

1 Hour Workout

1. Stretching/Warm-up
2. Ball-handling (Stationary)
 - Two Ball Pound x 20 (alternating High/Low)
 - Two Ball Piston x 20 (alternating High/Low)
 - Two Ball Windshield Wipers x 20
 - Two Ball In together-out together x 20
 - Two Ball Crossover x 20
 - Two Ball Side Crossover x 20
 - Two Ball Figure 8 x 5 (Full Trips)
 - Two Ball Between the Leg/Crossover
3. Shooting Warm-up
 - One Hand Form Shooting x 5 Makes (Rt. Block, Lt. Block, Middle)
 - Side Backboard Shooting x 10
 - Progressive Shooting (Make 2 shots and then move back 2 steps. Continue until you miss 3 in a row)
 - 5 Ft's
4. 2 ball Chair Shooting (2 times on each side)
 - Dribble 2 balls from block to chair (top of key), place one on seat, continue into pull-up J, turn around pick up ball off seat and continue into pull-up J from other side.
 - 5 FT's
5. Double Moves x 6 (Left Wing)
 - Place 1 chair @ 3 pt line and 1 @ elbow. Start from half-court and make move at each chair and use different finish each time.
 - Finishes: One Foot, 2 feet, w/wrong hand, reverse, floater, pull-up off glass
 - 5Ft's
6. Double Moves x 6 (Right Wing)
 - Place 1 chair @ 3 pt line and 1 @ elbow. Start from half-court and make move at each chair and use different finish each time.
 - Finishes: One Foot, 2 feet, w/wrong hand, reverse, floater, pull-up off glass
 - 5 FT's
7. V Drill x 3 Sets (Middle)
 - Set = Rt.- Lay-up, Floater, Pull-up AND Lt.- Lay-up, Floater, 3pt
 - Start at Center of ½ Ct. and attack chair on 3 pt line using different dribble move each time w/ different finish each time.
 - 5 Ft's
8. Spin Outs x 2 (Make 1 shot @ each spot) 5 spots

- Start on baseline facing half court. Spin ball out and use inside foot to step underneath the ball, face up and shoot.
 - Spots: Rt Baseline, Rt Wing, Middle, Lt Wing, Lt Baseline
 - 2nd Set come back the other direction using other ft as inside ft.
 - 5 Ft's
9. Spin Out 3's (Make 1 shot @ each Spot) 5 spots
- Same as above but 3's
 - 5 Ft's
10. Allan Houston 3's (1 Minute)
- Make as many 3's as possible in 1 min. getting your own rebound and running to different spot.
 - 5 Ft's
11. Allan Houston 3's (1 Minute)
- Make as many 3's as possible in 1 min. getting your own rebound and running to different spot.
 - 10 Ft's
12. Conditioning/Ab Workout