

GETTING BUCKETS

INDIVIDUAL WORKOUT FOR
PERIMETER PLAYERS

DESIGNED BY COACH
THOMAS WILKINS

INTRODUCTION

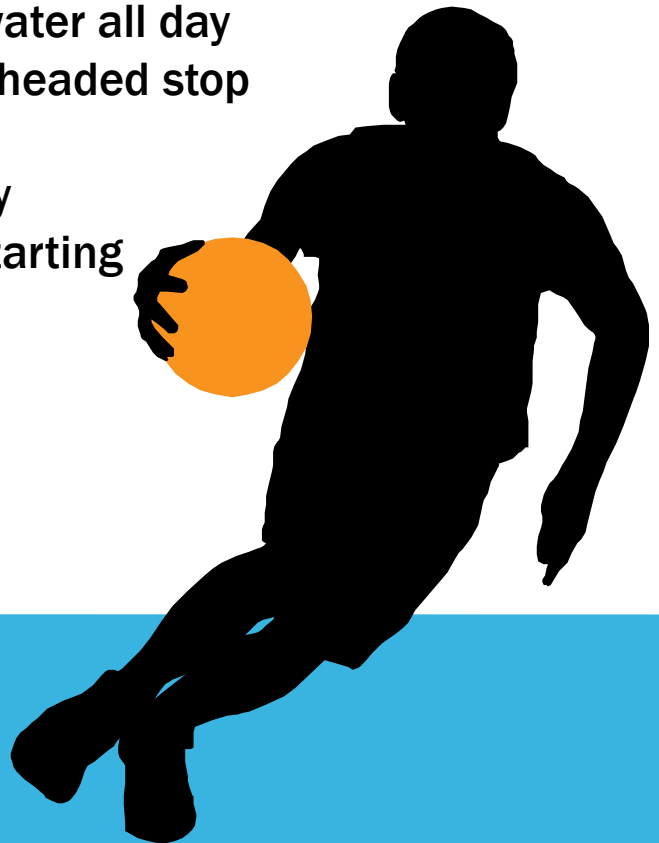
Hello Hooper!

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!**

“You Are Your Only Opponent”
Coach Thomas Wilkins



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 will select speed dribble, release dribble then crossover, double crossover, between the legs then spin move and inside out then spin move.

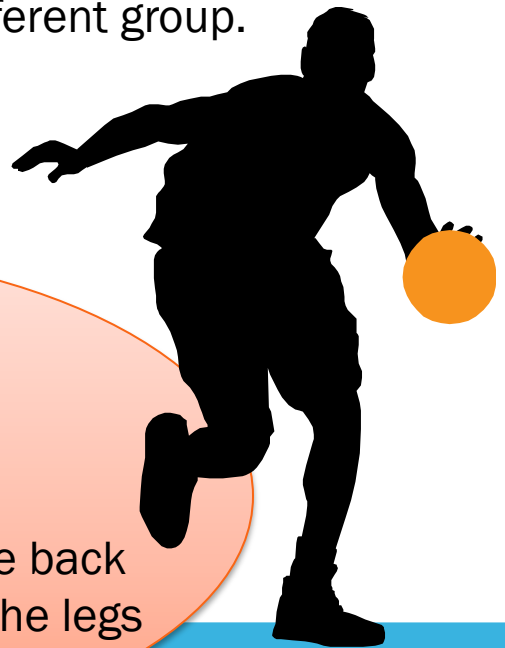
To do the drill sprint up the court 1 time while doing the move after 2 dribbles (besides Speed Dribble). You will come back down the court doing the same thing. Your next move should be from a different group.

A Group

- Speed dribble
- Spin
- Fake spin

B Group

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



BALL HANDLING

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



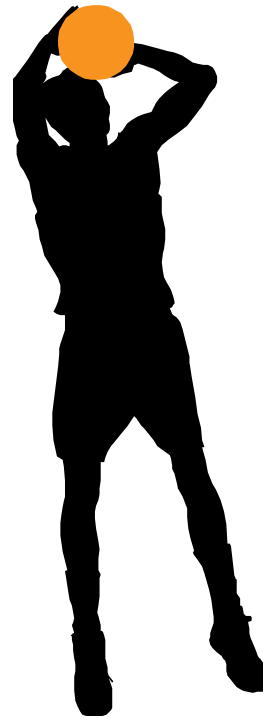
Visit the link to see videos that explain the drill:
<http://www.hoopseducation.com/basketballdrills/ball-handling/>

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.

For an extra boost
in your shooting
focus on 10
swishes



TAKE A
BREAK
& DRINK
SOME
WATER



SCORING

590 Drill: Working Off the Catch

You will choose 1 move from each group to work on every day. 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.

- 1) Start with your back to the rim and standing about 2 feet in front of the rim
- 2) Toss the ball out 10-15 feet away & sprint to catch it
- 3) Make your move
- 4) Do the drill until you can make 5 shots per move from each spot (except for Group A).

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

SCORING

Group A

Pump fake
Jab and go
Direct drive/Curl

Group B

Catch and shoot
Jab then shoot
Pump fake then
shoot

Group C

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

Group D

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

Remember
only pick **1**
move from
each group
daily

TAKE A
BREAK
& DRINK
SOME
WATER



SCORING

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 Group A you should be shooting pull up jump shots.

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.

SCORING

Group A

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

Group B

Hesitation

Hesitation then crossover

Hesitation then between the legs

Group C

Between the legs

Between the legs then crossover

Between the legs twice

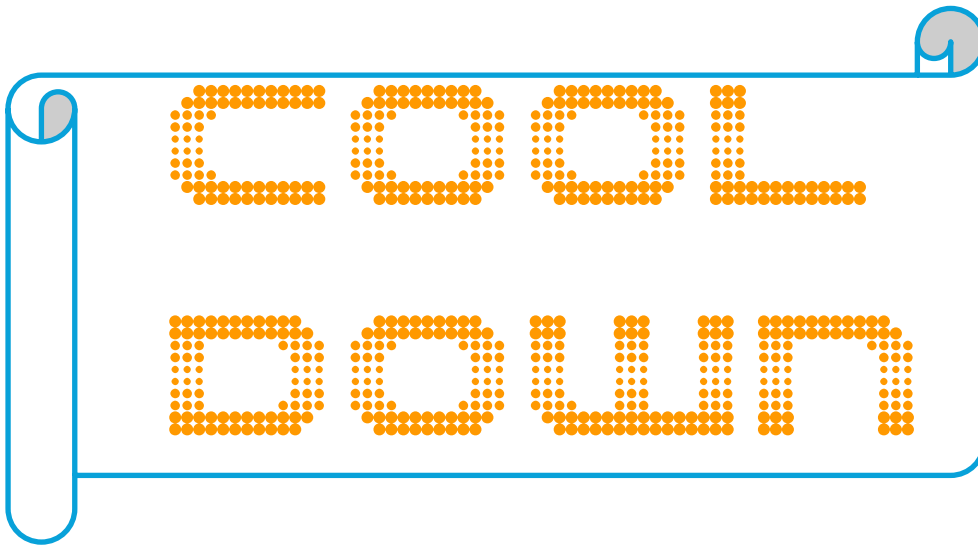
Group D

Inside out

Inside out then crossover

Inside out then behind the back

Remember only pick 1 move from each group daily



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.

Sprints

Treat 1 sprint as a trip down the court and back to the starting point.

Stretch

Make sure to do stretching exercises after every workout



THANKS!

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! If you have questions or just want to give me feedback you can call my office at 480-331-4879 or email me at hoopseducation@gmail.com.

“You are your only opponent!”
Coach Thomas Wilkins



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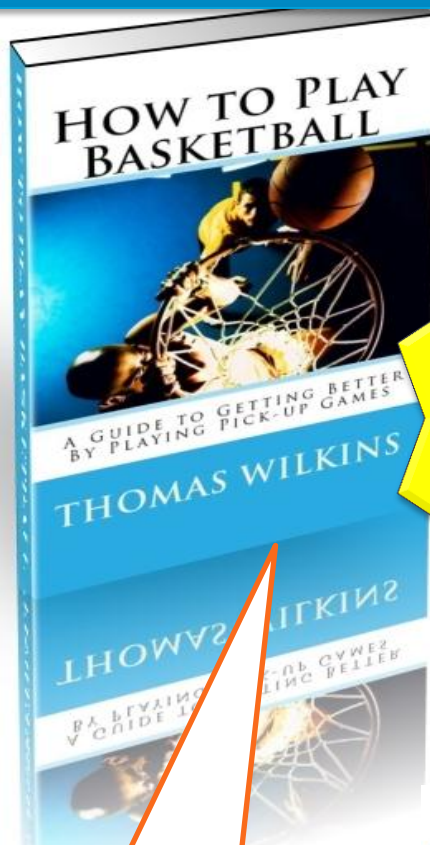


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Getting Buckets Workout Tracker

	Day 1	Day 2	Day 3	Day 4
Ball Handling				
A Group				
B Group				
C Group				
D Group				
E Group				
590 Drill (Scoring)				
A Group				
B Group				
C Group				
D Group				
372 Drill (Scoring)				
A Group				
B Group				
C Group				
D Group				
Start/End time				