

## Winning Hoops' 56-Point Off-Season Improvement Plan For Players

The off-season is important and your basketball players are seeking ways to improve their game for the next year. Here are 56 things that basketball coach Tommy Lavelle says that your players can do to improve their skills before try-outs. Make copies of this list and hand it out to your players.

### Things To Do At Home:

1. 25 fingertip push-ups and 500 heel raises.
2. 100 shots lying in bed; check form and rotation.
3. Isometrics in doorway; emphasize work on the legs and squeeze tennis balls
4. Read books on basketball, building and maintaining a positive mental attitude and inspirational books.
5. Hold or handle a basketball while watching TV. Sleep with a basketball.

### Things To Do Outside:

6. Jog 2 to 5 miles a day and jump rope for 10 minutes.
7. Dribble a golf ball, superball or tennis ball.
8. Spin a ball on your finger and palm the ball in your hand.
9. Juggle three balls at one time.
10. Run 30-yard wind sprints 10 times and ride a bicycle.

### Things To Do In The Gym:

11. Warm up with stretching and bending exercises.
12. Play 1-on-1, 2-on-2, 3-on-3, 4-on-4 and 5-on-5 games.
13. Without looking at the ball, dribble between your legs, around your legs and behind your back.
14. Dribble two balls at a time.
15. Dribble in and out of chairs placed in a row.
16. Dribble while sitting in a chair.
17. Sprint-dribble the length of the court.
18. Change-of-pace dribble with strong and weak hands.
19. Reverse dribble on every line on the floor.
20. Touch the net, backboard or rim 25 consecutive times.
21. Jump over a bench 25 times.
22. Dribble with your eyes closed.
23. Dribble in a circle with one hand touching the floor.
24. Shoot 1-foot away from the basket while checking elbow, follow-through and rotation.
25. Shoot 10 layups from each side of the basket.
26. Practice 10 power moves inside and do stationary hook-shot drills for 5 minutes.
27. Shoot 50 inside jump shots, 100 foul shots and 20 bank shots from each side of the basket.
28. Shoot 100 jump shots and 100 sets each from 15 feet away from the basket without a dribble.
29. Practice penetrating moves 100 times.
30. Shoot 100 set shots from 25 feet away.
31. Shoot power layups 10 times on both sides.
32. For ball handling, move ball around each leg, both legs, around your head and around your waist.
33. For weight training, perform leg presses, 10

repetitions, three times a week.

34. For weight training, perform leg extensions, 10 repetitions, three times a week.
35. For weight training, perform leg flexions, 10 repetitions, three times a week.
36. For weight training, perform bench press, 10 repetitions, three times a week.
37. Defensive slides: to the right and left, as advance steps, as retreat steps and as swing steps.
38. Practice jump steps off your dribble.
39. Practice pivoting to the right and the left.
40. Run backward, hop backward, skip the length of the court and do leg crosses (carioca).
41. Touch lines while sprinting down the floor.
42. Do 10 taps with the right hand, left hand, with alternating hands and with both hands.
43. Practice passing with a medicine ball.
44. Perform sets of 25 chest passes, bounce passes, hook passes, overhead passes, baseball passes and behind-the-back passes.
45. Maintain solid defensive position for 1 minute.
46. Practice stutter-step-and-drive, rocker-step-and-drive and crossover-step-and-drive moves.
47. Perform 25 jumps while holding a medicine ball over your head.

### Other Things You Can Do:

48. Play in a summer recreational league.
49. Go to summer basketball camp.
50. Play with college age or older players.
51. Develop good eating and sleeping habits. If needed, go on a diet and lose excessive weight. Stay away from junk food, smoking, alcohol and drugs.
52. Run in soft sand at a beach.
53. Buy a jump rope, ankle weights, basketball training shoes and a weighted vest and use them.
54. Play tennis to improve eye-hand coordination.
55. Instead of watching TV, play "21" or "horse" with your family.
56. Make a goal of spending 250 hours on basketball this summer. Chart your progress.

