

Infinite Training Summer Basketball Workout

“A basketball team is made in the winter. A basketball player is made in the summer.”

Ball handling

- Non Dribble moves –
- Ball slaps – pound ball with both hands
- Ball circles around waist
- Leg Circles
- Figure 8 (around your legs)

Dribble moves (stationary – focus on keeping head up)

- Right hand high dribble/low dribble (pound it close to ground)
- Left hand high dribble/low dribble (pound it close to ground)
- 1 hand Side to side (rh/lh)
- 1 hand Front to back (rh/lh)
- Cross over – keep the dribble low
- Side to side behind back
- Figure 8 dribble
- Spider dribble (2 taps in front rh/lh, 2 taps in back, rh/lh)
- Scissor dribble (between legs in place)

Dribble moves on the move

- Change of pace AND change of direction
- Make explosive move – blow by the defender
- Concentrate on dribbling with the head up – “eye the defender”
- Keep the dribble low when in traffic
- Every move should be done with both hands.
 - Crossover
 - Fake crossover (In n Out or V Dribble)
 - Behind the back
 - Spin move
 - Fake spin move
 - Stutter step
 - Speed dribble – especially with weak hand
 - Hesitation
 - Hesitation crossover
 - Pull back dribble
 - Pull back crossover
 - Pull back behind the back
 - Pull back between the legs

Perimeter moves

- 1 on 1 – spin the ball to three point line, establish dominant pivot foot using forward or reverse pivot (usually left foot for right hander, right foot for left hander), TURN AND FACE basket. Looking for a strong first step on every move w/o traveling.
- Jump shot

- Strong side drive to the basket (1 - 2 dribbles)
- Weak side drive (crossover step) to the basket (1-2 dribbles)
- Strong side drive, pull up jumper
- Weak side drive (crossover step), pull up jumper
- Shot fake, strong side
- Shot fake, weak side
- Fake strong, crossover
- Fake crossover to the weak, strong side drive
- Jab step – jump shot
- Jab step, shot fake, drive to the hoop
- Hard dribble, crossover dribble
- Hard dribble, spin move
- Hard dribble, behind back
- Hard dribble, pull back, jump shot
- Hard dribble, pull back, hesitation, drive to hoop

Big man warm up drills

- Mikan drill – alternate lay-ups, make as many as you can in a minute, then try to beat that score
- Rebound put backs – throw ball off the glass, rebound it, keep the ball high, lay-up off glass. Alternate sides. Make as many as you can in a minute.
- Backboard taps – jump as high as you can, touch backboard/net 30 times

Post moves

- Low post – post up just above block, spin ball to yourself or have partner feed you (** USE GLASS AS OFTEN AS YOU CAN INSIDE *Be able to make moves each way, using each pivot foot*)
 - Turn around jump shots
 - Jump hook shots
 - Drop step – power up
 - Up and under move
 - Turn and face up – jump shot, drive, fake and drive
- High post – spin ball out to yourself, turn and face basket
 - Jump shot
 - Strong side drive – 1 dribble to basket
 - Weak side drive – 1 dribble to basket
 - Shot fake, strong side drive
 - Shot fake, weak side drive
 - 1 dribble, spin move, up strong
 - 1 dribble, cross over, up strong
 - Jab steps

Shooting

1. *Shooting practice is only effective if you go at GAME SPEED
2. *Spin ball to yourself if you don't have partner to simulate game like situation
3. *With a partner, compete against each other to see who makes more
4. *Time yourself, see how many you can make in 1 minute, 2 minutes, etc.
5. *Keep a record of your scores, chart your improvement

- Warm-up – One handed shot from 3 ft away. *Concentrate on alignment, up force, arc, and rotation.* Make 10 in a row. Move back to 8 feet. Make five in a row. Move back to foul line. Make five in a row.

- Make 10 bank shots from each angle.

- 50-100 free throws a day (shoot them in groups of 10 when tired) – Chart your scores

- 50-100 3pt shots a day – Chart your scores

- Shots off the dribble –

- pull up jumpers

- moves on the move (shoot back and forth full court pull-ups if possible)

- 1 on 1 perimeter moves (shot fakes, jab steps, ball fakes, etc.)

- Shooting workout on the next page is a 1 Hour shooting workout – the better players will practice more

- With partner(s) – Relocation jump shots – shoot, rebound, pass, relocate...

- Or 3 man, 2 ball jump shots (1 rebounder, 1 passer, 1 shooter) – shoot 10 at a time

Strength and Quickness

Quickness

Minimal Workout –

- Jump rope – both feet, left foot, right foot
- Sprints – 10 hard 30-50 yard sprints
- Backward sprints
- Hills or Stairs
- Line jumps (jump back and forth on either side of line)
- Square jumps (jump in the form of a square)
- Run 1-2 miles

Strength

Minimal Workout –

- Pushups – work your way up to 100 pushups twice a day
- Sit-ups – Work your way up to 100 sit-ups twice a day

BASIC SHOOTING WORKOUT EXAMPLE

DRILL	MIN	SHOTS	DESCRIPTION
Warm-up Jump Rope/stretch	5		
Form Shooting	2	40	1 handed shot from 3 ft away. <i>Concentrate on alignment, up force, arc, and rotation.</i> Make 10 in a row. Move back to 8 feet. Make 5 in a row. Move back to foul line. Make 5 in a row. Make 10 bank shots from each angle.
Ball Handling	4	20	Dribbling; stationary and moving, 1-on-1 moves, etc.
Free Throws 1	2	10	
1 on 1 Perimeter moves	4	30	Spin the ball out 15-20' on wing. Pivot into triple threat. Alternate sides w/ jump shots, drives, fakes and drives, and pull backs
Free Throws 2	2	10	
3 Pointers	2-3	30	Put 2-3 minutes on the clock. Spin the ball out, shoot 3 pointers. See how many you can make in 2 minutes. Try to set a record every time.
Jumpers w/o Dribble	4	30	Toss ball and catch it like pass. Immediately shoot jumper, working quick elevation and release. Work on 1-2 steps (right/left, left right) simulating coming off screens
Jumpers w/ Dribble	4	30	Catch ball and make 1-2 hard dribbles into jump shot. Use no fakes, shot fakes, head fakes, ball fakes, and jab steps.
Free Throw 3	2	10	

Bank Shots	2	20	Alternate sides shooting bank shots from 10-15 feet.
Individual Choice	3	30	Work on what you want – 3 pointers, pull up J's, 1 on 1 moves
Free Throws 4	2	10	
3 pointers	2-3	30	Put 2-3 minutes on the clock. Spin the ball out, shoot 3 pointers. See how many you can make in 2 minutes. Try to set a record every time.
Game situations	4	20	Imagine specific game situations. Use <u>exact</u> same situation until you score 3 times. Then move on to a new situation. Do 10 pushups for 3 consecutive misses.
Individual choice	3	30	Work on what you want – 3 pointers, pull up J's, 1 on 1 moves
Free Throws 5 w/pressure	2	10-50	Shoot until you make 10 in a row or shoot 50 total. Pushups if you do not get 10 in a row.

POST PLAYER WORKOUT EXAMPLE

DRILL	MIN	SHOTS	DESCRIPTION
Warm-up Jump Rope/stretch	5		
Form Shooting	2	40	1 handed shot from 3 ft away. <i>Concentrate on alignment, up force, arc, and rotation.</i> Make 10 in a row. Move back to 8 feet. Make 5 in a row. Move back to foul line. Make 5 in a row. Make 10 bank shots from each angle.
Ball Handling	4	20	Dribbling; stationary and moving, 1-on-1 moves, etc.
Mikan Drill	1	10	Alternate left and right hand lay-ups.
Free Throws 1	2	10	
Mikan Drill	1	30	Alternate left and right hand lay-ups.
Free Throws 2	2	10	
Turnaround Jumpers from Rt/Lt Block	4	30	Toss ball to self on block, turn and shoot. Alternate turning right and left. Use glass whenever possible.
Jump Hooks from Rt/Lt Block	4	30	Toss ball to self on block, turn and shoot. Alternate turning right and left.
Bank Shots	2	20	Alternate bank shots from 10 feet out. (Mikan drill jump shots)

Free Throw 3	2	10	
Up and Under Move	2	20	Fake and duck under, alternate blocks.
Drop Step Move	2	20	Drop-step, (power dribble optional) and power up.
Perimeter Jumpers	2	30	Put 2 minutes on the clock. Spin the ball out, shoot perimeter jumpers (or 3 pointers.) See how many you can make in 2 minutes. Try to set a record every time.
Free Throws 4	2	10	
High Post Moves	4	30	Spin to the foul line, turn and face. Jump shots, jab steps, strong side drive, crossover step drive. Hard dribble spin, Hard dribble crossover. Jump stops.
Rebound Put Backs	2	30	Throw ball high off glass, go get it, keep it high, put it back off glass.
Individual Choice	4	30	Low/high post moves, perimeter jumpers, 3 pointers
Free Throws 5 w/pressure	2	10-50	Shoot until you make 10 in a row or shoot 50 total. Pushups if you do not get 10 in a row.

Work hard, Be Great!!!