

Youth Basketball Workout #3

Video to Accompany Workout

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Day 1:

1. Around the Waist Reversals (something to get the hands warmed up)
2. Inside Out Dribble with the Jab Step
3. 3 versus 0 fast break. Ball handler in the middle. Runners run wide and to the block. Bounce pass for a lay up.
4. Tennis Ball Toss and Shuffle
5. Form shooting. Make five from up close and take a step and a half back.
6. Off the dribble passing with fake versus defense. Passes should be on target and on time.
7. Open court spin and then behind the back when cut off. Work each side.
8. Euro step each direction. Take a big sideways step one direction and then step the other way.
9. We call this Kyrie 1,2,3,4. We go between the legs 3 and then 4 times before making a move for a lay up.
10. Post moves. Seal. Catch with a jump stop. Fake middle and pivot toward the baseline. (2) Fake baseline and shoot jump hook to middle. (3) Defense chooses a side and post player drop steps away from defense.
11. 1 on 1 zig for both ball handling practice and defensive slides.
12. Make 10 FTs to finish.

After on court workouts, we go home for strength and agility work.

Thanks for watching!

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