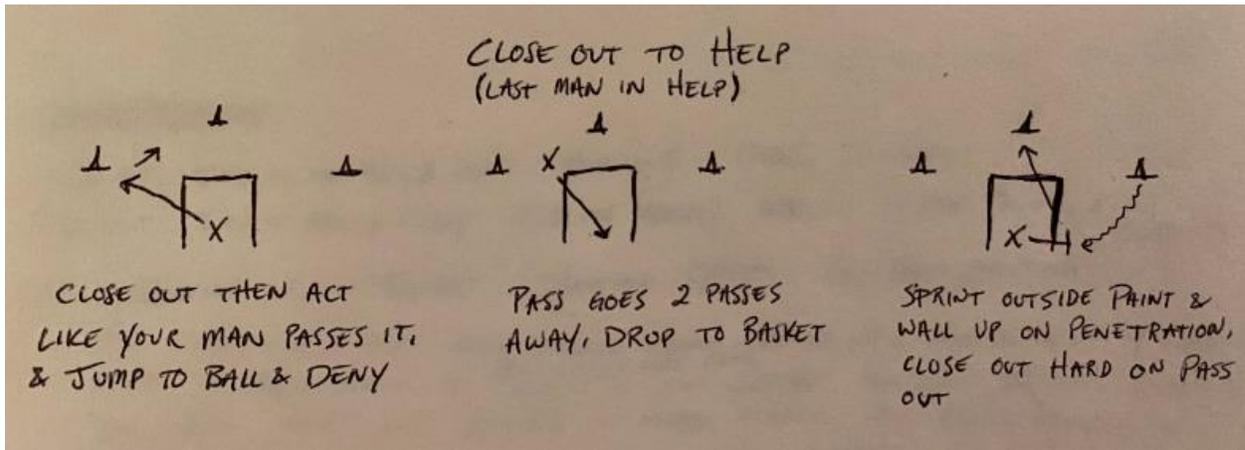


Klein Oak Basketball Workout #1

Warm Up – Defensive concept reminder

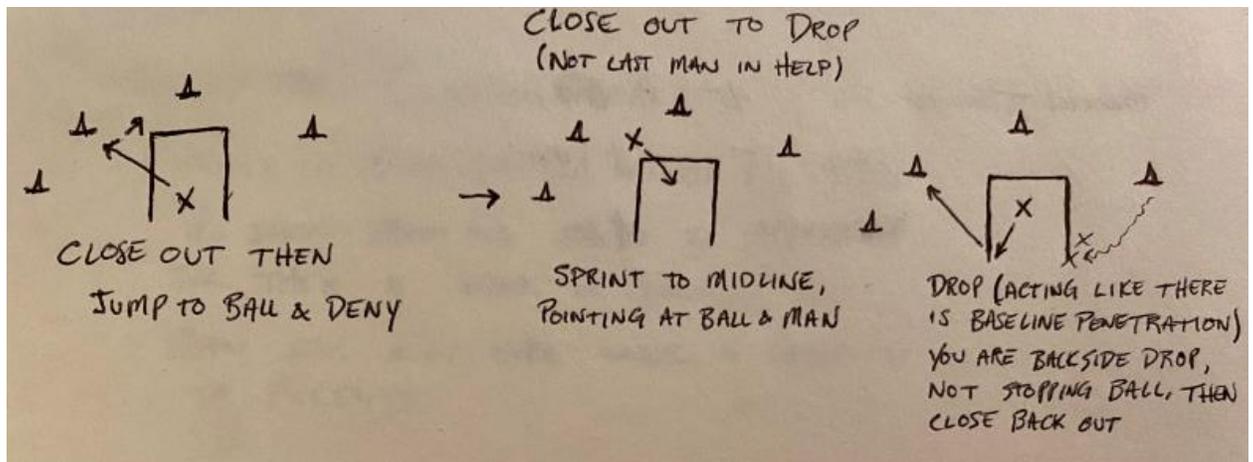
1. Closeout, Deny, Wall up – 2 times through



Have cones or imagine an offensive player in the above spots, close out like you are closing out on your man with the ball, after the closeout imagine your man passes and you jump to the ball and deny, then the ball gets passed two passes away so sprint to midline and guard bucket, once there make sure you are in a stance pointing at ball and man, imagine man with ball penetrates baseline so you sprint outside the paint and wall up and stop ball, then sprint and close back out to your man in recovery
-This should all be very quick, take about 15 seconds total, do two times through

2. Closeout, Deny, Drop – 2 times through

-
Same
as



before but this time your man is not the last on help side, so instead of getting to midline at the basket, you get to midline and on the penetration, drop to cover back side block (imaginary defender guarding the basket stops penetration), then rotate back out to your man with a close out

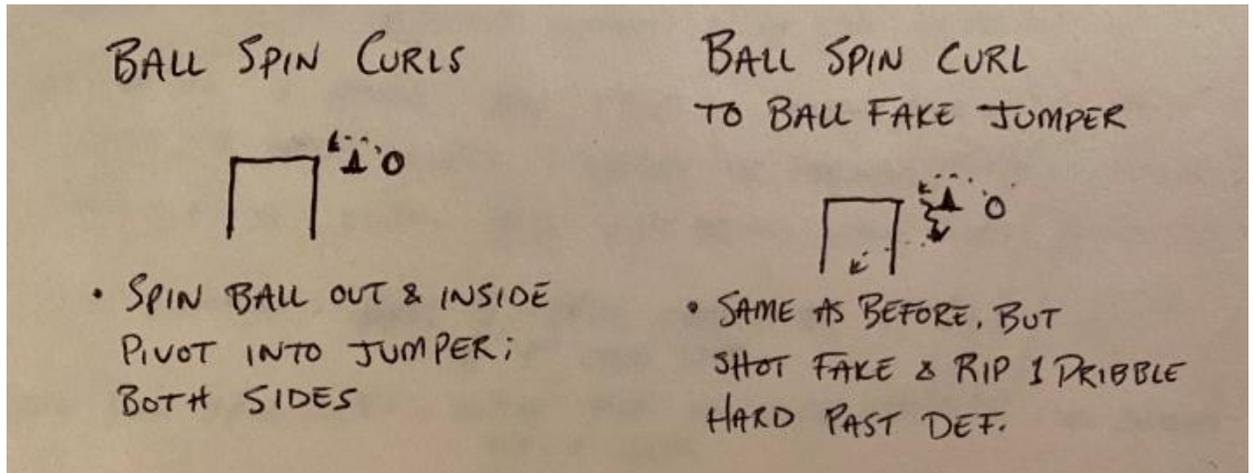
3. Form Shooting – 20 one handed shot from 3 feet away

-focus on hip and shooting shoulder in line with basket, elbow making “L”, wrist cocked like you are holding a pizza, elbow in line with basket, push elbow through bottom of the ball, ball comes off pointer and middle finger, hold follow through with hand pointing at basket and pointer finger and middle pointing down

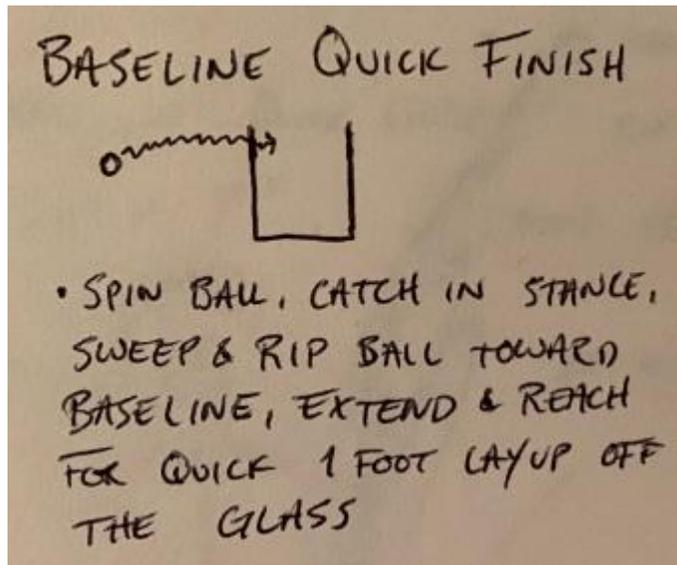
-20 two handed shots 10 feet away: ball starts in shooting pocket (about waist, and ball on side hip, and wrist cocked), straight up from there through form shooting "L", high finish, finish with elbow above eyebrow, leave guide hand below top of head

4. 5 Spot Jumpers – Make 5 jumpers from 15 feet from each of the 5 spots
-Make 5 threes from each of the 5 spots

5. Ball Spin Curl Jumpers – 50 total makes – 25 off curl, 25 off shot fake one dribble pull up, inside pivot on each shot



6. Baseline Quick Finish Layups – 15 makes each side



7. Spot up 3's – Spot up from anywhere and make 30 3's

8. Free Throws – make 20 free throws