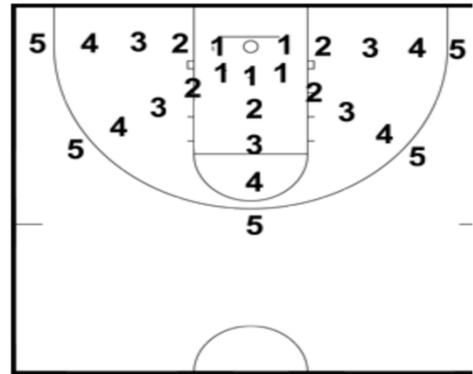


Individual Basketball Workout

This workout should take 30 to 40 minutes, but the more you practice the stronger your game will be. Remember, fundamentals win games.

- Start by dribbling figure 8s around your legs. Go five times around to the right than five times around to the left, then go around both making the figure 8. Go first to the right then to the left on all three
- Practice running up and down your drive way while dribbling switching hands when you get to the end of your drive way...about 50 feet...do these 10 times. If you have two balls, dribbling with both hands at once is a great way to develop strong dribbling coordination, and remember push the ball down hard, do not bounce easily
- Do 15 lay ups on each side of the hoop...left side right side and down the middle.... when doing left side dribble with left hand. When coming down the center try to finger roll the ball into the hoop
- Shooting drill-- Check out the instructional, diagram to the right, it is basically shooting the ball from all angles of the court Larry Bird use to do this before every practice....
- There are 5 lines. From each line, there are 5 spots. This is approximately the distance on each shot: Spot 1 - 3 Feet
Spot 2 - 6 Feet
Spot 3 - 10 Feet
Spot 4 - 15 Feet
Spot 5 - 20 Feet



You have to make a shot from spot 1, 2, 3, 4, & 5 in 5 consecutive shots in order to advance to the next line. If you miss from any of the spots, you start over in that line. If you miss a shot in line 3, you start over from line 3. You don't go back to line 1. Once you can make one shot in each line with ease, then start doing two shots in each position before moving to the next. At first this drill will take some time, but the better you get the faster it will go...remember when shooting make sure you are balanced, make sure you have your body square to the hoop...use your legs, focus on the spot where you want the ball to go and make sure you end with your fingers are hanging, pointing at the hoop the last finger to touch the ball should always be the middle one.

Next:

- Then 15 free throws, try to make 5 in a row –**Try to not take a water break right after the shooting drill before the free throws, make the free throws while you are tired,**

just like in a game! Of course if you really need water or a break always listen to your body.

- Then shooting 15 more times on each side of the key, a jump shot. If you can't do a jump shot a regular shot is fine, up around foul line. So there will be a total of 45 shots, around the foul line.
- If you have a sibling, drag them outside with you and have them pass the ball to you, working the ball back and forth between the two of you...each time you catch the ball make sure you are in triple threat—if not use a wall or a garage door and pass to the door catching and going into triple threat
- If you have a sibling work on playing one v one.
- Always end ever practice session shooting five to 10 shots in your favorite spot

ALWAYS END ON A MADE BASKET and Have Fun!!

Remember, "Limits, like fears, are often just an illusion!" Michael Jordan