

GUARD WORKOUT

Perform the workout listed below at least 3 times per week to practice your skills and prepare for camp!

- 1 - STRETCH
- 2 - BALL-HANDLING DRILLS
(10 free-throws)
- 3 - LAY-UPS
 - a) start at the right elbow and drive in for a right-handed lay-up
 - b) rebound and dribble out right-handed to the left elbow
 - c) crossover and drive in left-handed for a left-handed lay-up
 - d) continue the drill shooting 10 lay-ups from each side
(10 free-throws)
- 4 - CHANGE OF DIRECTION
 - a) begin at half-court in the middle of the floor
 - b) dribble toward the right sidelines and perform a change of direction move
 - c) dribble to the 3-point line and perform another change of direction move
 - d) explode to the basket for a lay-up
 - e) return to the starting position and execute the drill going left
 - f) continue the drill shooting 5 lay-ups from each side
(10 free-throws)
- 5 - V-CUT DRILL
 - a) lay the ball down in the right corner
 - b) v-cut away from the ball and back to it
 - c) pick the ball up, shot fake, take 1 dribble, and shoot
 - d) rebound and move to the right wing
 - e) continue the drill in the same matter
 - f) use 5 spots on the floor - (right corner / right wing / top of the key / left wing / left corner) - to complete 1 cycle of the drill
 - g) complete 3 full cycles of the drill
(10 free-throws)
- 6 - FREE SHOOTING
 - a) spend 10 hard, solid minutes shooting from various spots on the floor - (both standing and off the dribble)
(10 free-throws)

POST WORKOUT

Perform the workout listed below at least 3 times per week to practice your skills and prepare for camp!

- 1 - STRETCH
- 2 - BALL-HANDLING DRILLS
(10 free-throws)
- 3 - LAY-UPS
 - a) start at the right elbow and drive in for a right-handed lay-up
 - b) rebound and dribble out right-handed to the left elbow
 - c) crossover and drive in left-handed for a left-handed lay-up
 - d) continue the drill shooting 10 lay-ups from each side
(10 free-throws)
- 4 - MIKAN DRILL
 - a) perform the Mikan drill for 20 right-handed and 20 left-handed shots using an overhand hook
 - b) perform the Mikan drill for 20 right-handed and 20 left-handed shots using a reverse lay-up
(10 free-throws)
- 5 - SUPERMAN DRILL
 - a) begin on a side, outside of the lane
 - b) throw the ball high off the board and rebound on the other side of the hoop landing with both outside of the lane
 - c) continue the drill by throwing the ball back to the other side and rebounding in the same manner
 - d) this completes 1 set
 - e) complete 10 full sets of the Superman drill
(10 free-throws)
- 6 - BACKSPIN / POST MOVES
 - a) start underneath the hoop and backspin the ball out into the lane
 - b) catch the ball with a jumpstop
 - c) execute a post move - (drop step / power move / hook shot / jumpshot / drive / etc.)
 - d) continue this drill for 10 hard, solid minutes from various locations in and around the lane
(10 free-throws)



BALL-HANDLING DRILLS

Non-Dribbling in Place:

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on finger-tips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Double Flip (hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground)
10. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
11. Single Flip / Double Flip (alternating)
12. Figure Eight Around the Ankles Double Flip

Dribbling in Place:

1. Right-Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left-Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right-Hand
4. Side to Side Left-Hand
5. Front to Back Left-Hand
6. Front to Back Right-Hand
7. Side to Side Left-Hand Behind the Back
8. Side to Side Right-Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right-Hand Only
13. Figure Eight Dribble with Left-Hand Only
14. Spider Dribble (two taps in front, two taps in back...)
15. Scissors Dribble (between legs in place)

Keys for Maximum Gains

Do them quick and fast both ways.

Try to keep head up for all of them.

SPEED is the most important thing.
Spend about 15 seconds for each drill.

Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!

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