



Cut Bank  
Wolves  
Basketball

*Summer Workout Program*



Dear Players:

Within this booklet you will find workout programs. They are not all encompassing, but are a very good place to start. 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 every day to make yourself a better player. Remember, all of the Lady Wolves Basketball coaching staff are available to help you in any way that they can and to open the gym at any time.

**“For the strength of the pack is the wolf  
And the strength of the wolf is the pack.”**

It is important to work on your game when others are not! To improve at anything and to be YOUR best, one must practice and put in the time.

**“Champions keep playing until they get it right.”**

Good luck Lady Wolves!!

Coach Coryell  
Coach Minnis



## One Day At A Time

There are two days in every week about which we should not worry: Two days, which should be kept from fear and apprehension.

One of these days is yesterday, with its mistakes and cares. With its faults and blunders, yesterday has passed forever beyond our control. All of the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow, with its possible burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise either in splendor or behind a mask of clouds - but it will rise. Until it does, we have no stake in tomorrow, for it is unborn.

This leaves only one day - TODAY! Anybody can fight the battle of just one day. It is only when you and I have the burdens of those two awful eternities - yesterday and tomorrow - that we break down.

What I do today is important, I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving something in its place that I have traded for it!

## Winners Versus Losers

The winner is always a part of the answer.

The loser is always a part of the problem.

The winner always has a program.

The loser always has an excuse.

The winner says: "Let me do it for you."

The loser sees a problem in every answer.

The winner sees a green near every trap:

The loser sees a sand trap near every green.

The winner says, "It may be difficult, but it's possible."

The loser says, "It may be possible but it's much too difficult."

A winner works harder than a loser and has more time:

A loser is always "too busy" to do what is necessary.

A winner makes commitments:

A loser makes promises.

Individual commitment to a group effort- that is what makes a team work.



## Lady Wolves Basketball

### *Off season shot and ball handling workout*

The purpose of this workout is to take **GAME** shots, from **GAME** spots, at **GAME** speed. The workout is based on the number of shots made. Not the number of shots attempted. Once completed **YOU** have made 10,000 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 off-season, you will have to shoot for a minimum of 34 days. Make it a goal to complete the entire workout program!

Remember:

Always keep your goals in mind. Get the picture of what you want. Vividly imagine and think positively. Act positively. Believe enthusiastically and go to work.

90% of the people ask what happened.

9% watch things happen.

1% make things happen

(in what percentile are you?)

**Self-Motivation must come from self-discipline.**

# Ball Handling Workout (everyone)

## 1-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 8 - 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. helicopter - one hand in front and one in back - for 1 minute.
- g. spider - in front with both hands and behind with both hands - for 1 min.

## 2-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 - 1 minute each direction
- e. around 1 leg (left and right) - 1 minute in each direction

## 3-Full Court Drills

- a. right and left handed 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

PERFORM THE ENTIRE WORKOUT 2 TIMES - maybe before and after shooting workout.

WE MUST WORK TO BE BETTER BALLHANDLERS EVERYDAY!

# Shooting Workout

**\*\*During this workout, don't rest! Go hard, make the shots and then rest at the free throw line\*\***

1. Warm-up: Random shooting for 10 minutes
2. Mikan drill: make 20 shots
3. Jumpers from the boxes on each side-make 10 on each side
4. Make 5 free throws
5. 8 foot jumpers from the sides-make 10 on each side
6. Make 5 freethrows
7. Elbow shots-make 10 from each side
8. Make 5 free throws
9. 10 foot jumpers from straight on - make 10
10. Make 5 free throws
11. Baseline shots-alternating sides with each shot make 10 each side
12. Make 5 free throws
13. Dribble from half-court from the right, crossover move and shoot a 10 foot jump shot. Get rebound and dribble out to half-court on left side, dribble back in crossover and 10 foot jump shot-Make 10 on each side.
14. Make 5 free throws
15. From the left wing-fake R, go for L lay up; fake L go R layup make 20
16. Make 5 free throws
17. From the right wing-fake R, go for L layup; fake L go R layup make 20
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 5 free throws
21. Pass to self on baseline, catch and shoot. Rebound, go to the other baseline, pass and catch and shoot-Make 10 from each side
22. Make 5 free throws
23. From left and right wings-fake one direction (5 left and 5 right), then go 1 or 2 dribbles the other way and shoot a jumper-Make 10 from each side
24. Make 15 free throws
25. Random shooting for 10 minutes



## Post Player - Individual Workout

**TIPS:** 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.

- 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 - 5 each
- 4-Face up, ball fake and cross over-make 5 from each side
- 5-Step out to baseline, face up and shoot a jumper-make 5 from each side
- 6-Step out to wing, face up and shoot a jumper-make 5 from each side
- 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!!)

## Guards (3 point shooting) - Individual Workout

**TIPS:** Always start in close with the General shooting workout and then work your way out further from the basket.

- 1-Around the world-for 3 point shooters going at game for 10 to 15 minutes and from baseline to baseline following the curve of the 3 point line.
- 2-throw ball to self, square up and shoot - make 10 shots - catch, dribble, shoot- make 10

(This is to be done on top of the General shooting workout!!)



# 10,000 Shot Program Daily Check-off Sheet



Enter the date for every time that you complete this program. After 34 days. You will have reached the 10,000 shot mark. Remember, that will be 10,000 made baskets throughout the summer.

Date completed

Total Made Baskets

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300

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600

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900

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1200

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1500

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1800

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2100

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2400

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2700

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3000

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3300

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3600

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3900

-----

4200

-----

4500

-----	4800
-----	5100
-----	5400
-----	5700
-----	6000
-----	6300
-----	6600
-----	6900
-----	7200
-----	7500
-----	7800
-----	8100
-----	8400
-----	8700
-----	9000
-----	9300
-----	9600
-----	9900
-----	10,200

# Wolves Basketball Off-Season Shooting Chart

Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
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/10	/10	/10	/10	Total	/50
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/25	/25	/25	/25	Total	/100
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/10	/10	/10	/10	Total	/50
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Shots attempted/made:

/25	/25	/25	/25	Total	/100
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/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

Shots attempted/made:

/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100
/25	/25	/25	/25	Total	/100

Free throws attempted/made:

/10	/10	/10	/10	Total	/50
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Date \_\_\_\_\_

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/25	/25	/25	/25	Total	/100
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