

## All in a Day's Work, Basketball Training

Prepared by Bill Torgerson, TheTorg.com / Video Example Available on the Website

### **On Court:**

1. Curry Build Up Ball Handling with Passer. Build up to four.
2. Tennis Ball Toss on Wall with Double Crossover Dribble. 5 catches each hand.
3. Tennis Ball Toss and Between the Legs Twice . 5 catches each hand.
4. Tennis Ball Toss. Behind the back twice. 5 catches each hand.
5. Toss two tennis balls on wall with one hand. Pound dribble other hand. Try for best streak with each hand without dropping.
6. Jump hooks. Spin out. Jump stop. Fake one way with still feet. Shoot the hook. 5 each way.
7. Step Thurs. Same set up. 5 each way.
8. Extra step. Spin out. Face up on a front pivot. Take an extra step to the same side. 5 each way.
9. McHale Reverse Lay Ups. Spin out. Take a dribble to the middle. Spin into a reverse lay up. 5 each way.
10. High Post Flashes to 5 makes. Flash to FT line. Spin out catch. Face up and shoot. First to 5 wins.
11. High Post jab and shoot. Same as above but add a hard jab to the hoop.
12. Flash, Jab, Fake and Go. Same as above but finish with drives.
13. Move / Counter Move. We do pound dribble, between the legs and go finish. We do this starting with each hand. Our counter is then between the legs, behind the back, and go finish.
14. Form shooting. 5 good reps from close, medium, and long range. This means 15 good reps total.
15. Form shooting with hop. Same as above but we start facing the side. We hop to face up and try to shoot with same form but more complex movement. We do 6 good ones (3 from each way) for a total of 18 good ones.
16. Make 6 shots using a chair. Chair placed at three point line. V cut and come back and pick the ball off the chair and shoot a jump shot. Finish the shot. Dribble out and use the chair as a screen. Finish the shot. Put back on chair and run your v cut. Repeat to 6 makes.
17. On the move threes. Pick two spots from behind the line. Run to a spot and receive pass for shot. Run to other spot and receive pass. Shoot 2 sets of 10. Loser from best of 20 has penalty.
18. Shot fake / side dribble threes. Shoot 10 each direction. Best of 20. Loser has a penalty.
19. Play 1 on 1. We play to 20 by 2s and 3s. Good for conditioning and putting practice into game situations.

## Hill Runs

- We have a two-tiered hill. We started by running one repetition. We have built up to running 8 reps. Our fastest time is 26 seconds. A slow one is around 35 seconds. We run up the hill, walk down, and repeat. We do these every other day for six days and then we take the seventh day off. So we'd do 1 on Monday, 2 on Wed, 3 on Fri and so on.

## In the Weight Room

B Day: Kick stretch, pull back, calf on wall, hamstring.

1. Fire Hydrants. 5, 5, and 5 for each leg.
2. Walkouts. 1 set of 10.
3. 2 rounds of 40 second planks. Face down, Side, and other side.
4. 1 leg squats. Sit down on bench and go back up. 8,8,8 to start w goal of adding weight and/or doing on own without aid of bench or box.
5. Jump Angle Squats. Hold dumbbells. Jump as high as you can. Let's start 5,5,5. Set the weight down and jump as high as you can touching the wall 3 times.
6. Step down from the box and jump. Soft landing and heels don't touch. 8,8,8. Can we do these in a line walking?
7. Vertical leg crunch, squats, band defensive slides
8. Bronco kick jumps, def slides w band, rest
9. Daily Climax. 5,5,5. Jump as high as you can on the wall.