



BEGINNER LEVEL

WEEK 1-3

Day	Drills	Sets	Video
1	Ball Handling Warm up Seated Pound Dribble Form Shooting	3 sets of 1:00 3 sets of 50 dribbles ea. Shoot 50 shots at the front of basket	<u>Video Library</u>
2	Push/Pull Dribble Figure 8 Dribble Form Shooting	3 sets of 30 seconds ea. 3 sets of 30 seconds 50 shots at the basket	<u>Video Library</u>
3	30 Minute Workout	1	<u>Link</u>
4	10 Minute Shooting Workout	1	<u>Link</u>
5	Push/Pull Dribble Figure 8 Dribble 10 Minute Shooting Workout	3 sets of 30 seconds ea. 3 sets of 30 seconds 1 set of shooting workout	<u>Video Library</u>

WEEK 4-5

Day	Drills	Sets	Video
1	Push/Pull Dribble Figure 8 Dribble V Dribble Form Shooting	3 sets of 1:00 3 sets of 50 dribbles ea. 3 sets of 1:00 150 shots (shoot 50 shots at 3 different spots on the court 3 ft from basket)	<u>Video Library</u>
2	Push/Pull Dribble Figure 8 Dribble 10 minute shooting workout	3 sets of 30 seconds ea. 3 sets of 30 seconds 1	<u>Video Library</u>
3	30 Minute Workout	1	<u>Link</u>
4	10 Minute Pivot/Jab Series	1	<u>Link</u>
5	Push/Pull Dribble Figure 8 Dribble Mid-range shooting workout	3 sets of 30 seconds ea. 3 sets of 30 seconds 1 set of shooting workout	<u>Video Library</u>



ADVANCED LEVEL

WEEK 1-5

Day	Drills	Sets	Video
1	Figure 8 Dribble Cone Touch Dribble Form Shooting	3 sets of 1:00 3 sets of 50 dribbles ea. 150 shots (shoot 50 shots at 3 different spots on the court 3 ft from basket)	Video Library
2	2 Ball Warm up Dribble Cross Between Dribble Form Shooting Pivot/Jab Series	3 sets of 30 seconds ea. 3 sets of 30 seconds 50 shots at the basket 1	Video Library
3	30 Minute Workout Mid-Range Shooting	1 1	Link
4	Cross, Behind Dribble Cross, Between Dribble 10 Minute Shooting Workout Step Back Workout	3 sets of 1:00 3 sets of 1:00 1 1	Video Library
5	Dribble Shift In and Out Dribble Pull Back Dribble Mid-Range Shooting Step Back	3 sets of 30 seconds ea. 3 sets of 30 seconds 3 sets of 30 seconds 1 1	Video Library