

Workout Routine - 3rd/4th

Form Shooting (DON'T RUSH)

- [Form Shooting](#)
 - 30 makes form shooting (10-10-10)

Layup Progression (Intentional Movement)

- [Mikan Drill](#) - 15 each side
- Rip Throughs
 - [10 Right Side off 1 foot Finish](#)
 - [10 Left Side off 1 foot Finish](#)
 - [10 Right Side off 2 Feet Finish](#)
 - [10 Left Side off 2 Feet Finish](#)

Shooting (Intentional Movement)

- [Spin/Pivot/Shoot](#)
 - 30 shots (free throw line and in)
 - Spin ball to self with 1-2 step into shot
- [Off dribble pull-ups from top of the key \(2 dribble max\)](#)
 - 15 Left hand dribble pull-up
 - 15 right hand dribble pull-up
- [10 Shot fake and drives](#)
- [10 free throws](#)

Ball Handling (low, head sees the floor, chin up)

Stationary (7 mins) - Try and keep trying you'll get by the end of summer

- [10 right/left hand pounds regular](#)
- [10 right/left hand pounds low](#)
- [Crossover](#)
 - 20 Arms extended, low to the ground, no arm bend (crossover with side of ball)
- [20 front to back \(yo-yo's\)](#)
 - 10 right
 - 10 left
- [10 behind the back](#)
- [20 between the legs](#)
 - 10 left
 - 10 right
- [10 figure 8's \(low dribbles\)](#)

In motion (7 mins) - Try and keep trying you'll get by the end of summer

- [Right hand dribble – jump stop – pivot](#)
- [Left hand dribble – jump stop – pivot](#)
- [Walk 2 dribbles – DROP and change hands \(cross. behind back. between legs\)](#)
- [Skip right hand – skip left hand](#)
- [Change of direction \(side of the ball\) crossovers](#)
 - Between the legs
 - Behind the back
- [2 hard dribbles DROP into two moves instead of one](#)

Workout Checklist

Timeframe: 5/3-8/29

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Workout 1 | <input type="checkbox"/> Workout 34 |
| <input type="checkbox"/> Workout 2 | <input type="checkbox"/> Workout 35 |
| <input type="checkbox"/> Workout 3 | <input type="checkbox"/> Workout 36 |
| <input type="checkbox"/> Workout 4 | <input type="checkbox"/> Workout 37 |
| <input type="checkbox"/> Workout 5 | <input type="checkbox"/> Workout 38 |
| <input type="checkbox"/> Workout 6 | <input type="checkbox"/> Workout 39 |
| <input type="checkbox"/> Workout 7 | <input type="checkbox"/> Workout 40 |
| <input type="checkbox"/> Workout 8 | <input type="checkbox"/> Workout 41 |
| <input type="checkbox"/> Workout 9 | <input type="checkbox"/> Workout 42 |
| <input type="checkbox"/> Workout 10 | <input type="checkbox"/> Workout 43 |
| <input type="checkbox"/> Workout 11 | <input type="checkbox"/> Workout 44 |
| <input type="checkbox"/> Workout 12 | <input type="checkbox"/> Workout 45 |
| <input type="checkbox"/> Workout 13 | <input type="checkbox"/> Workout 46 |
| <input type="checkbox"/> Workout 14 | <input type="checkbox"/> Workout 47 |
| <input type="checkbox"/> Workout 15 | <input type="checkbox"/> Workout 48 |
| <input type="checkbox"/> Workout 16 | <input type="checkbox"/> Workout 49 |
| <input type="checkbox"/> Workout 17 | <input type="checkbox"/> Workout 50 |
| <input type="checkbox"/> Workout 18 | <input type="checkbox"/> Workout 51 |
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| <input type="checkbox"/> Workout 32 | |
| <input type="checkbox"/> Workout 33 | |

**Scan QR code after each workout to
tell us you did it!!**

