



***B A S K E T B A L L***

# **INDIVIDUAL SKILLS WORKOUT**

**SUMMER 2012**



### **Table of Contents**

I.	Introduction	page 3
II.	Tennis Ball Dribbling Series	page 3
III.	Stationary Dribbling Series	page 4
IV.	Warm-up	page 4 - 5
V.	Kinetic Dribbling Series	page 5 - 9
VI.	Baseline Corner Series (Right)	page 10
VII.	Baseline Corner Series (Left)	page 10
VIII.	Wing Series (Right)	page 11
IX.	Wing Series (Left)	page 11
X.	Top of the Key Series (Right + Left)	page 11

## **I. Introduction**

This workout is a series of drills that develops many areas of the individual's basketball game. It focuses on developing:

- 1) Ball handling (both left and right hand)
- 2) Catching and squaring to the basket
- 3) Shooting with proper mechanics (lay-ups, mid-range, free throws)
- 4) Offensive moves

The majority of these drills are not timed, rather they are completed on a predetermined amount of made baskets. This is used to force the player to concentrate on completing plays, making baskets, avoiding turnovers, and executing the correct fundamentals at game speed. You may not move on to the next drill until you have made the predetermined amount of made baskets. Each amount should be different depending on age and ability level. These drills can be run individually, with a partner, with small position groups, or with an entire team.

Each of these drills should be run in succession - with intensity and game speeds - throughout the duration of your workout. It should take you approximately 45 minutes to complete this entire workout.

## **II. Tennis Ball Dribbling Series**

To perform this series, the player will need 1 tennis ball and 1 basketball.

Stationary Drills: (1 tennis ball)

- (1) Underhand toss, overhand catch (challenging pace, same hand R + L)
- (2) Underhand toss w/ one hand, overhand catch with other hand (challenging pace, alternating hands)
- (3) Low + Waist Dribbles (R+L)
- (4) Low + Waist 1 Hand Front Over and Back Dribbles (R+L)
- (5) Low + Waist 1 Hand Side Front to Back Dribbles (R+L)
- (6) Low + Waist Front Crossover Dribbles

Stationary Drills: (1 tennis ball, 1 basketball)

- (1) Low Dribble Same (R+L)
- (2) Low Dribble Alternate (R+L)
- (3) Low Dribble w/ High Tennis Ball Dribble (R+L)
- (4) Low Dribble w/ Tennis Ball Toss (R+L)
- (5) Low Front Over and Backs w/ Tennis Ball Toss (R+L)
- (6) Crossover in Front w/ Both (juggling-like)
- (7) Low Dribble w/ Tennis Ball Wall Toss (R+L)

### III. Stationary Dribbling Series

To perform this series, the player will need 1 to 2 basketballs.

1 ball:

- (1) Tips/Slaps
- (2) Wraps (R leg, L leg, both R+L legs, waist, head, head+waist+ankles)
- (3) Figure 8 Wraps
- (4) Low + Waist + Shoulder (R+L)
- (5) Low + Waist 1 Hand Front Over and Backs (R+L)
- (6) Low + Waist 1 Hand Side Front to Backs (R+L)
- (7) Low + Waist Front Crossovers
- (8) Behind the Back Crossovers
- (9) Between R+L Legs (R forward + L forward)
- (10) Figure 8
- (11) Front-to-Back Catches
- (12) Between Legs Alternating Catches

2 balls:

- (1) Low Same Time
- (2) Waist Same Time
- (3) Low Alternate
- (4) Waist Alternate
- (5) Low Crossovers
- (6) Side Front to Backs

### IV. Warm-Up

• Kinetic Stretching:

1. *Arm swings* (X cross front of body) while forward skipping to half court
2. *Backward arm circles* while backward skipping from half court to baseline
3. *High knee pull* (HKP, pulling knee towards waist) followed by light/quick jog into another HKP until half court
4. *Quad stretch* (QS, pull foot back to butt cheek) followed by light/quick jog into another QS to baseline
5. *Lunges w/ a twist* (alternate side) to half court
6. *High knee outside swing* (alternate side) to baseline
7. *Frankenstein* followed by light/quick jog into another Frankenstein to baseline
8. *High knee skip* to half court
9. *Power skip* followed by light/quick jog into another power skip to baseline
10. *Carioca* to half court followed by change of direction carioca to baseline
11. *Quick sprint into quick back pedal* (repeat) to half court followed by jog to baseline
12. Quick sprint to foul line into a quick side-to-side defensive slide into a very short quick sprint into a pivot back pedal to half court into a quick side-to-side defensive slide into a quick back pedal into a pivot quick sprint to the foul line into a quick side-to-side defensive slide into a very short quick sprint into a jog to the baseline
13. *Angle retreat defensive slide* to half court followed by a jog to the baseline
14. *2 lap jog*

### IV. Warm-Up (cont.)

• Mikan drill: (8 made baskets)

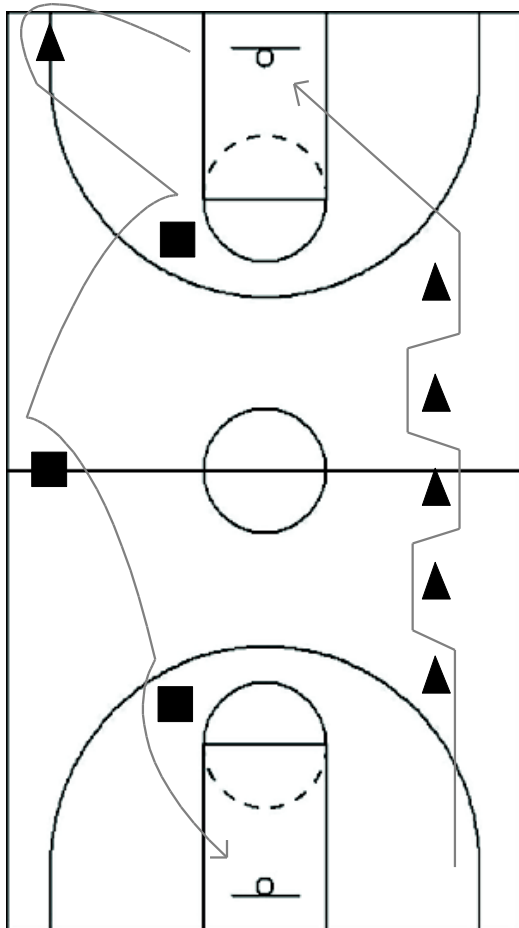
- Rip-drive Lay-ups: (toss out or dribble to elbow, take one/two dribbles for a lay-up, then toss out or dribble to opposite elbow to repeat, alternating sides): Alternate one-foot lay-ups and two foot power lay-ups. (8 made baskets)
- Alternating backboard shots from the hash: (the first lane hash mark just above the block) (8 made baskets)
- Alternating elbow jump shots: (8 made baskets)

Without resting – move on to 10 Foul shots.

## **V. Kinetic Dribbling Series** (see diagrams beginning on page 6)

- Cones + Chairs (page 6)
- Gauntlet (page 7)
- Angle + Straight Cone Attacks (page 7)
- 2 Ball Cones (page 8)
- 2 Ball Zig-Zag (page 9)

# CONES + CHAIRS



Each player has a ball, if possible.

## TRIP 1:

### CONES

- players execute quick, below-the-knee, crossover dribbles and finish w/ a made lay-up. (add 1 dribble before each crossover)
- after making lay-up, players must dribble down baseline and circle the cone at the baseline corner 3pt line before dribbling on angle to first chair with the outside hand.

### CHAIRS

- players execute crossover dribbles (keeping ball knee-high and pushing off the outside foot to change direction) at each chair then finish w/ a made lay-up.

## TRIP 2:

### CONES

- players execute fake crossover dribbles. (add 1 dribble before each dribble if needed)
- after making lay-up, players must dribble down baseline and circle the cone at the baseline corner 3pt line before dribbling on angle to first chair with the outside hand.

### CHAIRS

- players execute behind-the-back dribbles at each chair then finish w/ a made lay-up. (bring the ball completely around the back (wrap) into a dribble as the player pushes off the outside foot to change direction)

## TRIP 3:

### CONES:

- players "snake" through cones dribbling only with the right hand and finish w/ a made lay-up.
- after making lay-up, players must dribble down baseline and circle the cone at the baseline corner 3pt line before dribbling on angle to first chair with the outside hand.

### CHAIRS:

- players execute between-the-legs dribbles (keeping ball knee-high and pushing off the outside foot to change direction) at each chair then finish w/ a made lay-up.

## TRIP 4:

### CONES:

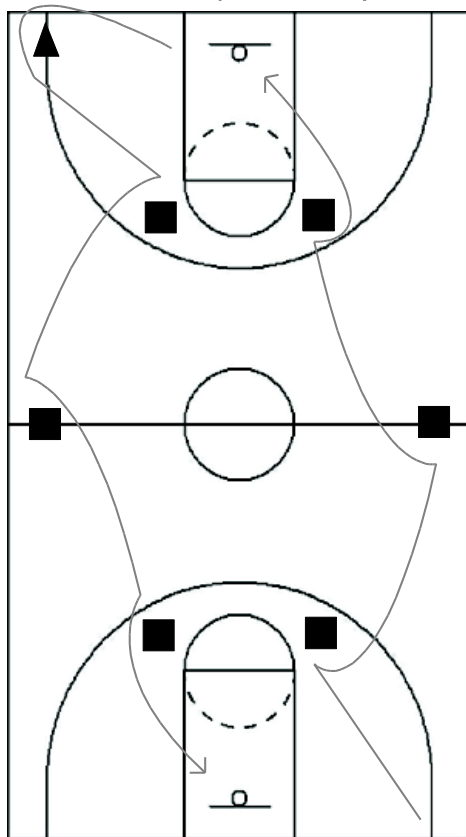
- players "snake" through cones dribbling only with the left hand then finish w/ a made lay-up.
- after making lay-up, players must dribble down baseline and circle the cone at the baseline corner 3pt line before dribbling on angle to first chair with the outside hand.

### CHAIRS:

- players execute attack-retreat-change-direction dribbles at each chair then finish with a made lay-up.

\* (can add spin dribble into any of the CHAIR dribbling sequences)

## GAUNTLET (CHAIRS)

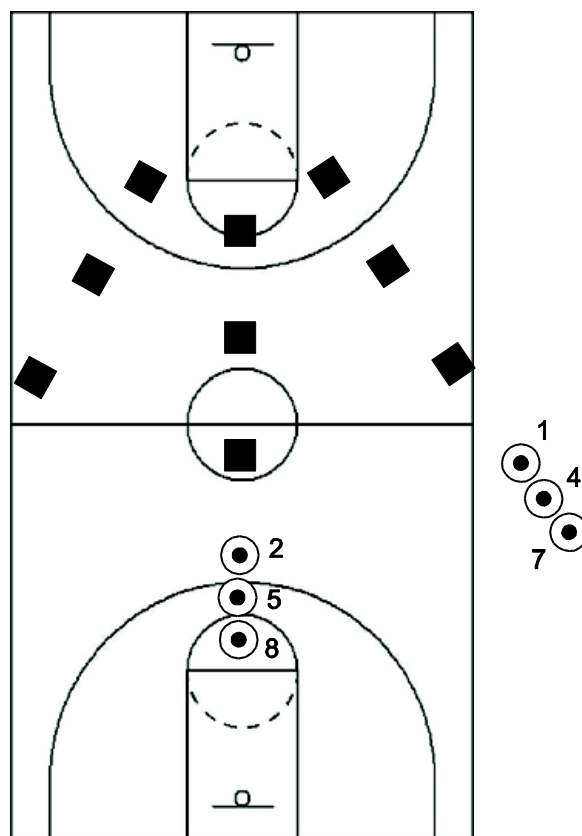


Each player has a ball, if possible.  
Players execute 2 dribble moves  
(first quickly into the second) at  
each chair then finish w/ a made lay-up.

### COMBINATIONS:

- fake crossover + between the legs
- fake crossover + behind the back
- fake crossover + spin
- crossover + between the legs
- crossover + behind the back
- crossover + spin
- behind the back + between the legs
- behind the back + spin
- between the legs + spin

## ANGLE + STRAIGHT CHAIR ATTACKS



Each player has a ball, if possible.

Players execute dribble moves with-in their "chair line"

while attacking the basket. Player 1 begins, Player 2 begins when 1 is inside the 3pt line, Player 3 begins when 2 is inside the 3pt line, Player 4 begins when 3 is inside the 3pt line, etc., etc. This alternating line attack continues until the round is over. (After making the lay-up... 1 will dribble to the back of the center line, 2 will dribble to the back of the left-wing line, 3 will dribble to the back of the right-wing line, 4 will dribble to the back of the center line, etc., etc.)

### ROUND 1:

Right Wing - right hand "snake" dribbling

Center - quick crossover in front

Left Wing - left hand "snake" dribbling

### ROUND 2: (starts when Player 1 returns to the front of the right-wing line)

Right Wing - fake crossover

Center - quick crossover in front

Left Wing - fake crossover

### ROUND 3:

Right Wing - between the legs

Center - quick crossover in front

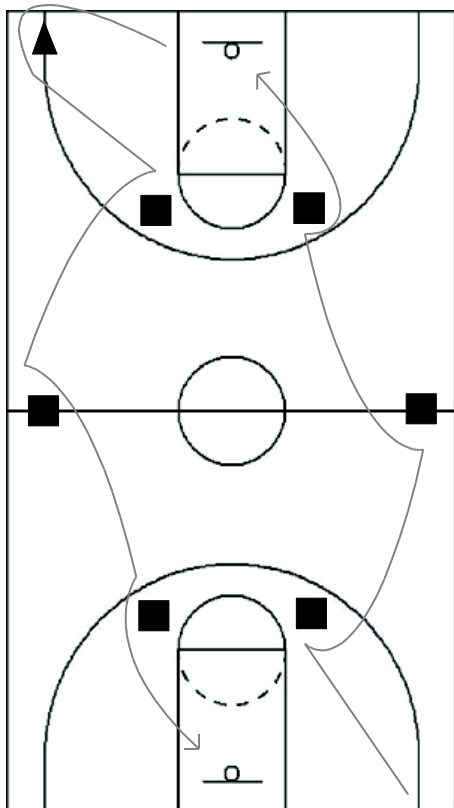
Left Wing - between the legs

### ROUND 4: behind the back

### ROUND 5: crossover

### ROUND 6: attack-retreat-change direction

## GAUNTLET (CHAIRS)

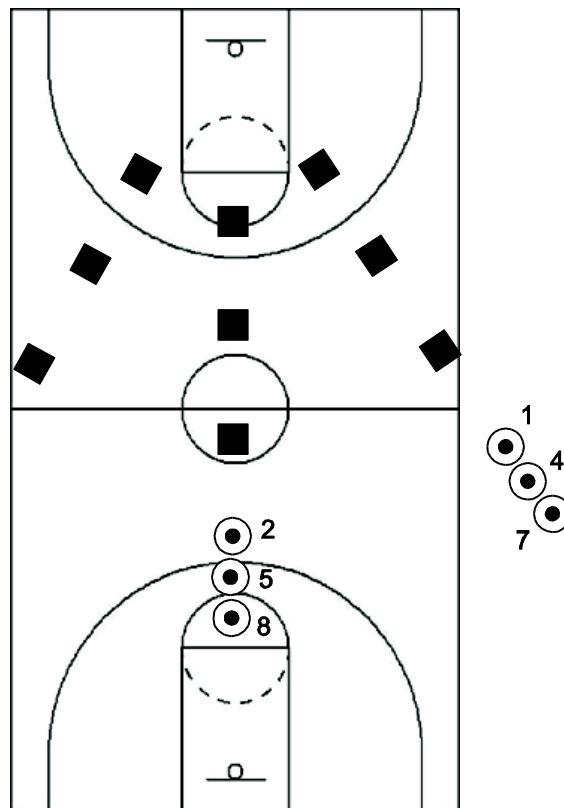


Each player has a ball, if possible.  
Players execute 2 dribble moves  
(first quickly into the second) at  
each chair then finish w/ a made lay-up.

### COMBINATIONS:

- fake crossover + between the legs
- fake crossover + behind the back
- fake crossover + spin
- crossover + between the legs
- crossover + behind the back
- crossover + spin
- behind the back + between the legs
- behind the back + spin
- between the legs + spin

## ANGLE + STRAIGHT CHAIR ATTACKS



Each player has a ball, if possible.

Players execute dribble moves with-in their "chair line"

while attacking the basket. Player 1 begins, Player 2 begins when 1 is inside the 3pt line, Player 3 begins when 2 is inside the 3pt line, Player 4 begins when 3 is inside the 3pt line, etc., etc. This alternating line attack continues until the round is over. (After making the lay-up... 1 will dribble to the back of the center line, 2 will dribble to the back of the left-wing line, 3 will dribble to the back of the right-wing line, 4 will dribble to the back of the center line, etc., etc.)

### ROUND 1:

Right Wing - right hand "snake" dribbling  
Center - quick crossover in front  
Left Wing - left hand "snake" dribbling

### ROUND 2: (starts when Player 1 returns to the front of the right-wing line)

Right Wing - fake crossover  
Center - quick crossover in front  
Left Wing - fake crossover

### ROUND 3:

Right Wing - between the legs  
Center - quick crossover in front  
Left Wing - between the legs

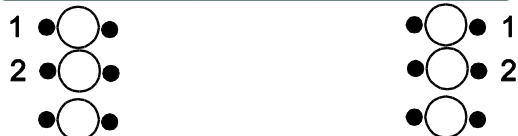
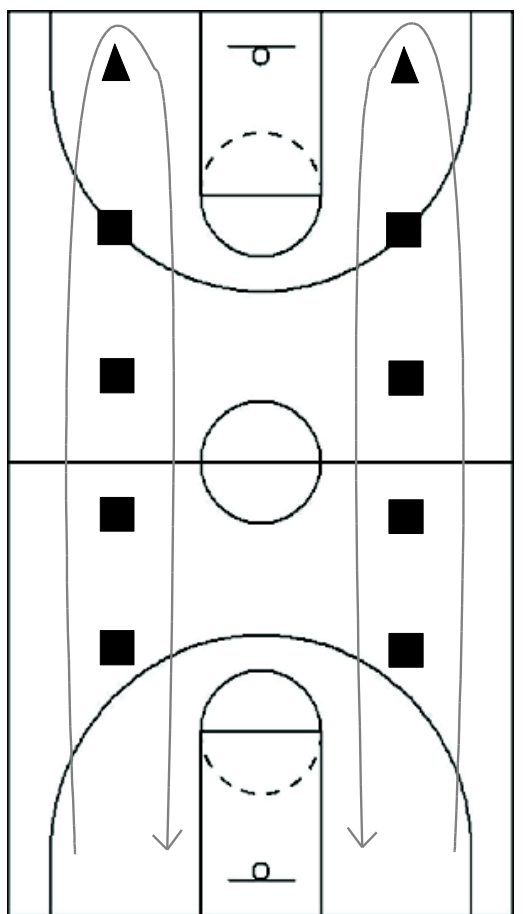
### ROUND 4: behind the back

### ROUND 5: crossover

### ROUND 6: attack-retreat-change direction

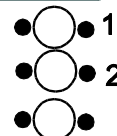
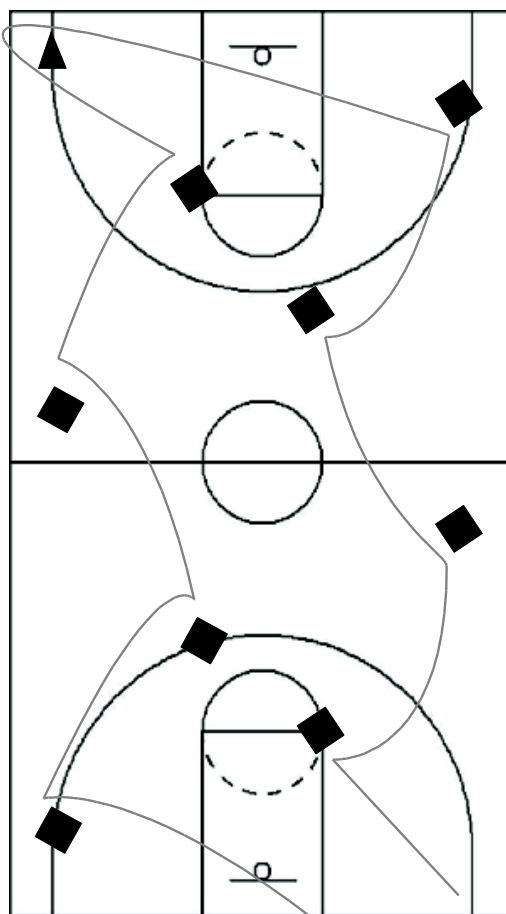


## 2-BALL (CHAIRS)



Each player has 2 balls, if possible.  
 Players execute dribble moves at each chair, when required. Players should dribble around the cone before returning down the other side of the court.  
**TRIP 1:** same time low (Player 2 begins when Player 1 is even with the top of the key)  
**TRIP 2:** low alternate  
**TRIP 3:** same time waist  
**TRIP 4:** waist alternate  
**TRIP 5:** same time "snake" through chairs  
**TRIP 6:** alternate "snake" through chairs  
**TRIP 7:** 1 ball = low dribble, 1 ball = high dribble (switch low/high dribble hands coming back)

## 2-BALL ZIG-ZAG



Each player has 2 balls, if possible.  
 Players execute simultaneous dribble moves at each chair. Player 2 begins, when 1 is approaching the 2nd chair.  
**TRIP 1:** crossover dribbles  
**ROUND 2:** between the legs + crossover  
**ROUND 3:** behind the back + crossover

## VI. Baseline Corner Series (right)

Starting from the right side of the basket on the baseline (corner), there are five baseline drills in this series. To start each move, simulate catching the ball with a backspin toss in the air high enough so it comes up close to waist high, then square up to the basket and make a shot fake or jab-step (alternate if possible). During partner or group work a passer may be included.

*Flare catch and square:* A slight turn, or point, of the inside foot to the basket just before receiving a pass. “Flaring” as the player catches the ball begins the one motion process of “squaring up” to the basket.

*Rip-drive:* After performing a shot fake, or jab-step, the player “rips” the ball and steps across their body with the non-pivot foot to seal their defender before driving to the basket.

- *Fake and Rip-Drive for Power Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. After driving baseline (right-hand dribble), square up to the basket on the same side that you started on and go up strong with a power lay-up. (5 made baskets)
- *Fake and Rip-Drive for Baseline Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. After driving baseline (right-hand dribble), shoot a lay-up (not squared to basket, but rather to the sideline) with the opposite (left) hand off the glass off one foot. (5 made baskets)
- *Fake and Rip-Drive for Reverse Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. Drive baseline to the other side of the basket, and shoot a reverse lay-up. The body’s squared to the basket using the left hand (on left side of basket) and right hand (on right side of basket). (If you started on the right side of the basket, you will drive underneath to the left side of the basket and should be squared to the basket, shooting with the left hand and going off the right foot.) (5 made baskets)
- *Fake, Rip-Drive, and Baseline Drive for Pull-up Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. (5 made baskets)
- *Fake and Drive Towards Elbow for Pull-up Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and drive towards the elbow and shoot a pull-up jump shot. (5 made baskets)
- *Baseline Catch and Shoot:* Inside foot flare catch and square (one motion). (5 made baskets)

Without resting – move on to 10 Foul shots.

## VII. Baseline Corner Series (left) - same series from the left side (flip-flop directions).

Without resting – move on to 10 Foul shots.

## VIII. Wing Series (right)

Starting from the right side of the basket on the wing, just inside the 3-point line (free-throw line extended); there are five wing drills in this series. To start each move, simulate catching the ball with a backspin toss in the air high enough so it comes up close to waist high, then square up to the basket and make a shot fake or jab-step (alternate if possible). During partner or group work a passer may be included.

- *Fake and Rip-Drive for Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. (5 made baskets)
- *Fake, Rip-Drive, and Crossover to Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive to the basket. After the first, or second, dribble the player executes a crossover dribble (below the knee) to attack and score on the left side of the basket. (5 made baskets)
- *Fake, Rip-Drive, and Pull Up for Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive. After one or two dribbles the player will pull-up for a jump shot. (5 made baskets)
- *Fake, Dribble toward Foul Line, and Pull Up for Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and take one or two dribbles toward the foul line. After “flaring” the inside foot, the player will square up and take a foul line jump shot (one motion). (5 made baskets)
- *Wing Catch and Shoot:* Inside foot flare catch and square (one motion). (5 made baskets)

Without resting – move on to 10 Foul shots.

## IX. Wing Series (left) - Do the same series now from the left wing.

Without resting – move on to 10 Foul shots.

## X. Top of the Key Series (Left & Right)

Player should alternate catching a pass from the left and right side of the top of the key; there are three top of the key drills in this series. To start each move, simulate catching the ball with a backspin toss in the air high enough so it comes up close to waist high, then square up to the basket and make a shot fake or jab-step (alternate if possible). During partner or group work a passer may be included.

- *Fake and Rip-Drive for Scoop Lay-up:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive down the middle of the paint to the basket. (5 made baskets)
- *Fake, Rip-Drive for Pull-Up Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and rip-drive down the middle of the paint to shoot a pull-up jump shot inside the foul line. (5 made baskets)
- *Fake, Dribble toward Foul Line Elbow, and Pull-Up for Jump Shot:* Inside foot flare catch and square (one motion). Player will perform shot fake, or jab-step, and take one or two dribbles toward the foul line elbow (Right and Left). After “flaring” the inside foot, the player will square up and take an elbow-area pull-up jump shot (one motion). (5 made baskets)

Without resting – move on to 10 Foul shots.