

## Youth Basketball Workout #2

[Video](#) to Accompany Workout

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TheTorg.com

Day 1:

1. Around the Waist Reversals (something to get the hands warmed up)
2. High Crossover Dribbles
3. Wooten Passing Drill (still getting loose)
4. Tennis Ball Toss and Shuffle
5. Form shooting. Make 5 and take a big step back.
6. Dribble Charges to Free Throw Line with Spin Reversal
7. Back down dribble with spin and lay up.
8. On the move shooting, paying special attention to footwork on the catch and staying on balance and using good form coming off cut.
9. Similar to on the move shooting but use shot fake and do crossover step into layup.
10. Close out to the offensive player. Defend the drive. Call "dead" when dribble picked up.
11. Close out offensive player. Defend drive. Call shot and box out the shooter. Get the rebound to end the segment.
12. Two on One break. Two offensive players attack one defender. Offense makes defense defend and then gives up with the goal of a lay up. Defense stunts at offense but protects against lay up.
13. A little cardio before we go home to do strength and agility work. Two sets of sprints today.