

# **All-State Work-Out**

**Equipment:** 2 Basketballs, Timer, Cones (Optional)

**1. Jump Rope Routine**

- a. 25 Jumps 2 Feet
- b. 25 Jumps 1 Foot
- c. 25 Jumps other foot
- d. 25 Jumps Jogger
- e. Repeat all

**2. Stationary Ball Handling (30 Sec. each)**

- a. Right Hand Pound
- b. Left Hand Pound
- c. Front Cross
- d. Right Hand In/out
- e. Left Hand in/Out
- f. Right Hand Front to Back V on side
- g. Left Hand Front to Back v on side
- h. Behind the Back V
- i. Front Cross/BTB Cross Combo
  - 1. 3 Front Crosses, Between the legs, 3 back crosses, Between the legs
- j. 2 balls figure 8 chase – 15 sec. then change directions for 15 sec.

**3. Commando Ball Handling (Alternate days with Stationary routine)**

- a. Cone 15 ft apart
- b. 30 seconds each
  - 1. Left hand only – jump stop, pivot, come back
  - 2. Right Hand only
  - 3. Cross in middle
  - 4. BLT in middle
  - 5. Attack & Retreat in middle
  - 6. 2 balls cross in middle

**4. Shoot 10 FT's**

- a. Make 7 of 10 or 15 push-ups

**5. Form Shooting**

- a. 10 one handed shots from in front of the rim

**6. Rim Attacks**

- a. 3 spots – Wing, Top, Wing
- b. From each spot spin it to yourself, catch on a hop, peek and attack
- c. From Wings
  - 1. Speed Lay-up
  - 2. Two foot power lay-up
  - 3. Stockton
  - 4. Go middle and reverse
  - 5. Go middle and runner
  - 6. Attack Middle, Hips Across
- d. From Middle
  - 1. Attack Right speed lay-up
  - 2. Attack Left speed lay-up
  - 3. Attack right, 2 ft power
  - 4. Attack Left, 2 ft power
  - 5. Attack right, runner
  - 6. Attack left, runner

**7. Shoot 10 FT's**

- a. Must make 7 of 10 or 15 push-ups

**8. 3 Point Shooting – 5 Spots, spin it to yourself first**

- a. Shoot 5 from each spot
- b. Shoot 5 FT's
- c. Repeat.

**9. Dribble Pull-Ups**

- a. 3 Spots – Wing/Top/Wing
- b. Peek 1 dribble pull-up right
- c. Peek 1 dribble pull-up left
- d. Perform 3 going right and 3 going left from each spot

**10. 3 Minutes 2 in a row**

- a. Put 3 minutes on the clock
- b. 5 spots, must make 2 in a row before you can move
- c. How many spots in 3 minutes?

**11. Shoot 10 FT's**

- a. Must make 7 of 10 or 15 push-ups

**12. 5 X 4 Post Moves**

- a. Move block to block performing each move 4 times, 2 on each side
- b. Everything starts with a spin to self and pop to the ball
- c. Moves
  - 1. Drop Step Baseline
  - 2. Power Hook Middle
  - 3. Up and Under Turn BL
  - 4. Up and Under Turn Middle
  - 5. Face Ups – Spin it out and pop to the ball. Face up and play (Shoot or Attack)

**13. Shoot 10 FT's**

- a. Must make 7 of 10 or 15 push-ups