



HOOPS TRAINING

24 DAY WORKOUT PROGRAM

Athlete Name: _____

NOTES	DAY NUMBER	24 MINUTE DRIBBLE COMPLETED?	DRIBBLE CHALLENGE SCORE	8 MINUTE QUICKNESS & JUMPING COMPLETED?	MOVE OF THE DAY	MOVE MASTERED?
SAMPLE	0	YES	7	YES	Layup	YES
	1				Stride Stop, Pivot Away	
2 BBalls Needed	2				Stride Stop, Pivot, Shot Fake, Step Thru	
Weak Hand Focus	3				Quick 1-2 Floater	
	4				Hop & Turn	
2 BBalls Needed	5				Post - Shoulder Fake, Pound Hop	
	6				Post - Baby Hook	
	7				Extend-Away Finishes	
2 BBalls Needed	8				Split Ball Screen - Into Bank Floater	
Weak Hand Focus	9				2 Foot Hop Finish & Shot Fake	
	10				Skip Step, Explode, Finish	
2 BBalls Needed	11				Rip Thru (Top of Key) into Jumper	
	12				Rip Thru (Top of Key) Cross-Body Runner	
	13				Euro Step	
2 BBalls Needed	14				High Pickup into Scoop	
Weak Hand Focus	15				Spin Move	
	16				Spin Move, Shot Fake, Step Thru	
2 BBalls Needed	17				Fake Spin	
	18				Fake Spin, Fake Shot, Step Thru	
	19				Post - Rip, Reverse Layup	
2 BBalls Needed	20				Post - Rip, Fake into Pound Hop	
Weak Hand Focus	21				Step Back	
	22				Drag Dribble Pull Thru & Shoot	
2 BBalls Needed	23				Overstep Catch, PullPack, Rip & Go	
	24				Low Pickup, Step Across w/High Rip	