

BASKETBALL INDIVIDUAL WORK-OUT PROGRAM BASICS

1) Ball-Handling (ball below knee - or at least waist - finger-tips - head up - opposite arm-bar out to protect and also use your body - see your teammates - make both sides strong)

- stationary ball movement
- stationary dribbling
- cross-overs X 5: regular, spin away, through legs, around back & freestyle
- walk while dribbling ball though legs X 3: going forward, through back of legs going forward, walking backwards

2) Post-Moves (good strong wide foot position on the block, wide elbows - READ D - and react!)

- Mikan Drill X 5: regular (opposite hand and foot), power, reverse A, reverse B, 2-ball
- Traditional Drop Step X 3 both sides: drop-step, baby hook, reverse pivot to base banker
- Power Drop Step X 3 both sides: drop step, baby hook, reverse pivot to middle banker
- Duck-ins (Up & Unders): X2 both sides from mid-key to lay-up & to hook
- fake the way you came mid key jumpers
- (more advanced) add Jump Hooks & Traditional Hooks to base and to middle with and without dribble

3) One On One Moves (strong wide base - solid jab from triple threat - READ D)

- X5 both sides from wing: cut through key, reverse pivot, triple threat: shoot, jab/shoot, jab/drive. jab/cross, jab/drive/stop&pop

4) Shooting (BEEF: Balance, Elbow, Eyes, Follow through...and "Game Winner")

- challenge yourself, be low, wide, balanced, under control, straight up and down with a quick release - follow your shot - finish strong - challenge yourself - make practice time = GAME TIME!
- Free Throws - make 25 or 10 total or consecutive or +10 or 10 swishes or whatever challenges you and keep challenging yourself more as you improve - Free Throws win games! (start and finish with the FTs)
- 100 shot drill (give yourself 15 or 20 minutes - whatever challenges you - or no time and just finish strong everything that you miss, rebounding before the ball hits the floor) - dip down to the base below the basket each time and dribble with your right hand only going to the left side, planting your left foot to square up and shoot (and vice versa going to the right side = left hand dribble and plant right foot) - be low, wide, under control, do not go up and down or drag the back foot - make both sides of your body and mind work together stepping into your shot "ready to shoot" straight up and down with a solid follow through out the top of your head with all the energy coming from your legs (after this routine becomes too easy, mix it up and challenge yourself by using reverse pivots, fakes, jabs and power dribbles, mixing banks, and change the spots and distances too so that it's game specific for you and makes you work to improve your shooting and eliminate your weaknesses, etc...make it GAME TIME - and challenge yourself!)

Make 10 from each spot: 3 spots along the base (both sides), 3 spots along the wings (both sides) = 60 shots....next 3 sets are all from the elbows - straight to the elbow squaring up and foot work continuing from the first 6 sets, then give yourself a little pass at the top of the key, reverse pivot/shot fake/to elbow (alternate direction each time), next set similar to last, but instead of shot fake, sweep low and hard past the man to the elbow as you square up (reverse pivot/sweep to elbow)...that = 90 shots, now for the last 10, using the same pivoting and footwork that you started with, alternate directions making 3-pointers...once you have made 100 shots and are good and tired, go back and finish with the same set of foul-shots you started with. If you are timing yourself and do not finish in the 15 or 20 minutes, then ignore the clock and finish all your sets of shots - if you finish and there is still time left on the clock, then hit as many "bonus 3-pointers" as you can before time runs out - do not include the foul shots that you start and finish with in your "time" or 100 shots. Keep a log or written record of your progress so you can see your improvement, keep track of your personal bests and continue to challenge yourself to get to the next level.

Be sure to drink plenty of water and get into habits of healthy sleep and nutrition - always be warm (busting a sweat) before you go hard - and try to get into a good stretching routine, especially when you're finished. Play as much as you can wherever and whenever you can - find places to play that will challenge you - and always challenge yourself so you can get to the next level. Be sure to put your time into a solid work-out routine off the court too to make yourself as strong and tireless as you can be in all areas. I can offer some help in this area and also have several experts that I can refer you to as well - but be sure to sharpen your tools, work harder than your opponents, try to reach your maximum potential and see how high you can fly! Hard work pays off and you will surprise yourself - enjoy the ride and see where it takes you! ...but always play because you love the game - everything else is a bonus. Remember that the only limitations that you have on the basketball court, in school or in life are the ones that you impose upon yourself.

All the best, work hard & have fun,

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