

Reedy Basketball Shooting/Ball Handling Workout
30 Minutes

Stationary Ball Handling Routine (5 Minutes)

- Ball Taps, up/down 5 trips
- Right Ankle, Left Ankle, Figure 8, Feet Together Both Feet, Waist + Reverses - 7 each
- 1 Bounce 1 Cross - 7
- 2 Bounce 2 Cross - 7 each (right/left)
- 3 Bounce 3 Cross - 7
- Two Balls - Waist Low High - 10 pounds each
- Two Balls - Waist Low High Piston Dribble - 10 each
- Two Balls - One low one high - 10 high dribbles each
- Two balls - Windshield Wipers (left/right, front/back, alternating front/back) - 10 each
- Juggle - 10 bounces both sides

On the move Ball Handling (5 minutes)

- Inside out all the way down the sideline (right one way, left the other)
- Front to back down the sideline (right one way, left the other)
- One bounce one cross between the legs up and down the sideline
- One Bounce one cross behind the back up and down the sideline
- Two Balls - Once bounce one cross behind the back up and down the sideline
- Dribble Weapons - 4 moves at all 3 spots (12 total, job back up the sideline)

Shooting (20 - 30 Minutes)

- 1 Hand Form Shooting - 3 makes at all 3 spots
- 2 Hand Form Shooting - 3 *nothing but nets* at all 3 spots
- 8 FT's in a row
- Box Drills (2 makes each move each side)
- 20 Make Drill
 - Start under the basket with a ball. Spin the ball out 15 feet towards the corner. Catch and use the 1, 2 step to square up and shoot. Get your rebound and repeat towards the wing, then the FT line, then opposite wing, then opposite corner. Then go back (same spots). Get your rebound and spin it out to that same corner and shoot a 3, then at the wing, then at the top of the key, then opposite wing, then opposite corner. Can't move from the spot you're at until you have made the shot. See how quickly you can finish
 - Make 20 FTs
- Make 50 - 100 15 footers / 3 minute shooting
- Make 20 FT's
- Make 100-200 3s (using partner or gun) / Hour Glass Shooting / 20 in 2:00
- Make 20 FT's
- Play32 Drill

Play (1v1, 2v2, 3v3, etc.)