



MAKE YOURSELF UNSTOPPABLE

BASKETBALL SKILLS TRAINING

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KEYS FOR SUCCESS

- Come to your workout hydrated and with a primarily carbohydrate based pre-workout meal or snack.
- Come to your workout well rested. Optimal rest is between 7-10 hours depending on the individual and activity level for that day.
- Drink a protein based drink (ex: chocolate milk) post workout to rebuild muscle.
- Stretch and foam roll post workout.

BALL HANDLING DRILLS

KILLER BALL HANDLING

Pound the ball as hard as you can for 10 reps of the following:

- Little dribbles / High dribbles
- Pound dribble + Cross + Cross
- Pound dribble + Cross + Between
- Pound dribble + Cross + Behind

STEAL THE CONE (PARTNER DRILL)

Moves are low enough that you touch the ground after each:

- Cross overs / Between the legs / Behind the back
- In & Outs
- Combos: Cross + Cross / Cross + Between / Cross + Behind
- Combos: Between + Cross / Between + Behind
- Around waist/knee/waist/knee
- 5 Push Ups + 10 Pound Dribbles (both sides)

HESITATION SERIES

Find a line to self check foot position on hesitations.

- 2 Dribble, Pull Back to Pocket: feet stay in the same spot
- 2 Dribble, Split: right foot splits up if ball is in r. hand
- 2 Dribble, Split, Push: push hard off front leg, reach with back foot, keep dribble on the way back.
- 2 Dribble, Split, Push, Behind: keep dribble
- 2 Dribble, Split, Push, Behind, Shot
- 2 Dribble, Split, Push, 1/2 Push Back (separation step back)

PIN & PASS SERIES

Alternating dribbles as hard as you can for 5-7 seconds. Pin one basketball, make a strong, sharp move, pop the ball up to a partner or wall, then make the same move with the other ball.

- Cross overs / Between the legs / Behind the back
- Behind the back + behind the back bounce pass
- Behind the back + behind the back pass

2 BALL STATIONARY DRILLS

Stay in a low, strong stance. Feet wide, knees out, chest up.

- Alternating dribbles: low/knee level/high
- Alternating dribbles, right ball around right leg
- Alternating dribbles, left ball around left leg
- Alternating dribbles, right around right, left around left
- Same as above, but eliminate dribbles until there are none
- 1, 2, Cross / 1, Cross / Cross, Cross, Cross
- Man Overboard
- Double In & Outs / Pound Dribble + In & Outs
- Juggling
- Behind the Back Juggling
- One Crosses, One Behind the Back (at the same time)

SHOOTING PROGRESSION: PERFECT YOUR FORM



KEYS TO A SMOOTH & CONSISTENT SHOT (SELF CHECK!)

1. FEET

Hip width apart, heels down and toes to the basket or pointed slightly away from your shooting hand.

2. KNEES

Always catch with your knees bent (i.e. legs loaded). Think jump stance!

3. POCKET

Either by your waist or chest. Your hands are loaded (positioned ready to shoot) on the catch.

4. RHYTHM

All your joints move simultaneously together till you reach full extension (ankles/knees/hips) and the ball comes up to your release point (right above your forehead).

5. FOLLOW THROUGH

Shooting arm fully extends, wrist snaps so all four fingers point down toward the floor. Guide hand stays at your release point.

10 SHOT PROGRESSION

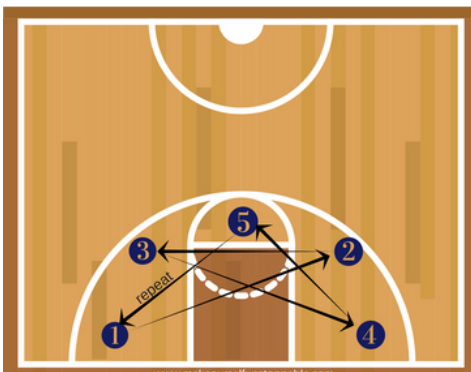
Work on each of the following for 0:30-0:45 or for a certain # of makes.

- Close Form Shots
- Slide and Shoot: stay low the whole time, work on properly setting your feet on the catch.
- Catch and Shoot: hands ready, legs loaded, feet planted until shot.
- V Shooting: back pedal behind cone, explode in, catch low & on balance, explode up into shot
- Open Step One Dribble Pull Ups
- Cross Step One Dribble Pull Ups
- Side Step Pull Ups
- The Whip
- The Whip to Behind the Back
- Catch & Shoot 3's

SHOOTING DRILLS: SKILLS PAY THE BILLS

STAR SHOOTING

- Shoot 10 shots in the star pattern seen below, as quickly and efficiently as possible.
- Have a coach or teammate start a timer on your first shot and stop the timer on your last.
- Subtract 3 seconds from the total time for every make. Subtract 4 seconds from the total time if you did this from the 3.
- Excellent = 0
- Great = >5
- Good = >10



STAR SHOOTING CONDITIONING

- Repeat the 10 shot star on both ends of the court twice.
- Use the same scoring system (reset timer when running to the other end).
- Average your four scores to find your total score.
- Excellent = >10
- Great = >15
- Good = >20

SHOOTING DRILLS: SKILLS PAY THE BILLS



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Set up cones traveling up towards the wing. One in close, one at 15", one at the 3. Curl each cone, alternating sides and curling from outside to inside, starting close and moving your way out.

Points are as follows:

- Lay ups = 1 pt (miss one, score returns to 0).
- Mid range = 2 pts
- Threes = 3 pts

Your goal is to get to 24 points as quickly as possible.

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With a coach or partner passing to you, make a lay up, mid range jump shot, and three at all 5 spots (baseline, wing, top, wing, baseline).

- Lay Ups = 1 point
- Mid-Range Shot = 2 points
- Three Pointers = 3 points

Rules:

1. Get your own rebound, pass out to coach or partner.
2. Must "start" behind the 3 point line for every shot. For the mid range jumper you will step into the pass.

There are 30 points possible with the three shot combinations. At the end of all 5 spots, you will shoot a one and one free throw. Max points = 32.

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This is a fun competition game with a partner or against another group.

Rules:

1. Alternate taking shots, there is no time involved.
 2. If you make a shot, it's worth 3 points.
 3. If you miss a shot, it's worth 0. If you miss two in a row, you get -3.
 4. First person or team to 33 points wins.
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2 MINUTE SHOOTING

Start a timer on your first shot from the baseline. Your goal is to make two in a row at each of the 5 spots as quickly as possible.

- You must make two in a row before moving to the next spot.
- With the remainder of the 2 minutes, shoot as many free throws as possible, each make is worth 1pt and this will be your total score.
- A Good Score = 10-15 / Great = 16-21 / Excellent = 21+

CONDITIONING DRILLS

3 CONE AGILITIES



Guidelines:

1. Touch each cone by bending at your knees, not just your waist!
2. Push off your outside foot and step with your inside foot when changing direction.
3. 6 cone touches = 1 trip. (Ending where you started)

CONE TO CHAIR DRILL

This drill is fun to do against a partner or alone! Set up a chair anywhere on the court you would like, then set up 3-5 cones between the 3 point line and half court. Your objective is to get the cones onto the chair as quickly as you can, this is a great way work on your conditioning, ball handling, shooting and finishing, all at one time.

Rules:

1. Start at the chair and finish how you'd like. Example, cross step to power lay up.
2. With your outside hand, dribble out as quickly as possible and pick up a cone.
3. Attack the chair, set the cone on the chair (change of speed) with your eyes on the rim. Make a move and finish. Example, cross over to power lay up.
4. Repeat this until all of the cones are *stacked* on top of the chair. First person to do this wins. Shoot 1-2 free throws each and then switch sides.

D-SLIDES THEN MAKE 5

- Another fun one to compete against someone else. Set two cones up approximately body length (arms overhead) apart. For 0:20-0:30 seconds, slide between the two cones, intentionally working on proper footwork. When time is up, make 5 shots (your choice where).



"The world doesn't owe you happiness, health, love, respect, or money. The world owes you nothing. You are where you are because of your decisions, not because of your circumstances. Stop whining and stop being bitter. Take responsibility for yourself. Be big enough to stay this is my life, I'm responsible for it, and I'm going to make something of it."