

Workout Template

60 Minute – Option A

TIME	DRILL	REPS/RESULT	COMMENTS
Warmup 5 Minutes	Option 1: Jump Rope Option 2: Jumping Jacks Option 3: Run in place or around the block		
Ball Handling Warmup 5 Minutes	Option 1: Fingertip drill Option 2: Around the world include legs, waist, and head Option 3: Figure 8 between legs		
Dribbling 5 Minutes	Option 1: Dribble w/ dominant hand Option 2: Dribble w/ non-dominant hand Option 3: Switch between both hand adding cross over		
Strength 5 Minutes	20 Pushups 20 Sit-ups		
Shooting 10 minutes	Bank shot; 20 each side Layup left & right sides 20		
Strength 5 Minutes	20 Pushups 20 Sit-ups		
Shooting 10 minutes	50 jump shots in appropriate range		
Strength 5 Minutes	20 Pushups 20 Sit-ups		
Rebounding 5 Minutes	Throw ball against backboard jump and catch, repeat		
Shooting 5 Minutes	20 Free Throws		
Cool Down 5 Minutes	Stretch		

