

Native Stars Basketball (Sample Workout)

<u>Time</u>	<u>Drill</u>	<u>Time</u>	<u>Drill</u>
1:00	Warm Up / Shoot Around (10 mins)	2:05	Water Break (2 minutes)
1:10	Team Brief / Roll Call (5 mins)	2:07	Passing On The Move (10 mins)
	WORKOUT EMPHASIS:		a. 2 Ball - Four Corners (Regular)
	a. Conditioning/Footwork/Dribbling		b. 4 Ball - Four Corners (Pivoting)
	b. Taking the ball to the basket		c. 3 Man Passing – Full Court
1:15	Full Court Warm Up (10 minutes)	2:17	Offensive Drills (13 mins)
	a. Form Running		a. Pass and Cut
	b. High Knees		b. Pass and Screen Away
	c. High Skipping	2:30	Water Break (2 minutes)
	d. Butt Kicks	2:32	Offensive Drills (10 mins)
	e. Back Peddle		a. Pass, Screen & Roll (2 Man Game)
	f. Carioca		b. Screen & Roll (1 Dribble/Shot)
	g. Jump Over the Puddle		c. Screen & Roll (2 Dribble/Shot)
	h. Change of Pace		
1:25	Water Break (1 minute)	2:42	Offensive Drills (12 mins)
1:26	Team Stretching (4 minutes)		a. Scrimmage Games (3-on-3)
1:30	Endurance Running (6 minutes)	2:54	Fast Break Drill (4 mins)
1:36	Running Cool Down (2 minutes)	2:58	Ladder Running (2 minutes)
1:38	Water Break (2 minutes)	3:00	Workout Complete
1:40	Ladder Footwork Drills (10 minutes)		
	a. Straight Two Step		Note:
	b. Bunny Hops		Keep working on your basketball mechanics.
	c. Lateral Two Step		Mechanics: The technical side of an activity.
	d. In/Out Lateral Two Step		(the mechanics of basketball)
	e. Shuffle Two Step		
1:50	Full Court Dribbling Drills (15 mins)		
	a. Regular Dribble		
	b. Speed Dribble		
	c. Acceleration Dribble		
	d. Pull Back Dribble		
	e. Roll, Pick Up & Dribble		
	f. Toss, Catch & Dribble		
	g. 3 Whistle Drill		
	h. 2 Ball Dribble - Alternating		
	i. 2 Ball Dribble - Together		
	j. 2 Ball Dribble - Combination		