



# CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

## Getting Better with the Basketball Workout

### Part 1 (approx. 30 min)

#### **Dribble moves, 25 reps each (approx 3 min), at a cone or chair**

##### Practice Points

- A. Feet never stop moving (except for the freeze step on the between the legs move)
- B. Sell move with your feet (fake with the side you want defender to go). FOOTWORK is everything!
- C. Start move 3-4 feet from defender
- D. Go past defender body to body - LOW (drop shoulder)
- E. VEER off of your defender and change hands to avoid getting backtipped

##### Dribble Moves Workout

1. RH Crossover Dribble - Rhythm dribble, sell with RIGHT foot, explode past chair, veer
2. LH Crossover Dribble - Rhythm dribble, sell with LEFT foot, explode past chair, veer
3. RH Inside-Out (Fake Cross) - Rhythm dribble, sell with LEFT foot, explode past chair, veer
4. LH Inside-Out (Fake Cross) - Rhythm dribble, sell with RIGHT foot, explode past chair, veer

##### Start back a few steps - double move

5. RH Inside-Out Cross - L-R-L footwork, feet never stop moving, explode past chair, veer
6. LH Inside-Out Cross - R-L-R footwork, feet never stop moving, explode past chair, veer
  
7. RH Between the Legs - Scissors - Force yourself to stop by scissoring - SIT-SPLIT-POUND
8. LH Between the Legs - Scissors - Force yourself to stop by scissoring - SIT-SPLIT-POUND
9. R->L Between the Legs - Freeze step LEFT, STOP-SIT-SPLIT-POUND, explode, veer
10. L->R Between the Legs - Freeze step RIGHT, STOP-SIT-SPLIT-POUND, explode, veer

### Part 2 (approx. 10 min)

#### **Two Foot Jump Stop Finishes (Move of the Day on way back to line!)**

##### Practice Points

- A. More power & balance, covers distance
- B. When you land, either get to balanced or "Air'em" (show basketball, stay bent)
- C. Get inside shoulder into defender's chest (locks defender in place)
- D. Shoot jump hook to get separation
- E. Square shoulders in proper direction

##### Start on a wing, 1-2 dribbles arc to rim (5 reps each side – 2 FT's in between)

1. Two Foot Jump Stop (5 reps each side – 2 FT's in between)
2. Vicious Pivot - rip ball over head and inside pivot (5 reps each side – 2 FT's in between)
3. Get to Other Side of Rim (5 reps each side – 2 FT's in between)
4. Get your Hips Across (5 reps each side – 2 FT's in between)



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## **Part 3 (approx. 20 min)**

### **Perimeter Footwork (Move of the Day on way back to line!)**

#### **Practice Points**

- A. *Get from the arc to the rim and finish*
- B. *Get as low as possible by ripping ball from knee to knee - lower is quicker*
- C. *All about hips and shoulders!!! Get them past your defender.*
- D. *Have to catch and be "Ball Quick" load the ball and be ready to go!!!*

Ball toss LEFT->RIGHT into all of these and inside pivot (5 reps of each followed by 2 FT's)

1. Crossover - Finish
2. Crossover - Pull up Jumper
3. Crossover - Change direction - Finish
4. Shot fake - Crossover - Finish
5. Shot Fake - Crossover - Pull up Jumper
  
6. Strong Side - Finish
7. Strong Side - Pull up Jumper
8. Strong Side - Change direction - Finish
9. Shot fake - Strong Side - Finish
10. Shot Fake - Strong Side - Pull up Jumper

Ball toss RIGHT->LEFT into all of these and inside pivot (5 reps of each followed by 2 FT's)

11. Crossover - Finish
12. Crossover - Pull up Jumper
13. Crossover - Change direction - Finish
14. Shot fake - Crossover - Finish
15. Shot Fake - Crossover - Pull up Jumper
  
16. Strong Side - Finish
17. Strong Side - Pull up Jumper
18. Strong Side - Change direction - Finish
19. Shot fake - Strong Side - Finish
20. Shot Fake - Strong Side - Pull up Jumper