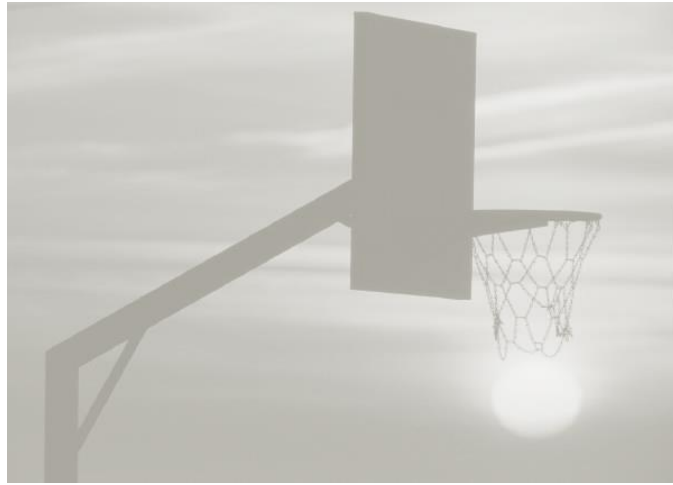


WE Play Hard. WE Play Smart. WE Play Together. WE Play TRUE. WE Communicate



2014

WARRIORS
BASKETBALL

Summer

Workout

Booklet

WE Work Hard. WE Work Smart. WE Work Consistent. WE Work Together.

OBJECTIVE

VISION

Our effort, energy and enthusiasm will set a standard by which other programs measure themselves.

The offseason is time for individual improvement. In order to be a great basketball player one must put in the time.

“Some people want it to happen...some wish it would happen...others make it happen.” (Michael Jordan)

GOAL

The 2014 Warriors Shooting Club is designed to enhance and improve:

- Confidence
- Shooting footwork and form
- 2013-14 team FG % and individual FG %
- “Shoot 2 Score” mentality
- Ball handling
- Lateral quickness
- Strength and conditioning

EXPECTATIONS

This book was created to guide players in the right direction and to record their progress throughout the off-season. Workouts can be done in the gym, park, driveway or backyard – you just need a hoop. Workouts are supposed to be hard and short. Our motto is “get in and get out,” not lasting more than 60 to 75 minutes.

SHOTS - Preferably midrange and 3 pt. jump shots relevant to our team offense.

Each player needs to mix in dribbling and finishing within our shooting sessions

MISSION

Our mission this summer is for each Warriors basketball player to make and record 10,000 shots between now and start of their basketball season in November.

WORKOUT #1



1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- 10 Foul Line & Ins (both sides)
- 10 Baseline & Ins (both sides)

2. BALLHANDLING

2 Balls Cone Work – head up, hard and fast!

- Same
- Alternate
- Hesitation
- Crossover

3. SHOOTING (*record all shots make or miss*)

- 1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots
- 10 Free Throw's
- Triangle Shooting (i.e., elbow-to-elbow shooting) – 10 makes in least amount of time
- 10 Free Throw's
- 1-2 Step Hubie Brown's On The Move (:45 seconds). Alternating between two locations. 8 total reps.
- 10 Free Throw's
- 2 In A Row Shooting (5 min.)
- Celtic (2 min)

Love the saying "only the strong survive"-so true- everyday getting stronger physically, mentally, skill-wise and striving to be elite.

WORKOUT #2



1. WARM-UP

Ball Series

McHale Layups (both sides)

2 sets of 10 Mikans

2 sets of 10 Reverse Mikans

Sideline Touches

2. BALLHANDLING

1 Ball Cone Work – head up, hard and fast!

○ Crossover

○ between the legs

○ behind the back

○ inside out

○ hesitation

○ combination

3. SHOOTING (*record all shots make or miss*)

1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots

10 Free Throw's

Triangle Shooting (i.e., elbow-to-elbow shooting) – 10 makes in least amount of time

10 Free Throw's

Ball Screen Shooting

Short Corner Finish

10 Free Throw's

It is so unbelievably tough to get to the top. But it is a hundred times tougher to stay on top. Phenomenal work ethic, stay humble, believe.

WORKOUT #3



1. WARM-UP

McHale Layups (both sides)

2 sets of 10 Mikans

2 sets of 10 Reverse Mikans

2. BALLHANDLING

2 balls stationary work – head up, hard and fast!

- Pound Together (:30 seconds)
- High dribble to low dribble (:30 seconds)
- Inside out with both basketballs (:30 seconds)
- Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

Five Spot Shooting – midrange. 5 spots...10 makes each spot

20 Free Throws

10 Step By's, One Long Dribble (both sides)

10 Shot Fake & Move from 5 midrange spots

10 Free Throws

10 Post Moves – Hooks (both sides)

10 Post Moves – Baseline (both sides)

10 Free Throws

Around The World – no dribble. 10 makes from each spot (5 spots)

Around The World – 1 dribble. 10 makes from each spot (5 spots)

Without self-discipline, success is impossible, period! The reason we'll win big games in March is because we busted our butts in June, July and August.

WORKOUT #4



1. WARM-UP

2 sets of 10 Mikans

2 sets of 10 Reverse Mikans

Ball Series

McHale Layups (both sides)

Sideline Touches

2. BALLHANDLING

2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up:

- Same
- Alternate
- One high, low
- Behind Back
- Crossovers

3. SHOOTING (*record all shots make or miss*)

Post Moves to Basket

10 Free Throw's

Around The World – no dribble. 10 makes from each spot (5 spots)

Around The World – two dribbles. 10 makes from each spot (5 spots)

10 Free Throw's

10 Elbow X-Outs

10 Post Moves – Baseline (both sides)

Bankshot Progression

10 Free Throw's

Everyone wants to live on top of the mountain; but the fun in life is the challenge of the climb.

WORKOUT #5



1. WARM-UP

Sideline Touches

McHale Layups (both sides)

10 Step Bys, One Long Dribble @ wing positions (both sides)

2. BALLHANDLING

1 Ball Cone Work – head up, hard and fast!

- Crossover
- Through the legs
- Behind the back
- Inside out
- Hesitation
- Combination

3. SHOOTING (*record all shots make or miss*)

1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots

Triangle Shooting (i.e., elbow-top of key-elbow shooting) – 30 makes in least amount of time

10 Free Throws

1-2 Step Hubie Brown's On The Move (:45 seconds). Alternating between two locations. 8 total reps.

Bankshot Progression

10 Free Throws

Celtic (2 min.)

If we work hard enough, hard work will eventually be mistaken for talent.

WORKOUT #6



1. WARM-UP

Sideline Touches

2 sets of 10 Mikans

2 sets of 10 Reverse Mikans

McHale Layups (both sides)

10 Step Bys, One Long Dribble @ wing positions (both sides)

2. BALLHANDLING

2 Balls Cone Work – head up, hard and fast!

- Normal
- Inside out
- Hesitation
- Combination

3. SHOOTING (*record all shots make or miss*)

1-2 Step Hubie Brown's Stationary (:55 seconds) from 5 midrange spots

Triangle Shooting (i.e., elbow-top of key-elbow shooting) – 30 makes in least amount of time

10 Free Throws

10 Screen Attack Basket – midrange (both sides)

10 Shoot Behind The Ball Screen – 3 pt. (both sides)

20 2's from 5 spots (100 makes)

20 3's from 5 spots (100 makes)

10 Free Throws

We had a saying with our team that we used as a reminder on down days: "Hard Work beats talent if talent doesn't work hard".

WORKOUT #7



1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- McHale Layups (both sides)

2. BALLHANDLING

2 Ball Dribbling Series (:20 seconds for 2 sets each). Player executes the following in a stand still position with their head up:

- Same
- Alternate
- One high, low
- Behind Back
- Crossovers

3. SHOOTING (*record all shots make or miss*)

- Around The World 3's – No Dribble. 10 makes per spot, 5 spots
- Around The World Mid-range – 1 Dribble. 10 makes per spot, 5 spots
- Around The World Mid-range – 2 Dribble. 10 makes per spot, 5 spots
- 10 Free Throws
- 10 Split The Screen – midrange pull up jump shots (both sides)
- 10 Free Throws
- Perfect 50
- Bankshot Progression
- 20 Free Throws

If you want to be good at something you must spend time on it. If you want to be "the best at it" you must spend more time on it than others do!

WORKOUT #8



1. WARM-UP

- 2 sets of 10 Mikans
- 2 sets of 10 Reverse Mikans
- McHale Layups (both sides)

2. BALLHANDLING

- 2 balls stationary work – head up, hard and fast!
 - Pound Together (:30 seconds)
 - High dribble to low dribble (:30 seconds)
 - Inside out with both basketballs (:30 seconds)
 - Back and forth with both basketballs (:30 seconds)

3. SHOOTING (*record all shots make or miss*)

- 2 In A Row Shooting (5 min)
- 10 Step Bys, One Long Dribble (both sides)
- 10 Free Throws
- Fast Break Jumpers
 - 3's
 - Midrange
 - Shot Fake
- 20 2's from 5 spots (100 makes)
- 10 Free Throws
- 20 3's from 5 spots (100 makes)
- 10 Free Throws
- Beat the Pro

***Often the biggest competition we all will face is competing against ourselves.
Competing to be what we could or should be!***

EXPLANATION OF DRILLS (Workouts 1-4)

Warm-Up

BALL SERIES

Big men stationary warm-up drill – Palm Slaps, Arm Extension ball on fingertips. Body Circles – Around Waist, Head, Both Legs, Single Legs, Figure 8 Around Legs, Around Body. Focus on speed repetitions and change of directions.

MIKANS

1 Ball Mikans – don't let ball drop below player's shoulder. Reps of 20
2 Ball Mikans – don't let ball hit floor. Reps of 10
Reverse Mikans – from underneath the basket. Reps of 10

McHALE LAY UPS

2 balls are needed for this drill. Place a chair on the right elbow with a ball on the seat. Player has a second ball and starts on the right side of the backboard. Player jumps continuously and bangs the ball on the backboard 3 times. On the 4th jump, player puts the ball in the basket (after scoring, that ball goes out of play. If a coach or a 2nd player is available, he should pick up the ball. If not, let the ball roll out of play). Player then immediately cuts up the lane, inside the chair. Player cuts around the chair, scoops the 2nd ball off the chair. Player drives for a 1 dribble layup. Repeat both sides.

WARRIORS

Shooting Drills

TRIANGLE SHOOTING **(i.e., Elbow to Elbow Shooting)**

The shooter must start at the top of the key. Sprint to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. “One, two step” on every catch and shoot. Work to develop leg drive and “one, two step” footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10 – record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes).

FIVE SPOT SHOOTING

Player makes chooses 5 different spots on the floor – needs to make 10 shots from each spot (total of 50 makes). Midrange jumpers. Selected spots should be relevant to team’s offensive sets. Count total # of shots to complete drill.

FAST BREAK JUMPERS

Start at half court, sprint the floor, receive a pass at foul line for shot. Big turns around, touches half court and comes back for shot at foul line. Focus on game shots and sprinting the floor. Time how long it takes to make 10 jump shots.

Drills From Post

POST MOVES – HOOKS

Bigs catch in post from a pass from a Coach, work on right handed and left handed post moves to middle or baseline. The shot will be a one-handed jump hook. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.

POST MOVES – BASELINE

Bigs catch from Coach and spin towards the baseline. Or bigs catch from Coach, square to basket and then attack baseline. Can do solo, dummy defense, or Coach with a pad or with a teammate. Rep both sides.

POST MOVES TO BASKET

Bigs catch from Coach in post and attack basket – working on post moves. Work on drop step towards basket and shot fake up and under. Can also practice squaring to basket on catch and then attacking towards middle. Can do solo, dummy defense, or Coach with a pad or with a teammate Both sides

EXPLANATION OF DRILLS (Workouts 5-8)

Warm-Up

BALL HANDLING

TWO BALLS – stationary work. Together and alternate dribble. High dribble to low dribble, head up, hard and fast (pound the ball into the hardwood). Inside out with both basketballs. Back and forth with both basketballs. *COURT LENGTH* – Zig Zag, Together and Alternate.

TWO BALLS – CONE WORK – weave through cones. Crossover, through the legs, behind the back. Cones close together

ONE BALL – CONE WORK – crossover, through the legs, behind the back, spin move, inside out, hesitation, combination. Cones close together.

SIDELINE TOUCHES

Player starts in corner facing half court with a ball, passes the ball to the elbow to a coach, sprints wide/sideline and touches half court. Player turns and sprints wide sideline to coaches box and angles toward the block receiving a return pass from the coach. He executes the following and can be repeated in the opposite corner:

One dribble power lay-up

Two or three dribbles, baby hook

Two or three dribbles, pull-up bank shot

Two or three dribbles, stride stop, step thru

Early catch, speed dribble, reach out lay-up

Early catch, perimeter dribbles into post score

WARRIORS

WE Play Hard. WE Play Smart. WE Play Together. WE Play TRUE. WE Communicate

Drills Attacking Basket

ATTACK BASKET FROM WING

Guard drives to basket, makes a move at chair and attacks basket to finish. Coach at basket w/ pad – guard finishes through contact. Both sides. 10 reps.

HOLD THE LINE (PAD)

Guard takes off from wing; rip through, as he drives Coach hits with pad. Guard must maintain his line to basket, not get moved by contact. Work middle and baseline drive. Both sides. 10 reps.

WARRIORS

WE Work Hard. WE Work Smart. WE Work Consistent. WE Work Together.

Shooting Drills

ONE, TWO STEP HUBIE BROWN'S (STATIONARY)

Coach sets time for 55 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and stays in the corner for all 55 seconds (stationary). Start with midrange (15-17 feet) and each player will shoot in 5 different spots each. Develop the 1-2 step. As the player awaits the pass the opposite foot is slightly ahead of his strong foot. The goal is to get as many makes and best shooting % in 55 seconds. Game passes to the shooters hands. Rotate shooters...then move onto next shooting spot.

ONE, TWO STEP HUBIE BROWN'S (ON THE MOVE)

Coach sets time for 45 seconds. Coach at the top of the key as passer. Another player below hoop as rebounder (need 3 people total for this drill). The player that is shooting starts in the corner and moves back and forth from two spots that are equal distance from the basket. Start with midrange (15-17 feet) and each player will shoot in 5 different progressions. Develop the 1-2 step on the move...balance...no fading. The goal is to get as many makes and best shooting % in 45 seconds. Game passes to the shooters hands. Rotate shooters...then move onto next shooting spot. Overhead pass to cutter moving away from pass, chest pass to cutter moving towards pass. Long strides, no baby steps! Jump over the line with great leg drive when shooting.

TRIANGLE SHOOTING (i.e., Elbow to Elbow Shooting)

The shooter must start at the top of the key. Sprint to elbow for shot. Touch top of key after every shot. Shots are taken between 15-17 feet on the elbows. "One, two step" on every catch and shoot. Work to develop leg drive and "one, two step" footwork. Jump over the line with strong leg drive. Keep shooting elbow in, high release, pop your shooting wrist and hold your follow through after release. Must make 10 – record time to make 10 shots (work on decreasing the amount of time it takes for 10 makes).

STEP BY'S, ONE LONG DRIBBLE

Player with basketball on perimeter (choose location relevant to offense). Coach is defending player. Player needs to learn to attack gaps, step by defender with one dribble. Develop intermediate shooting off

of 1-2 step. One dribble is a “long one”. Body to body by the defense – great players play in straight lines. Eyes on the rim and make defender believe you are shooting the 3-pt shot. The second foot touches the ground before stepping by the defense.

2 MEN, 1 BALL

2 players. The clock will be set at 1:00, 1:15 and 1:30. Player will start off shooting the basketball, follow his shot, obtain rebound and pass out to other player who is low/ready to catch pass. Game passes to ready teammate. The progression starts: 15-17 ft jumpers, 3-pt shots, one long dribble pull-up, triple threat 2-3 dribbles, run with the dribble (catch the pass a little deeper). Goal is to make as many shots (1 pt each) in the given amount of time. Beat the other team!

BANKSHOT PROGRESSION

Progression consists of:

On the block, (16) shots as a group

10 ft, (12) shots as a group

13 ft, (8) shots as a group

Repeat progression in reverse order

Player shoots then gets to the back of the line

“One, two step,” use the glass with a soft touch

Players can shoot on one block or both blocks

TOP OF KEY

Stationary shooting from the top of the key – how many can you make out of 10? Ideal world would have rebounder below rim and passer out on wing using two basketballs.

AROUND THE WORLD – NO DRIBBLE

Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. Mid-range jump shots.

AROUND THE WORLD – 1 DRIBBLE

Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take one dribble into pull up jumper. Mid-range jump shots.

AROUND THE WORLD – 2 DRIBBLES

Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch take two dribbles into pull up jumper. Mid-range jump shots.

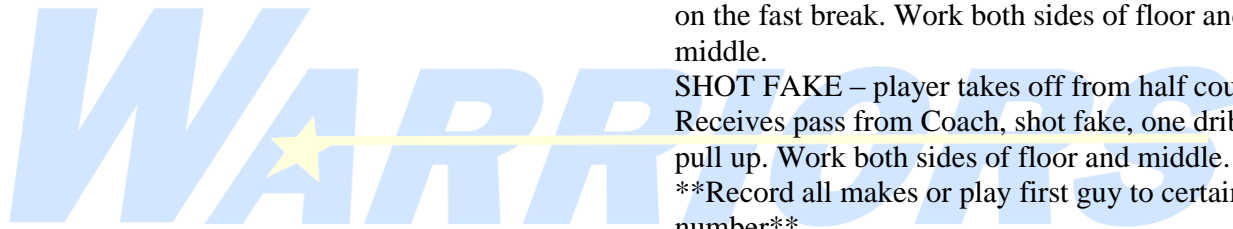
AROUND THE WORLD – SHOT FAKE, 1 DRIBBLE

Player moves around the world. Before leaving the shooting location – need to make 10. There are a total of 5 spots. Repeat once you get into dead corner. Record the FGA needed to get 10 makes at each spot. Hard move into game shot. On catch shot fake, one dribble – pull up jump shot. Mid-range jump shots.

FAST BREAK JUMPERS
(Multiple Drills)

THREES – player takes off from half court. Receives a pass from Coach, pulls up from three on fast break. Work both sides of floor and middle.
MIDRANGE – player takes off from half court. Receives pass from Coach for a midrange jump shot on the fast break. Work both sides of floor and middle.

SHOT FAKE – player takes off from half court. Receives pass from Coach, shot fake, one dribble pull up. Work both sides of floor and middle.
Record all makes or play first guy to certain number



Shooting Drills w/ Scores for Competition

PERFECT 50

Maximum score is 50. From 7 spots shoot a three, a pull up jumper and then attack the hoop. 3 pts for three, 2 pts for midrange and 1 pt for lay-up. Once you get to 42 points (might not get there in your allotted 7 spots) then shoot 8 free throws for 1 pt each make. Total of 50. Record your score.

PLUS 20, NEGATIVE 5

Can do with midrange jumpers, threes and pull up jumpers. Player moves around the court shooting game shots. Every make is worth 1 pt and every miss is worth -2 pts. Player must get to 20 pts before they get to -5 (very similar to “Beat The Pro” shooting game).

CELTIC

One player with basketball... passer and a rebounder.
2:00 Time

Player must make two shots in a row from ten spots (around the world spot locations)

Two balls, a rebounder, and passer

“One, two, step” emphasis

2 IN A ROW SHOOTING

Player shoots from a spot on the floor and continues to shoot until he misses two in a row.

“One, two, step” emphasis.

How many shots did he make before missing two in a row?

5-POINT COUNTDOWN

Players start with a score of 5. A made shot increases the total by one and a miss decreases the total by one. Once a player’s total falls to zero, then that player is out.

BEAT THE PRO

A player shoots the basketball, (+1) on a make, (-2) on a miss. Player attempts to score (11pts). After scoring (11pts) the player must make a FT or he receives a (-3) and has to continue shooting to get back to 11pts. If the score reaches (-8) the pro wins and the game ends. This can be done by using a passer or allowing the player to dribble to his shooting spots. The player is allowed to shoot both 2 point and 3 point shots to increase and decrease the difficulty of each shot. If a passer is used, the shooter must shoot around the horn from corner to corner.

1,2,3 SHOOTING TO 21

Players begin at the three-point line.

One point is awarded when a player executes a shot fake, makes a straight-line dribble while keeping the head up on the target and finishes with one dribble to the rim while chinning the ball and making a clean layup. **Two points** are awarded when the player executes a shot fake, then moves in any direction with one dribble, takes the shot and follows through (two points for a made basket). **Three points** are awarded for a made three-pointer and an extra point is given for a swish.

The first player to 21 points wins and this game can be run with one, two, three or four players at a time.

MAKE 25, DON'T MISS 2 IN A ROW

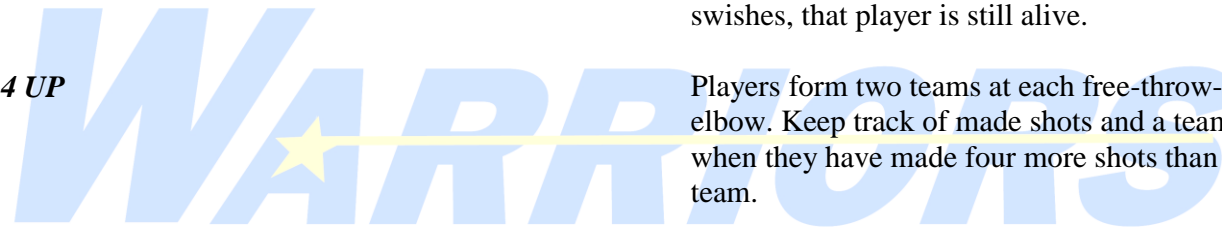
These rules are simple, make 25 shots without missing two in a row. If the player misses two in a row, he or she is out of the game. However, give the player missing two in a row another shot and if it swishes, that player is still alive.

4 UP

Players form two teams at each free-throw-line elbow. Keep track of made shots and a team wins when they have made four more shots than the other team.

5 MINUTE SHOOTING

1 ball, 1 Coach rebounding. Player must go around the world and shoot threes for 5 minutes. Goal is to get 50 makes once time is up. Record makes.



Free Throw Shooting Games

PLUS 2 MINUS 2

A swish is worth one point, a make with the rim is worth nothing and a miss subtracts a point. Once a player has a +2 score, then that player tries to make as many in a row as he or she can. If a player reaches -2, he or she must swish the next free throw to stay alive.

16 MAKES IN 6 MIN.

The player shoots a 1-and-1. If the first shot is missed, the player does a dribble suicide with the weak hand. If the second then is missed, the player dribbles down the court and back twice. If the player makes both, then he or she dribbles down the court and back once. The goal is for the player to make 16 free throws in six minutes, which isn't easy considering all of the extra conditioning.

WARRIORS