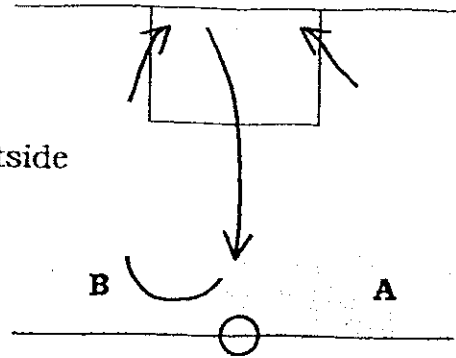


CONNECTICUT BASKETBALL

Individual Workout

I. **Dribbling** (10-12 minutes, hard)

- A. *Speed*
- B. *Crossover*, outside to inside, inside to outside
- C. *Inside Hand Exchange*
- D. *Inside Hand Exchange to Crossover*
- E. *Spin Move*
- F. *Hesitation*; stop and go



Begin at half court point A using right hand and exercise each dribble move three times. Ball should not hit floor during changeover from lay-up A to half court, always executing speed dribble from under hoop to either point.

At least two days a week shoot jumpers off these dribble moves. Concentrate on keeping your HEAD UP at all times and making your shots.

Shoot 10 foul shots after shooting first three dribble moves and 10 more after completion of drill series.

*Chart yourself for number of shots made.

II. **Time Dribble**

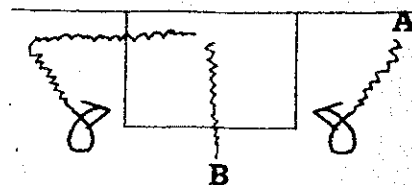
In a 5-8 minute time period, execute a combination of the above dribbles in a full court or as close to a full court situation again alternating jump shots and lay-ups. Use of both hands is critical though more time should be spent on your weak hand.

Incorporate a behind the back dribble for use in open court.

Shoot 10 foul shots.

III. **Corner Game**

Start at point A, speed dribble with left hand to elbow, plant right foot and use tight, quick spin keeping ball in same hand until heading towards hoop and go up for strong lay-in.



Get ball out of net and speed dribble with left hand to midpoint foul line and top of key (point B). Pivot on right foot for turn around jumper. Keep in motion and head for rebound with arms-

hands extended. Get ball before it hits. Speed dribble along baseline into right corner to elbow and exercise spin move off left foot pivot for lay-up. Speed dribble with right hand out to point B. Pivot on left for a turnaround jumper.

Build yourself up in this game: 1 minute, 2 minutes, 3 minutes. One point for lay-up, 2 points for jumper. Score 15 at minimum in 1 minute period, 30 in 2 minutes, etc...

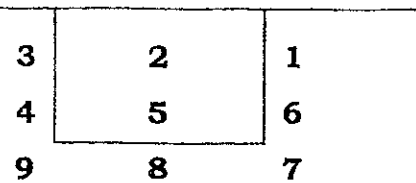
IV. Shooting

Always begin shooting with basic shots close to the basket. Good shooters make shots. Smart shooters take good shots. Good shots are shots you will make through repetition and practice.

3 shots from each spot (1-9)

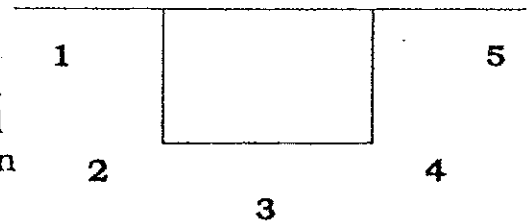
Bank shots from 1, 2, & 3

Concentrate on keeping hands and arms up if you have a feeder of toss back available.



V. Spot Shooting

5 spots, 5 shots from each spot. 5 different spots each time you do drill. Again, concentrate on shooting the ball quickly and properly and stay in motion as you go to rebound, 12-15 feet from basket, must make 3 out of 5 before you move.

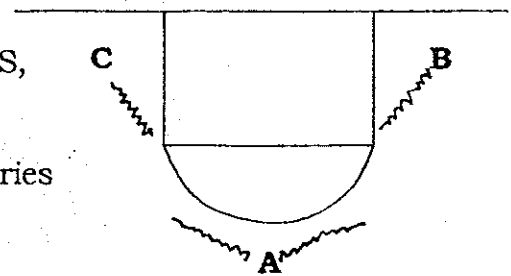


VI. Shooting Off Dribble

Point A, two hard dribbles right 5 SHOTS, Two hard dribbles left 5 SHOTS.

Point A, self catch, FAKE SHOT same series as above 10 shots.

Point B-C, catch, 2 hard dribbles into elbow for jumper 5 shots from both sides.

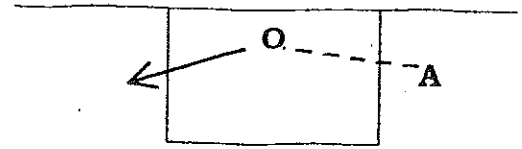


VII. Beat The Pro (Game to 12)

Begin game with foul shot, 1 point for make, miss 3 points for pro
12-15 foot jumpers, 1 point for make, miss 2 points for pro

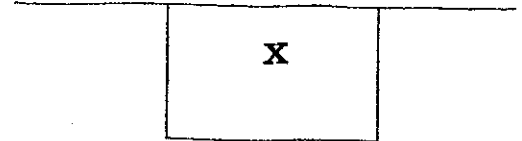
VIII. **Rebounding**

Lane Drill, player throws ball off board and times jump with hands and arms extended. Must rebound ball outside land and repeat move on other side, do for one minute.



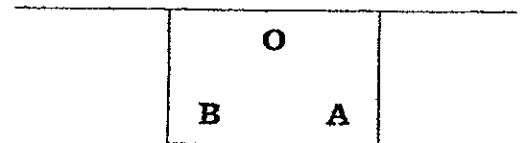
IX. **Mikan Drill**

Start at X, catch, step and hook. Stress on getting ball quickly out of net. Keep ball, arms extended, and get off your feet. Great drill for developing weak hand and getting accustomed to scoring. Do for 1 minute.



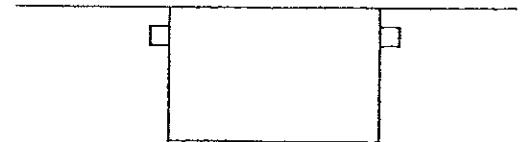
X. **Tapping**

4 sets of 10 taps, alternating sides and concentrating on quick jumping. Tap ball off board 9 times and put 10th one in.



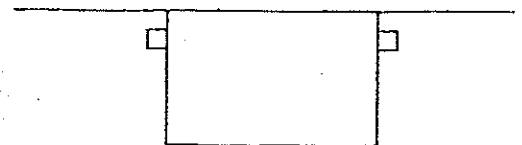
XI. **Box Moves With Back To Basket**

Self catch, right side pivot on left foot (one foot on box, one above) and bank 5 jumpers. Pivot on top foot into lane for 5 jumpers. Repeat same procedure from left box.



XII. **Power Move**

Be certain to square off to baseline and power self and ball up through box. If dribble is necessary, be sure it's LOW and HARD, 10X straight from each side, 10X with head fake before shot.



XIII. **Drop Step**

Self catch, head and ball fake into lane with catch, be careful not to move pivot foot. Drop step lower foot while releasing ball into the middle of your body (low and hard), square shoulders and power ball up through hoop. 10X from each side.



CONNECTICUT BASKETBALL

Individual Drills

I. **Dexterity Drills**

- A. Pounding the ball
- B. Finger tip drill
- C. Circles around body
- D. Figure 8 between legs
- E. Figure 8 dribble between legs
- F. Dribble Sit-ups (5)
- G. Bounce ball between legs while walking
- H. Crab walk

II. **Moves Off The Dribble**

- A. Low dribble closely guarded
- B. High speed dribble to low control
- C. Change of pace
- D. Cross over
- E. Reverse or spin (both ways)
- F. Fake reverse (both ways)

III. **Agility Drills**

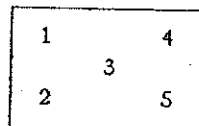
A. *Footwork*

1. Jump over line two feet (30 sec)
2. Jump over line one foot (30 sec)

B. *Carioca Drill:*

Run sideways; crossing legs right over left

C. *Spot Drills: 5 Spots*

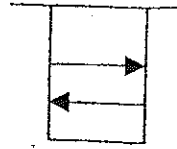


1. Jump to the middle (3)
then to spots 4 and 5
and back to the same spot (30 sec)
2. Same as (1), except turn 180 degrees at 4 and 5
3. Both feet from 1-2-3-4-5-4-3-2-1
4. One foot from 1-2-3-4-5-4-3-2-1

D. *Jump Rope, one minute*

E. *Lane Defense*

1. Defensive Sliding
Foul lane to foul lane
(30 sec), do 3 times



IV. **Individual Offense Skills**

A. *Pivoting*: both feet, left foot, right foot

1. Front Pivot
2. Reverse Pivot

B. *Fake Series*: fake right go right, fake it go left (crossover), fake right and shoot it, fake right go right and make a reverse move.

1. Right wing >
2. Left wing > right and left pivot foot
3. Middle >

V. **Ball Handling & Shooting**

A. *36 Shot Drill*

1. Right hand power dribble (2) from half court to foul line for "J".
2. Foul line extended, fake baseline, crossover, 2 dribbles, last dribble hard, square up.
3. Foul line extended, fake baseline, crossover, 2 dribbles, reverse dribble (2), lay-up.
4. Same as #3, baby hook on end of play
5. Foul line extended, fake middle, drive baseline 12 footer.
6. Foul line extended, fake middle, drive reverse dribble for bank shot.

VI. **Foul Shooting (15)**

VII. **Tap Drills**

- A. Second effort drill, touch rim.
- B. Tap drill
- C. Rebound drill, throw ball off board 1/2 turn outside of lane, land outside lane.

VIII. **Defensive Drills**

- A. Retreat, advance, swing

IX. 11 Point Shooting Drill

A. *Jump Shots From Each Numbered Spot, as quickly as possible.*

1. 3 jump shots,
2. 3 jump shots,
3. 3 jump shots,
4. 3 jump shots (no dribble) 8
5. 3 jump shots (no dribble),
6. 3 jump shots (1 dribble),
7. 3 jump shots (1 dribble),
8. 5 banked jump shots,
9. 5 banked jump shots,
10. Top of key, take 1 dribble to right and shoot a jump shot, then 1 dribble to left and shoot jump shot; 3 times each side and
11. 5 foul shots in a row.

