

Infinite 7-Day Workout Plan (Offense)

● **Maintain Monday**

- 45 sec. Stationary Pound Dribble (3 sets/ Alternate L & R)
 - 15 sec. Shoulder Height
 - 15 sec. Waist Height
 - 15 sec. Ankle Height
- Full Court Speed Dribbling (3 sets/ Alternate L & R)
- 45 1-Handed Perfect Form Shots Makes (15 each spot)
- 50 Mid Range (10 each zone)
 - L & R Corner
 - L & R Elbow
 - Top
- 50 1 dribble pull up attempts (5 each zone; 5 each direction)
- 20 FT Makes

● **Lay Up Tuesday**

- 50 Mikan Layups (25 Regular; 25 Reverse)
- 50 Up the Lane (25 each side)
- 50 Triple Threat Rip Layups (5 each zone; 5 each direction)
- Full Court Speed Dribbling (3 sets/ Alternate L & R)
- 30 sec. Stationary 2-Dribble Crossover (4 sets)
- Full Court 2 Dribble Crossover Zig Zag (4 sets)
- 10 FT Makes

● **Mid Range Wednesday**

- 30 sec. Stationary 2-Dribble Crossover (4 sets)
- Full Court 2-Dribble Crossover Zig Zag (4 sets)
- 30 sec. Stationary 2-Dribble Between the Legs (4 sets)
- Full Court 2-Dribble Between the Legs Zig Zag (4 sets)
- 50 1 dribble pull up attempts (5 each zone; 5 each direction)
- 50 mid range attempts (10 each zone)
- 20 FT Makes

● **Floater Thursday**

- 40 Mikan Layups (25 Regular; 25 Reverse)
- 20 Triple Threat Rip Layups (10 right hand, 10 left hand)
- 50 Triple Threat Rip Floaters (5 each zone; 5 each direction)
- 45 sec. Stationary Pound Dribble (3 sets/ Alternate L & R)
 - 15 sec. Shoulder Height
 - 15 sec. Waist Height
 - 15 sec. Ankle Height
- Full Court Speed Dribbling (3 sets/ Alternate L & R)

- 30 sec. Stationary 2-Dribble Crossover (4 sets)
- Full Court 2 Dribble Crossover Zig Zag (4 sets)
- 30 sec. Stationary 2-Dribble Between the Legs (4 sets)
- Full Court 2 Dribble Between the Legs Zig Zag (4 sets)
- 10 FT Makes

- **Follow Through Friday**

- 45 1-Handed Perfect Form Shots Made (15 each spot)
- 50 1 Dribble Pull Up (5 each zone; 5 each direction)
- 50 2 Dribble Pull Up (5 each zone; 5 each direction)
- 25 FT Makes

- **Shooter Saturday**

- Full Court Speed Dribbling (3 sets/ Alternate L & R)
- 30 sec. Stationary 2-Dribble Crossover (3 sets)
- 30 sec. Stationary 2-Dribble Between the Legs (3 sets)
- 30 sec. Stationary 2-Dribble Behind the Back (3 sets)
- 45 1-Handed Perfect Form Shots Made (15 each spot)
- 100 1 Dribble Pull Up Makes (10 each zone; 10 each direction)
- 50 Mid range Makes (5 each spot)
- 10 FT Makes

- **Simple Sunday**

- 30 sec. Stationary Pound Dribble (3 sets/ Alternate L & R)
 - 10 sec. Shoulder Height
 - 10 sec. Waist Height
 - 10 sec. Ankle Height
- Full Court 2 Dribble Crossover Zig Zag (2 sets)
- Full Court 2 Dribble Between the Legs Zig Zag (2 sets)
- Full Court 2 Dribble Behind the Back Zig Zag (2 sets)
- 50 Mikan Layups (25 Regular; 25 Reverse)
- 50 Mid Range Makes (5 each spot)
- 50 FT Makes