



# Wildhawk Basketball

## Dribbling and Shooting Workouts

### 20 Minute Dribbling Workout

Focus: push yourself, lose the ball to get faster

#### Warm up:

- 20 taps
- 20 head wraps
- 20 waist wraps
- 20 figure eights

#### 200 Dribbles:

- 20 right hand pounds, 20 left
- 20 crossovers
- 20 in/outs right, 20 left
- 20 back and forth right, 20 left
- 20 between the legs right, 20 left
- 20 behind the back

#### Rhythm sets 30 seconds each:

- Pound step
- Cross floats
- Tween to pound step

#### 30 seconds each:

- Skips high pounds
- Skip tween
- Skip random
- Low crawl tweens
- Slow, drop low and go (random)

#### Alternating speed changes (10):

- Crossovers
- Tweens
- Spins
- Behind
- Random mix

### 30 Minute Shooting Workout

Focus: game speed reps, put the pressure on yourself

#### Layups (10 makes right then 10 makes left):

- Regular
- Gather step
- Two foot stop
- Two foot stop middle step through

#### Post Moves (5 makes each)

- Mikan drill (5 makes each side)

#### Right block (5 makes each)

- Spin ball and drop step
- Spin ball and step into lane - baby hook
- Spin ball facing basket, gather strong and finish
- Spin ball, back to basket, up and under

#### Left block (5 makes each)

- Spin ball and drop step
- Spin ball and step into lane - baby hook
- Spin ball facing basket, gather strong and finish
- Spin ball, back to basket, up and under

#### Shooting

- 1 min form shooting

#### Shooting Stations (5 makes each)

- Step ins baseline right side
- Step ins baseline left side
- Curls right elbow
- Curls left elbow
- 2 pound right pick up and shoot,
- 2 pound left pick up and shoot
- Fake, rip 2 dribble pull up right
- Fake, rip 2 dribble pull up left
- Catch and go floaters right
- Catch and go floaters left

Finish with 10 made FTs



To view examples, scan the QR code or visit: [wildhawk.ca/u13-videos](http://wildhawk.ca/u13-videos)