

# INDIVIDUAL DEVELOPMENT WORKOUT

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## **Four main objectives for guards on drives:**

- 1. Create space between themselves and their defender.**
- 2. Go north and south on drives don't belly out (straight to hoop).**
- 3. Put your body on the defenders body on the start step.**
- 4. Take your dribble moves right at the defender get them on their heels. If you get beside them or get them on their heels, they are yours.**

## **Guard Workout**

### **1. Warm up with 2 ball dribbling.**

- Stationary dribbling - Eyes up, be ball quick.
- Control - both low below knees (rhythm/non - rhythm)
- Speed - both balls high (rhythm/non - rhythm)
- High-Low - one ball control dribble, one ball speed dribble
- Add down the floor dribbling (same as above) with a change of hands.

### **2. 2 free throws.**

### **3. 10 X-Out Lay-ups.**

- Start on the right elbow
- One ball control dribble lay-up/dunk on the right side
- Grab your own rebound
- Sprint to the left elbow
- One control dribble lay-up/dunk from the left side using the left hand
- Grab your rebound and sprint to the right elbow
- Continue until 10 lay-ups/dunks are made

### **4. 2 free throws.**

## **5. Do the 7 dribble moves with a finish at the basket.**

- Start with a low body balance base of support.
- Have a compact economy of motion.
- You make each move one from the right side then one from the left side.
- Start by spinning yourself a pass and catch down low.
- From here you circle tight and make a good direct or crossover move.
- Start from just outside the edge of the half court circle.
- After your finish at the basket you spin a pass and open to the big part of the floor while you catch facing.
- Then using the same move you break a press up the middle to half court.
- Then make the same move on other side.
- Then go back to the right side and make the next move.
- Do this until you have made all 7 moves on both sides.

### **Seven dribble moves:**

- a. Speed dribble - throw the ball out, get their, straight line drive as quick as possible.
- b. Hesitation dribble - fast, slow (higher dribble stand up a little), fast, straight line drive.
- c. In and out - head and shoulder, fake a crossover move, take ball over and back, keep ball in same hand.
- d. Stutter step - at 3 pt. line, squeak feet with a wide stance if defender is off you shoot a 3 pointer, if not go to basket.
- e. Stutter crossover - right to left hand, crossover low, look at basket on stutter, explode after crossover.
- f. Between legs - from right side you drive middle the defense turns you so you go between the legs left to right hand, the angle you go through the legs is important, the ball needs to go from back to front toward the basket slightly.
- g. Pull back crossover - using a ball screen by the 3 point line, go in hard to wing then use 2 pull back dribbles 1 crossover dribble, right to left hand, then explode to basket, rub shoulders with screen.

### **Key coaching points on dribble moves:**

1. When you get to the 3 pt. line use 1 dribble to get to the basket unless you hesitate to take the help out.
2. Do the moves at full speed game like conditions.
3. Chin ball when shooting lay-ups.
4. Circle tight with the ball on direct and crossover drives. Tighten up your game. Don't be loose with the ball. Be compact and have an economy of motion.
5. Start and finish all moves from a low body balance base of support.
6. Use all moves, but develop a go to and counter move.
7. After move go straight to the basket don't belly out.
8. Make moves right at an imaginary defender. Get the defender on their heels.
9. Go -when you first catch a pass, your the most open.
10. Use your right hand when going right, and use your left when going left.

**6. 2 free throws.**

**7. 7 dribble moves pull up and shoot jump shot.**

- On all shots off the dribble landing on balance and low is a must before you shoot the ball.
- Do not float on the jump shot. Straight up and straight down.

**8. 2 free throws.**

**9. 32 point shooting.**

- Five spots on the floor: baseline, wing, on top, opposite wing, and opposite baseline.
- You make 3 moves from each spot.
- The first is a 3 point shot (worth 3 points), the second is a shot fake one dribble drive to middle shoot jumper (worth 2 points) , and the third move is a shot fake one dribble drive to middle lay up (worth 1 point).
- So each spot is worth 6 points.
- At the end you shoot 2 free throws (worth 1 point each) for a total of 32 points.
- You compete against yourself.
- Make the moves at game speeds be tight with your game.
- The drives to the middle you will be using direct and crossover moves so step with the same foot each time.
- The moves from the top you can go either way, but be able to go both ways.

**10. 2 free throws.**

**11. 32 point shooting again (spin pass catch facing low and in triple threat on balance, shoot and rebound own shot, shoot 20 shots from game spots at game speeds).**

**12. 2 free throws.**