass if possible, make every shot, follow-up every shot taken, don’t walk around start building up a sweat and never shoot outside of paint

2 Foul Shots – establish routine, overall goal is to swish every shot

BU Drill – Dribble length of court or if at a half court dribble to half court and turn back to the hoop power dribbling to the hoop full speed first right handed then left handed making every lay-up. Make 10 lay-ups switching ball handing skills as you go every quarter court: Start with 2 full court run of power dribbling, 2 crossovers, 2 hesitations, 2 between the legs and finish up with 2 spin dribbles.

2 Foul Shots – establish routine, overall goal is to swish every shot

Plus 10, Minus 10 Shooting – Establish 5 “Hot Spots”, two on the opposite baselines, two on the opposite foul line extended areas and top of the key. Starting at zero, give yourself one point for every shot made, for every missed shot subtract 2. The goal is to get to 10 and to avoid –10. Run hard to follow up your shot and dribble the ball to the next hot spot. Jump into the hot spot landing on two feet, establish pivot foot in a triple threat position facing hoop with toes to the target etc. and TAKE GAME SHOTS. Do not shoot 3’s until this drill has been completed at least once. You are playing against yourself. Keep track of daily progress. Remember: Ball players take 200 shots daily.

2 Foul Shots – establish routine, overall goal is to swish every shot

3 Sets of Defensive Slides – Step and Slide across the paint, do 10 as fast as possible keeping thumbs over your ears and keeping yourself low, rest 10 seconds, do it again and then a third time. Remember how I was sweating at this point of the workout. Are you sweating like that? If possible keep 2 basketballs in your hands as you slide to remind you to keep hands up

2 Foul Shots – establish routine, overall goal is to swish every shot

Elbow Lay-ups – 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.

2 Foul Shots – establish routine, overall goal is to swish every shot

Post-Workout Low Post / Rebounding Form Drills – All Low Post Moves to be completed on both left and right blocks 10 times each. Complete the following making every shot: Drop Steps, Jack Sikma and Up & Unders. Rebounding Super Man Drill – Start on block throwing ball off backboard to opposite side, at the top of jump rebound ball with two hands coming down on two feet, chin the ball squeezing it tight, take two clean swipes, pivot toward ball side hash mark, repeat 10 times. Only through sheer effort over time can real improvement take place. It cannot be purchased. Results cannot be guaranteed, but peace of mind? YES. ABSOLUTELY. That I can promise. Good Luck my brothers and sisters.

