

Youth Basketball Workout #1

[YouTube Video Posted](#) to Accompany Workout

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Day 1:

1. 5 snatches each hand (something for the hands)
2. Down and back crossovers. Plant the outside foot and lean.
3. Form layups: Make four each side
4. Intensity layups. How long to make 6?
5. Form shooting. Make 5 and take a big step back.
6. Pull up jumpers. Each side.
7. Catch it on the move. Rip it through for a crossover drive with a jump stop. Incorporate step back if possible.
8. Defend Cutting. Start in the gap. Close out on the ball. Jump to the ball on the pass. Steal the pass to basket cut, steal pass to wing, steal the backdoor pass, and then play 1 on 1 with box out.
9. Blocker mover screen and roll action: 3 spots. Start with ball at point. Get flare screen, use screen for shot, use screen and hit roll, 7 cut backdoor by the screener.
10. Throw it on the board and take it full court against dad.
11. Long Shots and FTs.
12. Cardio: Start in middle. "Go." sprint to sideline. Sprint to other sideline. Get back to cone and that's your time.

Go home for strength work.