

## Basketball Workout – Perimeter

40 Minutes total... will go faster with a passer!

### 10 Minutes Ball Handling

5 mins stationary ball handling

5 mins ball handling down court: cross overs, reverse pivots, inside-out, between the legs, behind the back.

-alternate 1 ball and 2 balls

### 10 Minutes Shooting Warm-Up

10 Mikan

10 Reverse Mikan

10 2 Ball Mikan

10 Free Throws

### 3 Point Shooting – 10 minutes

25 3 pointers... 5 from 5 spots...each baseline, each wing, top of the key.

25 off the pass or self pass... catch and shoot, from various spots

10-20 off the dribble, from various spots... pull up and shoot.

### Perimeter Moves – 10 minutes

10-Attack the Hoop, 5 each side... drive from half court...change of direction at 3 point line...finish strong... Vary your change of direction moves

10 – Catch and shoot...off the pass various spots (inside of 3)

10 – Jab step and drive ... off the pass from various spots

10 – Jab step and shoot .. off the pass from various spots

10 – Pull up jumpers... off the drive...jump stop and hit from various spots 8-12 feet out.