

Perimeter Workouts

#1

- Pick 2 ballhandling circuits
- Cone dribbling – 8 times – crossover, stutter, stutter crossover, inside out, inside out crossover, between the legs, between the legs crossover, behind the back
- X out – 2 times @ 8 makes each – 1 from elbows, 1 from wing
- 20 shot fakes – 10 left, 10 right (anywhere on the floor) – mix up finishes
- 10 sweeps (anywhere on the floor) – mix up finishes
- 10 double sweeps (anywhere on the floor) – mix up finishes
- 10 jab steps (anywhere on the floor) – mix up finishes

#2

- 5 minutes of 1 ball ballhandling
- Dribbling – to half court and back – 5 times through – pick and mix moves
- Finishing – 6 step through, 6 big jump stops, 6 pull up jumpers, 6 creative
- 20 square up shots – 10 one way, 10 the other
- 20 square up and shot fake – finish at the basket
- 10 square up and shot fake – finish with pull up jumper

#3

- 5 minutes of 2 ball ballhandling
- 2 ball Dribbling – to half court and back – 5 times through – pick and mix moves
- 5 spot finishing – 2 times (roll the ball out if you are by yourself)
- 20 square up shots – 10 one way, 10 the other
- 20 square up and sweep/double sweeps – finish at the basket
- 10 square up and sweep/double sweeps – finish with pull up jumper

#4

- Pick 2 ballhandling circuits
- Pitinos – 18 total – 6 on each wing, 6 in the middle
- Miken – make 12 normal, make 12 reverse, make 12 two ball, make 12 power
- Square Ups – 2 times each direction around the 3 point line
- 20 square up shots – 10 one way, 10 the other
- 20 square up and jab steps – finish at the basket
- 10 square up and jab steps – finish with pull up jumper

#5 – Group Workout

- Pick 2 ballhandling circuits
- Pitinos – 18 total – 6 on each wing, 6 in the middle
- 5 spot finishing – 3 times
- 2 spot shooting – 3 times @ 8 makes each OR Rapid Fire – 3 times
- 10 shot fakes – 5 each direction
- 10 sweeps and 10 double sweeps
- 10 jab steps
- 1 v 1

