

Klein Oak Basketball Workout #2

Warm Up: Defensive Closeout Drill from workout #1

Ball handling: Stationary ball pounds – 30 Seconds each hand
Stationary in- out ball pounds – 30 Seconds each
Stationary ball pound crossovers – 2 sets of 30 seconds

Form Shoot: 20 one handed from 3 feet, then 20 two handed from 10 feet, using keys from workout #1 and from the “FOREST” method from Pro Shot Shooting on youtube

EMPHASIS: “L”, wrist cocked, elbow in line with basket, high finish

Post Baby Hooks: 15 makes on each side, good for all players to work on but only have to work on strong hand, one way turn baseline and other way turn middle; start with back to basket, quarter turn to where shoulders are perpendicular to basket, push shooting arm straight up and finish high, do not need to round off arm really big, more of a sideways shot than a hook, just finish high

EMPHASIS: quarter turn with shoulders protecting ball, and high finish

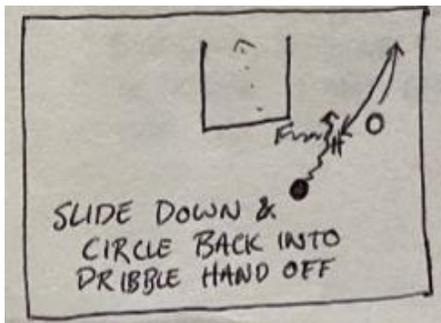
Ball Spin Rips: 10 makes each side. Start at the 3 point line above each elbow, spin ball and catch in triple threat, on the catch immediately rip down the lane line for a quick finish layup

EMPHASIS: Big explosive first step, violent rip of the ball below or across the knees, first dribble out past your defender, quick high finish

Ball Spin Shot Fake Jumpers: 16 makes each side, 8 makes right and 8 left on each side. Start same way as Rips, but on catch shot fake with eyes on rim, then rip one dribble into pull up jumper

EMPHASIS: Butt low, eyes on rim on shot fake, feet quiet; same hard rip as “Rips”, elevate into jumper off of an INSIDE PIVOT!

Circle Reverse Dribble Hand Offs: 15 makes each side, see diagram. Use a chair with the ball on it facing three point line, about 15 ft (free throw line distance) from basket, slide down to corner from wing like the ball penetrated, then as if the ball was stopped on penetration and can’t pass to you in corner, circle back to the ball into a dribble hand off, grab ball off the chair into a one dribble jumper



EMPHASIS: Get all the way to corner then
SPRINT back to the ball

Spot up 3's: Make 50 3's from your favorite spots, catch in a stance, shoot quick but smooth