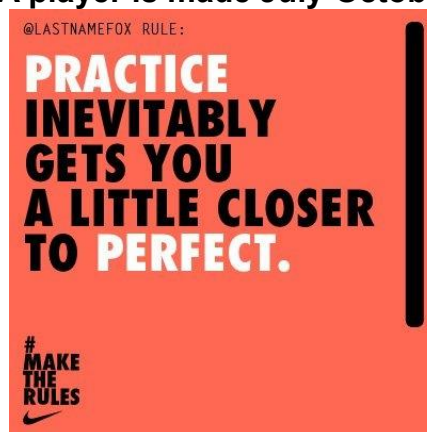




**Lady Hawks! What a great Summer Season! Varsity, you were 14-8 against some great competition! JV you ended 7-4 as of Monday the 25th)! Awesome!**

**Here is your pre-season workout program. There will be nobody there to make you do them. Only your self- motivation, determination, and desire to improve will inspire you to accomplish them. In addition to the workouts, you will find a shot chart for recording your daily shooting progress. Use the workouts and charts 5 days/week (that's TWO days off!) to make yourself a better player and a fitter athlete.**

**REMEMBER! A Team Is Made in November-February and in June.  
A player is made July-October!**



Take a Week off...and then go get it!

## **LADY HAWKS' BASKETBALL**

### **OFF-SEASON SHOT, STRENGTH/AGILITY, AND BALL HANDLING WORKOUTS**

Remember when doing all of this -- take **GAME** shots, from **GAME** spots. And work always at **GAME** speed! The workout is focused on the number of shots made. Not the number of shots attempted. Once completed **YOU** have made 7000 shots (or more)!

The purpose of the ball handling workout is to make us **ALL** better ball handlers.

To complete the workout program in the pre-season, you will have to shoot for a minimum of 13 weeks, 3 days a week (from mid-July-Mid October. Make it a goal to complete the entire workout program!

You should do the Ball Handling and Shooting Workouts 3 times/week and the strength and agility 2 times/week.

### **Ball Handling Workout (everyone)**

#### **Stationary Drills**

- a. circles around one leg (left and right)- 30 times in each direction.
- b. circles around both legs with feet together- 30 times each direction
- c. Figure Eight 30 times forward and 30 times backward
- d. Around the waist-30 times in each direction

e. with feet together-circles around ankles-waist-head – work up and work down, the full length of body is 1 rotation-do 20 rotations.

f. drops – eyes up! for 1 minute.

g. spider-in front with both hands and behind with both hands -- for 1 min.

### Stationary Dribbling Drills (keep head up and ball low!)

a. dribble left handed-for 1 minute

b. dribble right handed – for 1 minute

c. dribble figure 8, between legs-for 1 minute in each direction

d. dribble with feet together around both feet - minute each direction

e. around 1 leg (left and right) – 1 minute in each direction

### Full Court Drills

a. right and left up and back-jump stop at end line (1/2 speed and speed dribbles)

b. right and left handed up and back-jump stop at FT line, 1/2 court and end lines (1/2 speed and speed dribbles)

c. crossover dribbles

d. spin dribbles

e. behind the back

f. between the legs

g. 2 balls at the same time (2 min.)

h. 2 balls windshield wipers (2 min.)

i. 2 balls...forward and backward side line to sideline

j. 2 balls...pistons (2 min.)

**PERFORM THE ENTIRE WORKOUT 2 TIMES –before and after shooting workout is a good way to do it.**

## Shooting Workout

During this workout, don't rest! Go hard, make the shots and then rest at the free throw line! Notice you should be **MAKING** the number before moving on!

- 1) Warm-up: Form shooting for 5 minutes
- 2) Mikan drill: make 20 shots
- 3) Jumpers from the boxes on each side-*make* 10 on each side (20 total made)
- 4) Make 5 free throws
- 5) 8 foot jumpers from the sides-*make* 5 on each side (10 total made)
- 6) Make 5 free throws
- 7) Elbow shots-*make* 5 from each side (10 total made)
- 8) Make 5 free throws
- 9) 10 foot jumpers from v cut (pass to yourself and square up) –  
make 10 (10 total made)
- 10) Make 5 free throws
- 11) Baseline shots-alternating sides with each shot make 5 each  
side(10 total made)
- 12) Make 5 free throws
- 13) Dribble from half-court from the right, cross-over move,  
behind the back, and shoot a 10-foot jump shot. Get rebound and  
dribble out to half-court on left side, dribble back in cross-over ,  
behind the back and 10-foot jump shot-*Make* 5 on each side (10  
total made)
- 14) Make 5 free throws
- 15) From the left wing-fake R, go for L lay up; fake L go R layup  
20 makes
- 16) Make 5 free throws
- 17) From the right wing-fake R, stutter dribble go for L layup;  
fake L go R, stutter dribble layup 20 makes
- 18) Make 5 free throws
- 19) Pass to self on wing, catch and shoot. Rebound, go to the  
other side, pass, catch, and shoot-*Make* 10 from each side
- 20) Make 10 free throws

Once you have done this -- you will have **MADE** 180 shots...X3/week  
X15 weeks...= AT LEAST 7,000 MADE SHOTS!

## Post Player - Individual Workout

**NOTE: All players can benefit from this work also, not just the Post Players. When doing this workout, concentrate on posting up above the block, catching the ball and then performing the moves at GAME speed. It's even better if you do it against defense!**

- 1) Power drop step to baseline with power-up – make 5 from each side.**
- 2) Step across the lane for a layup- make 5 from each side.**
- 3) With back to basket, pass to self, face up, shoot jumper (shoot 10)**
- 4) Face up, ball fake and step through -make 10 from each side**
- 5) Step out to baseline, face up and shoot a jumper-make 5 from each side**
- 6) Step out to wing/top of the key, face up and shoot a jumper-make 5 from each place**
- 7) From the elbows (left and right), pass to self (with back to the basket), Turn and face up and shoot a jumper-make 5 from each side**
- 8) From the freethrow line, pass to self (with back to basket), turn and face up and shoot a jumper-make 5.**

**(This is to be done on top of the General shooting workout!! -- I know I am crazy!)**

## Guards (3 point shooting) - Individual Workout

**NOTE: Always start in close with the General shooting workout and then work your way out further from the basket. This can be done with the gun too!**

- 1) Around the world-for 3 point shooters going at game speed for 10 to 15 minutes and from baseline to baseline following the curve of the 3 point line.**
- 2) throw ball to self, ball fake/shot fake, square up and shoot – make 10 shots**
- 3) catch, dribble to middle game, shoot- make 10 from 5 spots**

# 7,000 Shot Program Check-off Sheet

Enter the date for every time that you complete this program. With commitment July, August, and Sept, and October you will reach the 7,000 MADE shot mark. Let's see how many of us can accomplish this! Oh -- and do it together! It's more fun! ☺

Date completed            Total Made Baskets

\_\_\_\_\_ 600

\_\_\_\_\_ 1200

\_\_\_\_\_ 1800

\_\_\_\_\_ 2400

\_\_\_\_\_ 3000

\_\_\_\_\_ 3600

\_\_\_\_\_ 3900

\_\_\_\_\_ 4200

\_\_\_\_\_ 4800

\_\_\_\_\_ 5400

\_\_\_\_\_ 6000

\_\_\_\_\_ 6600

\_\_\_\_\_ 7200

# Off-Season Shooting Chart

Print this off (or copy it into word or google doc) and enter the number of the week (week 1, 2, etc) and the date, and then keep track of how many you are having to shoot to MAKE the 540/week. You will see progress overtime!

Week \_\_\_\_ Date \_\_\_\_\_

Shots Attempted:

Shots Made: 180

Free throws attempted:

Freethrows made: 150

Week \_\_\_\_ Date \_\_\_\_\_

Shots Attempted:

Shots Made: 180

Free throws attempted:

Freethrows made: 150



## **AGILITY AND STRENGTH:**

Complete the following 2ce weekly on the days when you aren't shooting! You can do all of this in the gym or in your driveway or in a public gym (Udall, etc)!

Jump Rope for (1 min)

Short, Long, Short (2 min.)

Jump rope (1 min)

Ts (2 min.)

Jump rope (1 min.)

14s 2 in 1:10

Ladders (2 min)

Knee jumps (1 min.)

Wall taps (2 min.)

Leap Frog jumps (2 min.)

Wall sit (1 min.)

Sprint to FT line (15 feet), chop step, defensive slide to sideline (20 feet), back pedal, sprint...do it again (3 min.)

## **Weight Training:**

**As the training becomes easier increase weight gradually!**

Bicep curls (3 sets of 10 each)

Tricep Extensions (3 sets of 10 each)

Bench press (or pushups if you do not have a spotter!) (3 sets of 10 each)

Lateral pull downs (3 sets of 10)

Squats (30)

Lunges (up and back length of court 2 times)

## **Core Circuit**

Do each of these for 30 seconds. 10 second rest in between. Do the circuit 3 times.

'Full extensions (legs and arms together and extend fully out to a lay out position -- but feet and arms do not touch the ground) -- use a heavy trainer when these get easy! :~)

Pilates Sit up

V-Ups

Bicycles (15 seconds each side)

Super man lifts (on your backs)