

Objectives

- 1. Ball Handling - "Fail Forward"**
- 2. Finishing - Aim Small; Miss Small**
- 3. Shooting - Keep it High; Up & Out**

1 on 1 Workout - 4/1				Workout 1				Workout 2	
Drills	Description	Celtic 50		Drills	Description	Celtic 50		Drills	Description
2 Ball Warm-up	1/2 court & back		Attempts	2 Ball Warm-up	1/2 court & back		Attempts	2 Ball Warm-up	1/2 court & back
Simultaneous	Forward; Backward	R-Corner 10	19	Simultaneous	Forward; Backward	R-Corner 10	20	Simultaneous	Forward; Backward
Alteranate	Forward; Backward	R-Wing 10	15	Alteranate	Forward; Backward	R-Wing 10	25	Alteranate	Forward; Backward
Cross-over	Forward; Backward	Top 10	21	Cross-over	Forward; Backward	Top 10	17	Cross-over	
Between Legs	Forward; Backward	L-Wing 10	17	Between Legs	Forward; Backward	L-Wing 10	11	Between Legs	
Behind Back	Forward; Backward	L-Corner 10	14	Behind Back	Forward; Backward	L-Corner 10	16	Behind Back	
		Total	86			Total	89		
Touch Shooting		Freethrows		Touch Shooting		Freethrows		Touch Shooting	
1-Hand	10 Right & 10 Left	Make 25	25/30	1-Hand	10 Right & 10 Left	Make 25	28	1-Hand	10 Right & 10 Left
Full-Body Jump Shot	10 Good ones			Full-Body Jump Shot	10 Good ones			Full-Body Jump Shot	10 Good ones
2-Hand	Start @ rim; Finish NBA 3			2-Hand	Start @ rim; Finish NBA 3			2-Hand	Start @ rim; Finish NBA 3
Spin Shots	Make 10			Spin Shots	Make 10			Spin Shots	Make 10
Step-ins	7 Spots - 4x17' & 8X3's			Step-ins	7 Spots - 4x17' & 8X3's			Step-ins	7 Spots - 3x17'; 5X3's; 3 Shot Fake Pull-ups
L-Corner				L-Corner				L-Corner	
L-Wing				L-Wing				L-Wing	
L-Slot				L-Slot				L-Slot	
Top				Top				Top	
R-Slot				R-Slot				R-Slot	
R-Wing				R-Wing				R-Wing	
R-Corner				R-Corner				R-Corner	
Kirie Mikans				Kirie Mikans				Kirie Mikans	
Forward Normal	10 Right; 10 Left			Forward Normal	10 Right; 10 Left			Forward Normal	10 Right; 10 Left
Reverse Normal	10 Right; 10 Left			Reverse Normal	10 Right; 10 Left			Reverse Normal	10 Right; 10 Left
Hook Mikans	10 Right; 10 Left			Hook Mikans	10 Right; 10 Left			Hook Mikans	10 Right; 10 Left
Step/Dribble/Hops	1/2 Court			Step/Dribble/Hops	1/2 Court			Step/Dribble/Hops	1/2 Court
L-Foot; R-Hand				L-Foot; R-Hand				L-Foot; R-Hand	
R-Foot; L-Hand				R-Foot; L-Hand				R-Foot; L-Hand	
2 Foot Finishes	Rip from the Elbow			2 Foot Finishes	Rip from the Elbow			2 Foot Finishes	Rip from the Slot (2 Dribbles)
Hook	5 Right; 5 Left			Hook	5 Right; 5 Left			Hook	5 Right; 5 Left
Step Through	5 Right; 5 Left			Step Through	5 Right; 5 Left			Step Through	5 Right; 5 Left
Step Through & Back	5 Right; 5 Left			Step Through & Back	5 Right; 5 Left			Step Through & Back	5 Right; 5 Left

		Workout 3				Workout 4			
		Drills	Description			Drills	Description		
Celtic 50		2 Ball Warm-up	1/2 court & back	Celtic 50		2 Ball Warm-up	1/2 court & back	Celtic 50	
	Attempts	V-in Front	Forward; Backward		Attempts	V-in Front	Forward; Backward		Attempts
R-Corner	10	V-Side	Forward; Backward	R-Corner	10	V-Side	Forward; Backward	R-Corner	10
R-Wing	10	Cross-over		R-Wing	10	Cross-over	Forward; Backward	R-Wing	10
Top	10	Between Legs		Top	10	Between Legs	Forward; Backward	Top	10
L-Wing	10	Behind Back		L-Wing	10	Behind Back	Forward; Backward	L-Wing	10
L-Corner	10			L-Corner	10			L-Corner	10
Total	99			Total	95			Total	87
Freethrows		Touch Shooting		Freethrows		Touch Shooting		Freethrows	
Make 25	31	1-Hand	10 Right & 10 Left	Make 25	28	1-Hand	10 Right & 10 Left	Make 25	30
		Full-Body Jump Shot	10 Good ones			Full-Body Jump Shot	10 Good ones		
		2-Hand	Start @ rim; Finish NBA 3			2-Hand	Start @ rim; Finish NBA 3		
		Spin Shots	Make 10			Spin Shots	Make 10		
		Step-ins	7 Spots - 3x17'; 8X3's; 4 Shot Fake Pull-ups			Step-ins	7 Spots - 4x17'; 10X3's; 6 Shot Fake Pull-ups		
		L-Corner				L-Corner			
		L-Wing				L-Wing			
		L-Slot				L-Slot			
		Top				Top			
		R-Slot				R-Slot			
		R-Wing				R-Wing			
		R-Corner				R-Corner			
		Kirie Mikans				Kirie Mikans			
		Forward Normal	10 Right; 10 Left			Forward Normal	10 Right; 10 Left		
		Reverse Normal	10 Right; 10 Left			Reverse Normal	10 Right; 10 Left		
		Hook Mikans	10 Right; 10 Left			Hook Mikans	10 Right; 10 Left		
		Step/Dribble/Hops	1/2 Court			Step/Dribble/Hops	1/2 Court		
		L-Foot; R-Hand				L-Foot; R-Hand			
		R-Foot; L-Hand				R-Foot; L-Hand			
max)		2 Foot Finishes	Rip from the Wing (2 Dribbles Max)			2 Foot Finishes	Rip from the Elbow (1 Dribbles Max)		
		Hook	5 Right; 5 Left			Hook	5 Right; 5 Left		
		Step Through	5 Right; 5 Left			Step Through	5 Right; 5 Left		
		Step Through & Back	5 Right; 5 Left			Step Through & Back	5 Right; 5 Left		