

**Summer 2010 Workout Program by Patosha Jeffery**

All drills in this program are designed to develop fundamental skills. It is extremely important as an athlete or coach that you execute them with proper technique in order to avoid possible injury.

To reduce the risk of possible injury, consult your doctor before beginning any exercise or skill development program.

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The Summer Workout Program consist of 4 workouts to help you progress and build skills for the upcoming fall/winter season. The workouts are broken down into areas of agility, shooting, passing, dribbling and ball handling. The workouts build off the previous one. This is a great program for beginner to intermediate players to add fundamental skills.

Equipment needed: [Ladders](#), [2 basketballs](#), Jump Rope

**Note:** When you see a number and a 'x' next to it, for example (20x), this means perform the drill 20 times or 20 repetitions.

*“If you could get up the courage to begin, you have the courage to succeed.”-  
David Viscott*

## **Workout 1**

### ***Agility:***

**Jump Rope (5):** - Jump rope boxer style or quickly on your tip toes 20 times then stop and count to 30. Continue for the set number of times.

### ***Ball Handling:***

**Up High Tip Drill (20x)** – With the ball in your hands, extend your arms above your head and tip the ball back and forth using only your finger tips.

**Down Low Tip Drill (20x)** – With the ball in your hands, extend your arms in front of your chest area and tip the ball back and forth using only your finger tips.

**Wrap the ball around your waist (20x)** – Hold the ball in your right hand, then take it behind your back and hand it off to your left hand. Now bring it around to your stomach and from your left hand it off to you right hand. Continue this movement for the set number of times. Now go the opposite direction for the set number of times. If you find it difficult to perform this drill, just roll it up against your body while handing it off between your hands.

### ***Dribbling:***

**Pound Dribble Right Hand Ankle Level (20x):** Stand in a balanced position with your feet slightly shoulder width apart. Bend your knees as if you are about to sit in a chair. Dribble the ball with your right hand the set amount of times at ankle level. Make sure to keep your head up and pound the ball as hard as you can.

**Pound Dribble Left Hand Ankle Level (20x):** Stand in a balanced position with your feet slightly shoulder width apart. Bend your knees as if you are about to sit in a chair. Dribble the ball with your left hand the set amount of times at ankle level. Make sure to keep your head up and pound the ball as hard as you can.

*Passing:*

**Chest Pass (20x) with partner or against the wall:** Pass the ball to a partner or up against a wall. Make sure to get low by stepping into the pass and extending your left or right foot and extending your arms.

*Shooting:*

**popo 2-5:** Starting at the block on either the left or right side of the basket. Shoot a bank shot. If you make it, take a step back. If you miss, take another shot from that position. Work your way out and around the basket. You are finished once you make a total of 25 shots. Make sure to concentrate on your feet being balanced with feet slightly shoulder width apart, your feet and shoulders being squared up or lined up, elbow is in, eye is on target and to keep your follow through up.

**Free Throws 10:** While at the free throw line, make sure to concentrate on the placement of your feet, bending your knees, keeping your elbows in, focusing on your target, and keeping your follow through up . Make a total of 10.