

## Workout Routine - 7th/8th

### Form Shooting (DON'T RUSH)

- [Form Shooting](#)
  - 30 makes form shooting (10-10-10)

### Layup Progression (Intentional Movement)

- [Mikan Drill](#) - 15 each side
- Rip Throughs
  - 15 Right Side off 1 foot Finish
    - [Standard finish](#)
    - [Arm Extensions](#)
    - [Euro Step](#)
  - 15 Left Sides off 1 foot Finish
    - [Standard finish](#)
    - [Arm Extensions](#)
    - [Euro Step](#)
  - 15 Right Side off 2 Feet Finish
    - [Standard finish](#)
    - [Step Through](#)
    - [Power Pivot](#)
  - 15 Left Side off 2 Feet Finish
    - [Standard Finish](#)
    - [Step Through](#)
    - [Power Pivot](#)

### Shooting (Intentional with explosive movement)

- [Spin/Pivot/Shoot](#)
  - 30 shots (inside 15 feet)
    - 15 left pivot
    - 15 right pivot
- [Off dribble pull-ups from top of the key \(2 dribble max\)](#)
  - 15 Left hand dribble pull-up
  - 15 Right hand dribble pull-up
- [10 Shot fake and drives \(Eyes on the target\)](#)
  - Progression: /mix in floaters, shots, different types of finishes
- [10 free throws](#)

**Ball Handling** (low, head sees the floor, chin up)  
**Push yourself out of your comfort zone. You aren't going to get better if you are comfortable.**

### Stationary (7 mins)

- [20 right hand pounds regular](#)
- [20 right hand pounds low](#)
- [20 left hand pounds regular](#)
- [20 left hand pounds low](#)
- [Crossovers](#)
  - 20 Standard
  - 20 Arms extended, low to the ground, no arm bend
- [20 front to back \(yo-yo's\)](#)
  - 10 right
  - 10 left
- [10 behind the back](#)
- [20 between the legs](#)
  - 10 left
  - 10 right
- [10 figure 8's \(low dribbles\)](#)

### In motion (7 mins)

- [Right hand dribble – jump stop – pivot](#)
  - Progress into adding a hesitation
- [Left hand dribble – jump stop – pivot](#)
  - Progress into adding a hesitation
- [Walk 2 dribbles – DROP and change hands \(cross, behind back, between legs\)](#)
- [Skip right hand – skip left hand](#)
- [Change of direction \(side of the ball\) crossovers](#)
  - Between the legs
  - Behind the back
- [2 hard dribbles DROP into two moves instead of one.](#)

## **Workout Checklist**

Timeframe: 5/3-8/29

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Workout 1  | <input type="checkbox"/> Workout 34 |
| <input type="checkbox"/> Workout 2  | <input type="checkbox"/> Workout 35 |
| <input type="checkbox"/> Workout 3  | <input type="checkbox"/> Workout 36 |
| <input type="checkbox"/> Workout 4  | <input type="checkbox"/> Workout 37 |
| <input type="checkbox"/> Workout 5  | <input type="checkbox"/> Workout 38 |
| <input type="checkbox"/> Workout 6  | <input type="checkbox"/> Workout 39 |
| <input type="checkbox"/> Workout 7  | <input type="checkbox"/> Workout 40 |
| <input type="checkbox"/> Workout 8  | <input type="checkbox"/> Workout 41 |
| <input type="checkbox"/> Workout 9  | <input type="checkbox"/> Workout 42 |
| <input type="checkbox"/> Workout 10 | <input type="checkbox"/> Workout 43 |
| <input type="checkbox"/> Workout 11 | <input type="checkbox"/> Workout 44 |
| <input type="checkbox"/> Workout 12 | <input type="checkbox"/> Workout 45 |
| <input type="checkbox"/> Workout 13 | <input type="checkbox"/> Workout 46 |
| <input type="checkbox"/> Workout 14 | <input type="checkbox"/> Workout 47 |
| <input type="checkbox"/> Workout 15 | <input type="checkbox"/> Workout 48 |
| <input type="checkbox"/> Workout 16 | <input type="checkbox"/> Workout 49 |
| <input type="checkbox"/> Workout 17 | <input type="checkbox"/> Workout 50 |
| <input type="checkbox"/> Workout 18 | <input type="checkbox"/> Workout 51 |
| <input type="checkbox"/> Workout 19 |                                     |
| <input type="checkbox"/> Workout 20 |                                     |
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| <input type="checkbox"/> Workout 30 |                                     |
| <input type="checkbox"/> Workout 31 |                                     |
| <input type="checkbox"/> Workout 32 |                                     |
| <input type="checkbox"/> Workout 33 |                                     |

**Scan QR code after each workout to  
tell us you did it!!**

