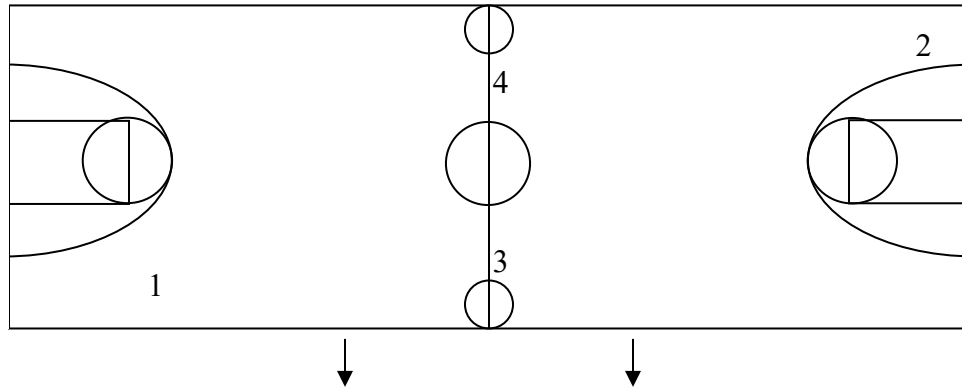




25 minute – Individual Workout

5min each – rotate clockwise (1,4,2,3) – 1min rest between stations



Station 1 – Daily Dozen Layups (continuous for 5 minutes):

- From outside the 3-pt line, speed dribble into each of the six layups below from each side.
- Try to get to the basket in the fewest dribbles possible (HS Varsity = 1 dribble from half-court)
- Start on the right side, retrieve your rebound and power dribble out to the starting spot on the left side
- Repeat the same layup and return out the right side.

LAYUPS:

- | | | | |
|-----------------|-------------------|--------------------|---------------------|
| 1 – Overhand | 2- Underhand | 3- Reverse Rt hand | 4- Reverse, Lt hand |
| 5- Front of rim | 6 – Baseline lean | | |

Station 2 – Box Agility (30 sec to 60 sec sets with 30 sec rest)

- Start at the baseline on one corner of the lane
- Sprint to the FT line, Defensive slide across lane, backpedal to baseline and slide across lane
- Repeat for the entire set
- Change direction (clockwise & counter-clockwise for each set)

Station 3 – Rip Power (30 sec to 60 sec sets with 30 sec rest)

- From the FT line, toss the ball off one side of the backboard and explode to get the rebound.
 - Jump to top of your leap with 2 hands and pull the ball down under your chin, elbows out
 - Shield the ball from the basket, gather balance and explode up to make the put-back
- Dribble back to the FT line, opposite side (should be only 1 dribble)
- Pivot and repeat on the other side of the basket

Station 4 – Jump Rope (30 to 60 sec sets, experiment with different types when comfortable)

- Standing
- Walking in a box around the lane
- 2 skips per jump