

DAY 1, WORKOUT #1, MORNING

10 Minutes: 2Ball Stationary Drills

1. Same
2. Alternate
3. Kill Dribble
4. Switch 'em
5. High-Low (1. Low Ball around Leg 2. High Ball Around Leg)
6. Right Leg
7. Left Leg
8. Both Legs
9. Figure Eight (1. Lefty and Righty 2. Chase)
10. Push Pull
11. Alternate Push Pull
12. Side to Side

10 Minutes: 2 Ball Stationary Dribble Moves

- **Alternate Inside Out:** Start out alternate dribble, then turning it into inside out dribble.
- **Hard Dribble Cross:** Take a hard rhythm dribble, cross the balls over, (repeat sequence, every crossover is one rep)...go both directions
- **Circles:** Turn the balls in a circle with no rhythm dribble, go both directions
- **Criss-Cross:** Balls are crossing each other back and forth with no rhythm dribble in between. One ball will be in front of the other.
- **Between the Legs:**
 - Righty Between the Legs/Lefty Crossover
 - Lefty Between the Legs/Righty Crossover
- **Skips or Scissors:** Start out with a rhythm dribble out in front of your body and a rhythm dribble on the side of your body. Then drop one through the legs at the same time as you pound the ball out front. Alternate legs with the between the legs dribble.
 - Dribble Skips w/ Rhythm Dribble
 - Skips w/ out Rhythm Dribble
- **Behind the back:**
 - Righty Behind the Back/Lefty Crossover
 - Lefty Behind the Back/Righty Crossover
- **Criss-Cross Behind the Back:** One ball in front, one ball in the back. The ball in the front stays in front, the ball behind the back stays behind the back. Don't turn the balls in a circle around the body. The one ball behind the body stay behind the back the whole time.

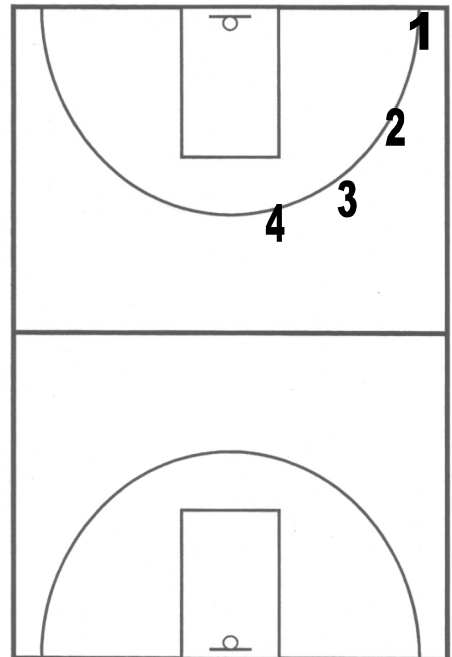
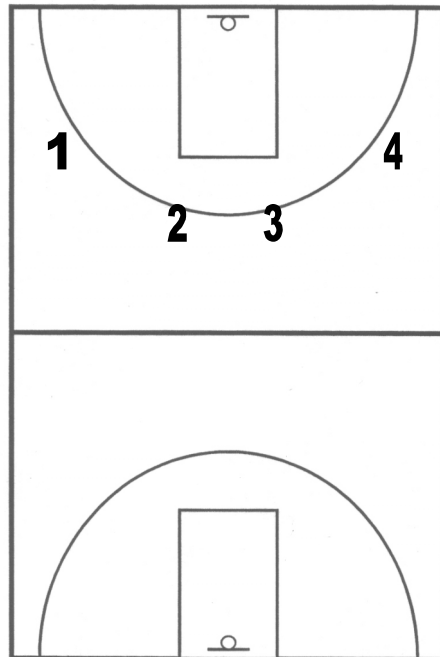
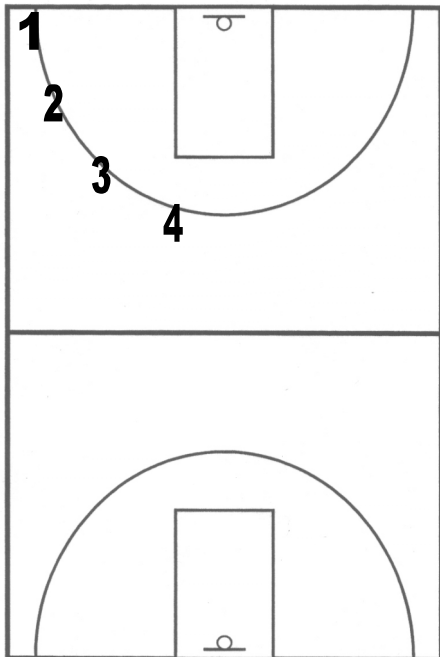
Perfect Form, Perfect Feet

- 5 Ft. Make 75 Shots
8 Ft. Make 75 Shots
12 Ft. Make 75 Shots
15 Ft. Make 75 Shots

7 Spot Shooting, 17-19 Feet: Make 15 in a Minute

Marquette Threes

1. Start in the corner without a basketball. Passer/Rebounder is underneath the rim with a ball
2. Must make 5 Threes from the corner before you can move on to spot #2
3. Repeat at spots 2, 3, and 4
4. Shooter has 2 Minutes to make 5 Threes at Each of the 4 spots on the Left Side of the floor: 20 Total. Keep track of your record so you have a goal each time you perform the drill.



DAY 1, WORKOUT #2, AFTERNOON/EVENING

10 Minutes: 2 Ball Stationary Dribble Moves

10 minutes-2Ball Commando Workout: 30 Second Sets/30 Second Rest

- Same
- Alternate
- Alternate Inside Out
- Crossover
- Between the Legs
- Behind the back

2ball Kill the Grass: 30 Second Sets/30 Second Rest

Finishing: Nash Runners, Parker Floaters, Iverson Step By's: Make 20 each

7 Spot Shooting: 17-19 Feet, Make 7-10 at each spot

Florida Pullups: 1 Minute Sets; Set a record, beat your record.

Sideline Pick N Roll Series: Make 7-10 each situation both sides of the floor

1. Turn the Corner (Runner, Floater, Finish at the Rim, 2 Dribble Pullup)
2. Reject (don't use the screen: see defender's head turn)
3. Split
4. Pocket Shot (Defender goes under the screen. Stop behind the screener for the 3)
5. 2 Dribble Clear for the 3
6. Bounce Off (Defense Shows Hard and you bounce off/back then attack)
7. ICE (Keep your defender on your hip as you come off the screen; curl cut but for a ball screen) This is a NBA move when the screener's defender does not show

Miami Threes: Make 5 at each of the 6 spots: 2 sets; 30-50 or better

Memphis Threes: Make 5 in a Row at 5 Spots in 90 Seconds: 2 sets

Celtics Threes: Make 2 in a row at 10 Spots in 2 minutes: 2 Sets

Mike Miller "L" Drill: Make 10 in 1 Minute, 2 Sets

DAY 2, WORKOUT #1, MORNING

5 Minutes: Chicago Bulls Passing: *Nash Series*

1. Right Hand-Left Hand Alternate
2. Right Hand-Left Hand Alternate off the Pound Dribble
3. Right Hand Pound-Right To Left Cross-Pass
4. Left Hand Pound-Left to Right Cross-Pass
5. Right Hand Pound-Right to Left Between Legs-Pass
6. Right Hand Pound-Right to Left Between Legs-Pass
7. Right Hand Pound-Right to Left Behind the Back-Pass
8. Right Hand Pound-Right to Left Behind the Back-Pass

15 Minutes: 2 Ball Stationary

Perfect Form, Perfect Feet

Make 25 at 7 Spots: 5-8 Feet

Make 25 at 7 Spots: 12-15 Feet

7 Spots: 15-19 Feet, 15 makes in a minute

Swing Drill: 1 dribble pullups; make 14-20 each wing, each direction

Right Wing: Strong Side Step make 14-20, Crossover Step make 14-20

Left Wing: Strong Side Step make 14-20, Crossover Step make 14-20

Miami Threes: Make 5 at each of the 6 spots: 2 sets; 30-50 or better


Memphis Threes: Make 5 in a Row at 5 Spots in 90 Seconds: 2 sets

Dribble Drive Threes: Make 6-10 each situation on both sides

1. Baseline Drifts
2. Middle Wraps
3. Slide Away
4. Fill Behind

DAY 2, WORKOUT #2, AFTERNOON/EVENING

Tennis Ball Stationary

- Perform Each Dribble Move 20 Times
 - Remember when performing this drill to 1) Toss the Tennis Ball 2) Make your Dribble Move and 3) Grab the Tennis Ball
 -  try to toss the tennis ball and make your move at the same time
1. Righty Pound
 2. Lefty Pound
 3. Right Inside Out
 4. Lefty Inside Out
 5. Crossover
 6. Between the Legs
 7. Behind the Back
 8. Double Moves
 9. Combo Moves

Tennis Ball Toss Tight Cones

Tennis Ball Pickups

7 spot, 1 Hand Catch, 1 Dribble J's: Make 7-10, both directions

Half Court Drives to Pullups: 1 or 2 dribbles into a change of pace/direction, 1 pound dribble pullup. 8 trips each move

- Lefty Inside Out
- Righty Inside Out
- Crossover
- Between the Legs
- Behind the Back

Sideline Pick N Roll Passing Series: 5 perfect passes each situation

1. Hit the duck in
2. Roller
3. Pick and Pop
4. Same side wing or corner
5. Weakside Shooter

Mid Range off the Catch: 15 makes in a minute

- Elbow-To-Elbow
- Right Elbow-to-Baseline
- Left Elbow-to-Baseline

Louisville Wide Pin Down Series: 6-10 each situation on both sides

1. Curl to Elbow
2. Curl 1-2 dribble pullup
3. Curl 1 dribble change to a finish (step away, air dribble to floater)
4. Curl Fade
5. Curl Fade 1-2 dribbles baseline pullup

DAY 3, WORKOUT #1, MORNING

10 Minutes: 2 Ball Stationary Dribble Moves

10 Minutes: 2 Ball Moving

Perfect Form, Perfect Feet

5 Ft. Make 75 Shots

8 Ft. Make 75 Shots

12 Ft. Make 75 Shots

15 Ft. Make 75 Shots

Mid Range off the Catch: 15 makes in a minute

Elbow-To-Elbow

Right Elbow-to-Baseline

Left Elbow-to-Baseline

Swing Drill: 2 dribble pullups; make 14-20 each wing, each direction

Right Wing: Strong Side Step make 14-20, Crossover Step make 14-20

Left Wing: Strong Side Step make 14-20, Crossover Step make 14-20

Kobe Triple Threat Series

Hands High → **Sweep Low:** Shoulder to Hip

Hands Low → **Rip Ball:** Attack the Hands; Go Wrist to Wrist

1. Strong Side Step: Stride Stop Pullup
2. Strong Side Step: Stride Stop, Shot Fake, Reverse Pivot Shot
3. Crossover Step: Stride Stop Pullup
4. Crossover Step: Stride Stop, Shot Fake, Reverse Pivot Shot
5. Jab N' Go Strong Side
6. Jab N' Crossover Step
7. Jab N' Crossover Step to Step Away
8. Jab N' Shot
 - a. Wade Jab: Long Jab Step, Back to Perfect Feet to Shot
 - b. Melo Jab: Short and Quick into shot
 - c. Front Jab: Jab as you square
9. Shot Fake-Jab-Shot
10. Jab-Shot Fake-Attack

Celtic's 50: Make 10 at 5 spots: 2 sets, start in opposite corner

L-Cut Series (Block to Wing): Make 6-10 on threes, 7-10 on Pullups

1. L-Cut, Shoot the Three
2. L-Cut, Crossover Step into Pullup
3. L-Cut, Crossover Step, 1 Dribble into Step Away
4. L-Cut, Sweep and Attack Defender's High Foot, Shoot Pullup
5. L-Cut, Crossover Step to Tony Parker finish (Veer)

DAY 3, WORKOUT #2, AFTERNOON/EVENING

2 Ball Reaction Drives

2 Ball Half-Court Drives: Make 7 of 10, 2 sets

1 Ball Half-Court Drives: 9 Trips Each Move

Make 3-5 Each Set (Nash Runners, Parker Floater or Iverson Step By)

1. Righty Inside Out
2. Lefty Inside Out
3. Crossover
4. Between the Legs
5. Behind the Back
6. Righty Inside Out-Cross
7. Righty Tony Parker Cross

Paul Pierce Series: Make 7 of 10 each move

1. 1 dribble finish (stride stop or step back)
2. 1 dribble, hard stop n' go, 1 dribble finish (stride stop or step back)
3. 1 dribble, cross, jab opposite, 1 dribble finish (stride stop or step back)
4. 1 dribble, change between legs, jab opposite, 1 dribble finish (stride stop or step back)
5. 1 dribble step back n' go (Marbury Freeze: Eyes to the Rim, Hand to the Ball)

Step Up Pick N Roll Series: Make 4 of 6 each situation; both sides

1. Turn the Corner: 1 or 2 dribble pullup
2. Reject (don't use the screen: see defender's head turn)
3. Split: Finish with floater
4. Pocket Shot (Defender goes under the screen. Stop behind the screener for the 3)
5. 2 Dribble Clear for the 3
6. Bounce Off (Defense Shows Hard and you bounce off/back then attack)
7. ICE

Miami Threes: Make 5 at each of the 6 spots: 2 sets; 30-50 or better

Memphis Threes: Make 5 in a Row at 5 Spots in 90 Seconds: 2 sets

Mike Miller "L" Drill: Make 15, 2 sets

Dribble Drive Threes: Make 6-10 each situation on both sides

1. Baseline Drifts
2. Middle Wraps
3. Slide Away
4. Fill Behind

2 Ball Commandos

2 Ball Kill the Grass

6 in 35: 6 Full Court Layups in 35 seconds; emphasize push dribble (2 sets R, 2 sets L)

DAY 4, WORKOUT #1, MORNING

10 Minutes: Tennis Ball Stationary

10 Minutes: 2 Ball Stationary

5 Spot Shooting: Make 25 at 5 spots (10 and 15 feet)

Florida Pullups: 2 Dribble Mid-Range Pullups (6 sets; Make 10-15)

NBA Glide Dribble Pullup Series: (Make 4-6; 4 sets)

NBA Deep Threes Drill

1. Start out of bounds in the corner without a basketball. Passer/Rebounder is underneath the rim with a ball.
2. Shoot three (3) Deep NBA threes (3 Feet beyond NBA line).
3. move to the NBA line and Make three (3) threes.
4. After your make three (3) three pointers you need to make 3, 1 dribble pull-ups off the catch. Simply catch, sweep and go or mix in a shot fake.
5. Repeat at spots 2, 3, 4, and 5.

Louisville Wide Pin Down Series: 6-10 each situation on both sides

1. Curl to Elbow
2. Curl 1-2 dribble pullup
3. Curl 1 dribble change to a finish (step away, air dribble to floater)
4. Curl Fade
5. Curl Fade 1-2 dribbles baseline pullup

Celtic's 50: Make 10 at 5 spots: 2 sets, start in opposite corner

DAY 4, WORKOUT #2, AFTERNOON/EVENING

10 Minutes: 2 Ball Stationary

2 Ball Moving: NC State

1. Tight chairs
2. Spread chairs
3. Half-Court Drives

Scoring off the Dribble: Make 7-10 each move

1. Iverson Fade: As you are driving to the bucket with defender on your side jump stop into him and then fade off to create space

Situation: Defender on your side; fade to separate.

2. Dwyane Wade Step Out: Push hard off your inside foot and step away from the “D”

Situation: Defense Cuts your off or bodies you up

3. Iverson Drag Dribble: You stop on your front foot and drag dribble back to perfect feet

Situation: Driving to the bucket and defense cuts you off.

Behind the back, Crossover, Between the Legs (Iverson)

Stop Low...Finish High

4. Occupational Dribble: Use a combo move or 1 dribble move.

Situation: Trying to separate for your jumper or freeze the defense

After the move you can add in an “eye fake” Marbury Hesitation

Sideline Pick N Roll Series: Make 7-10 each situation both sides of the floor

1. Turn the Corner (Runner, Floater, Finish at the Rim, 2 Dribble Pullup)
2. Reject (don't use the screen: see defender's head turn)
3. Split to a Floater
4. Pocket Shot (Defender goes under the screen. Stop behind the screener for the 3)
5. 2 Dribble Clear for the 3
6. Bounce Off (Defense Shows Hard and you bounce off/back then attack)
7. ICE (Keep your defender on your hip as you come off the screen; curl cut but for a ball screen) This is a NBA move when the screener's defender does not show

Florida Shooting: make 5 in a row in 90 seconds

1. Pocket Shot
2. Pocket Cut, 1 dribble
3. Fade to 3
4. Fade to 3, 1-2 dribble baseline pullup

DAY 5, WORKOUT #1, MORNING

10 Minutes: 2Ball Stationary

10 Minutes: 2Ball Moving: Commandos and Kill the Grass

7 spot mid range shooting: make 12 without missing 2 in a row

Miami Threes: Make 5 at each of the 6 spots: 2 sets; 30-50 or better

Memphis Threes: Make 5 in a Row at 5 Spots in 90 Seconds: 2 sets

Dribble Drive Threes: Make 6-10 each situation on both sides

1. Baseline Drifts
2. Middle Wraps
3. Slide Away
4. Fill Behind

“3’s 2’s and 1’s/42”

- Perform the following at each of the 6 spots on the floor (2 Corners, Wings, and Lane-Line 3)
 - I. Three-Point Shot = 3 Points
 - II. Shot Fake/1 Dribble/Pullup Jumper = 2 Points
 - III. Shot Fake/Rip Through/Finish at the Rim in 1 Dribble = 1 Point
- Play either 2 halves or 4 quarters for the game

A perfect score for a quarter or half is “42”

DAY 5, WORKOUT #2, AFTERNOON/EVENING

10 Minutes: Stationary Tennis Ball

NC State Dribbling Series

1. Tight Chairs
2. Spread Chairs
3. Half-Court Drives

Flat Ball Screen Series: Make 6-10 on threes, 7-10 on Pullups or Finishes

1. 2 Dribble Shoot the 3
2. Inside Out at the Big, veer and finish
3. Between the legs at big
4. Cross
5. Combo Move: Between Legs, Cross

L-Cut Series (Block to Wing): Make 6-10 on threes, 7-10 on Pullups

1. L-Cut, Shoot the Three
2. L-Cut, Crossover Step into Pullup
3. L-Cut, Crossover Step, 1 Dribble into Step Away
4. L-Cut, Sweep and Attack Defender's High Foot, Shoot Pullup
5. L-Cut, Crossover Step to Tony Parker finish (Veer)

NBA Floppy Drill: Make 5 in a row in 90 seconds

- Use Pindowns on each side to get open for your shot
1. Catch and Shoot (2 Sets)
 2. Use 1-2 dribbles to separate

Push Dribble Series: 4 Trips Each Move: 4 FT's in between each set

1. Righty Push Dribble
2. Lefty Push Dribble
3. Righty Push Dribble to Inside Out
4. Lefty Push Dribble to Inside Out
5. Righty Push Dribble to Tony Parker Crossover
6. Lefty Push Dribble to Tony Parker Crossover
7. Righty Push Dribble to Between the Legs
8. Lefty Push Dribble to Between the Legs
9. Righty Push Dribble to Combo Move (Tim Hardaway Killer Cross)
10. Righty Push Dribble to Combo Move (Tim Hardaway Killer Cross)