

HOOPS EDUCATION



Getting Buckets: Perimeter Workout

Hello Hooper!

Congratulations on taking the first step to crushing your competition! This workout is designed to help you destroy your defenders by giving you some go to moves that will help you score on anybody. I call it getting buckets!

A few things to remember about any workout you do:

- 1) Stay hydrated-drink tons of water all day
- 2) Should you start to feel light headed stop your work out and relax
- 3) Never walk-chase down every rebound and jog back to your starting position for each drill
- 4) Have fun!

I'm out!

Coach Thomas Wilkins
"Be a Hooper!"

Warm-Up

Start off each workout doing 1 trip down and back of each warm-up exercise. If you are confused about any of these warm-up drills watch my videos and they will explain it. You can view them here:

<http://www.hoopseducation.com/basketballdrills/warm-up/>

Soldiers
Heel Kicks
Knee Highs
Backwards Run
Karaoke

Ball Handling

For ball handling you want to select one move from each group to do every day. For instance one day you might select speed dribble, release dribble then crossover, double crossover, between the legs then spin move and inside out then spin move.

A Group

Speed dribble
Spin
Fake spin

B Group

Release dribble-crossover
Release dribble-behind the back
Release dribble-between the legs

C Group

Hesitation
Hesitation to crossover
Double crossover

D Group

Between the legs
Between the legs then crossover
Between the legs then behind the back
Between the legs then spin move

E Group

Inside out
Inside out then crossover
Inside out then spin move
Inside out then between the legs

Scoring

Form shooting

Make 10 shots from right in front of the rim. This is strictly working on your form so make sure you are not jumping while shooting these shots.

590 Drill: Working Off the Catch

Start with your back to the rim and standing about 2 feet in front of the rim. You want to toss the ball out 10-15 feet away. Then you will sprint to the ball to catch it. From there you will make your move. You are going to do the drill until you can make 5 shots per move from each spot (except for the A group). You will choose 1 move from each group to work on every day.

A Group

Now each spot should start out with a catch and a direct drive to the basket. When you get to the basket you want to practice 3 finishes: right side with your right hand, left side with your left hand and the middle with your strong hand. Here are the moves:

Pump fake
Jab and go
Direct drive/Curl

B Group

Catch and shoot
Jab then shoot
Pump fake then shoot

C Group

Pump fake then one dribble left
Pump fake then one dribble right
Pump fake then jab step and go one dribble left
Pump fake then jab step and go one dribble right

D Group

Jab step right then one dribble left
Jab step left then one dribble right
Jab step right then one dribble left step back
Jab step left then one dribble right step back

For instance one day you might make 15 pump fake direct drive lay-ups, 25 catch and shoot jump shots, 25 pump fake then one dribble left jump shots, and 25 jab step left then one dribble right jump shots.

372 Drill: Working Off the Dribble

Start at about half court so you can take 2 dribbles before you get to the 3 point line. After you have taken those two dribbles then you want to execute one of the moves below. Each of these moves you want to go right and left. At each spot you will do the same moves. The 3 spots are the top of the key, the right wing and the left wing. Besides the A Group you should be shooting pull up jump shots. Again you will pick 1 move from each group and make 3 shots per move.

A Group

Direct drive all the way to the basket finishing in front of the rim and on both sides of the rim

B Group

Hesitation
Hesitation then crossover
Hesitation then between the legs

C Group

Between the legs
Between the legs then crossover
Between the legs twice

D Group

Inside out
Inside out then crossover
Inside out then behind the back

For instance one day you might do direct drives, hesitation then crossover, between the legs twice and inside out. So you should make 18 direct drive lay-ups, 18 hesitation then crossover jump shots, 18 between the legs twice jump shots and 18 inside out jump shots.

Free Throws

You should make 9/10. For each miss that puts you under 9 you will run 1 sprint at the end of your workout. For instance if you shoot 5/10 then you will run 4 sprints.

If you do this every week you should notice that your workout will begin to get shorter because you are making more of your shots. Keep track of how long the workout is taking you each day and you will be able to track your progress. Let me know how this works out!