

Calhoun Basketball Skills



Improvement Program

"Hard work beats talent, when talent doesn't work hard."

Dear Players: Within this booklet you will find workout programs. They are not all encompassing, but are a very good place to start. There will be nobody there to make you do them, only your self motivation, determination and desire to improve will inspire you to accomplish them. In addition to the workouts, you will find a shot chart for recording your daily shooting progress. Use the workouts and charts every day to make yourself a better player.

Individual commitment to a group effort- that is what makes a team work. *"Have a Purpose with a Passion."*

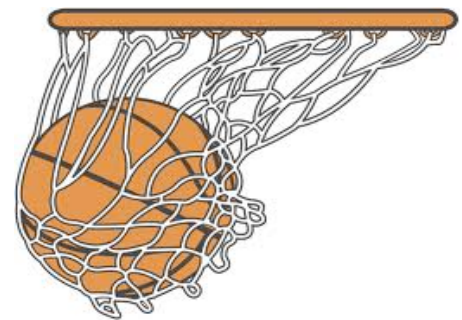
The purpose of this workout is to take GAME shots, from GAME spots, at GAME speed. The critical goal of this workout is based on the number of shots made. Not the number of shots attempted. The purpose of the ball handling workout is to make us ALL better ball handlers.

To complete the workout program in the off-season, you will have to shoot for a minimum of 36 days. Make it a goal to complete the entire workout program!

Remember:

Always keep your goals in mind. Get the picture of what you want. Vividly imagine and think positively. Act positively. Believe enthusiastically and go to work.

"When you improve a little each day, eventually big things occur.... Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens – and when it happens, it lasts." – John Wooden



Self-Motivation must come from Self-Discipline.

JUMP SHOOTING FUNDAMENTALS:

****Stroke training: “Waiter” position (“L” in the shot pocket/”T” on the ball): 20 strokes looking for good backspin and extended follow-through; Over the front of the rim, standing or sitting, lying on your back, etc.**

1. Check your feet before and you shoot, BALANCE both feet square under your shoulders, pointing to the goal
2. Set your shooting wrist when you set the ball in your shot pocket; “L” in your ELBOWS, “T” with your hands; don’t let them fly out or in
3. See the rim (with both EYES) between your arms as soon as the ball passes above your eye level
4. Focus on putting the ball into the goal; “shoot the loops”; do not watch the ball in flight
5. Your guide-hand fingers & thumb open to the rim; don’t drop the guide arm; “shake hands with the rim”
6. Time the break of your shooting wrist with your feet coming off of the ground; no dipping, just up and out
7. Power from your legs, Aiming from your arms & hands
8. Shooting fingers point down into the basket (shot line); “reach into the cookie-jar” (arch)
9. Frame the goal: hold your FOLLOW-THROUGH until the ball hits the rim; arms extended: “SHAKE & REACH”
10. Check your feet after you shoot, both feet square under your shoulders, pointing to the goal; good coordination results in effortless shooting

**MAKE A “T” WITH YOURS HANDS ON THE BALL
MAKE AN “L” WITH YOUR ELBOWS INSIDE YOUR BODY
SQUAT DOWN AND JUMP UP
SHAKE HANDS WITH THE RIM
REACH INTO THE COOKIE-JAR**



B.E.E.F



20 min. MARAVICH Ball Handling WarmUp/Down (everyone)

1- Stationary Non-Dribbling Drills

- a. Slaps- holding ball in front of chest slap the ball hard from hand to hand- 30 times
- b. Pinches- just like ball slaps only you pinch it with your fingers so that it squirts from hand to hand- 30 times
- c. Taps- hold the ball over your head with your arms fully extended tap the ball back and forth between fingertips- 30 times
- d. Around the waist- 30 times in each direction.
- e. Circles around one leg (left and right)- 30 times in each direction.
- f. Circles around both legs with feet together- 30 times each direction.
- g. With feet together- circles around ankles/waist/head- work up and work down, the full length of body is 1 rotation- do 20 rotations.
- h. Figure 8- 30 times forward and 30 times backward

2- Stationary Dribbling Drills (keep head up and ball low! Use your finger-pads to dribble and control the ball not your palms)

- a. Dribble left handed- 1 min.
- b. Dribble right handed- 1 min.
- c. Dribble around 1 leg (left and right)- 1 min. in each direction
- d. Dribble figure 8, between legs- 1 min. in each direction
- e. Dribble with feet together around both feet- 1 min. in each direction

3- Full Court Drills

- a. Right and left handed up and back-jump stop at end line (1/2 speed and speed dribbles)- 1 min.
- b. Right and left handed up and back-jump stop at FT line, 1/2 court and end lines (1/2 speed and full speed dribbles)- 1 min.
- c. Crossover dribbles- 1 min.
- d. Behind the back- 1 min.
- e. Between the legs- 1 min.



PERFORM THE ENTIRE WORKOUT 2 TIMES- maybe before and after shooting workout. WE MUST WORK TO BE BETTER BALLHANDLERS EVERYDAY!

290+ Shooting Workout

****During this workout, don't rest! Go hard, make the shots and then rest at the free throw line****

1. Warm-up: Random shooting for 5 minutes
2. LESLIE drill: 10 on each side
3. 10 from each side: Baby jumpers from the boxes
4. 5 free-throws
5. 10 from each side: Mid-range jumpers
6. 5 free-throws
7. 10 from each side: Elbow shots
8. 5 free-throws
9. 10 Mid-range jumpers from free-throw line
10. 5 free-throws
11. 10 from each side: Short-corner shots
12. 5 free throws
13. 10 from each side: Dribble from half-court from the right, crossover move and shoot a R side Elbow jump shot. Get rebound and dribble out to half-court on left side, dribble back in crossover and shot a L side Elbow jump shot
14. 5 free throws
15. 10 on each hand: From the left wing fake R, go for L lay up; fake L go R layup
16. 5 free throws
17. 10 on each hand: From the right wing-fake R, go for L layup; fake L go R layup
18. 5 free throws
19. 10 from each side: Pass to self on wing, catch and shoot. Rebound, go to the other side, pass, catch, and shoot
20. 5 free throws
21. 10 from each side: Pass to self on baseline, catch and shoot. Rebound, go to the other baseline, pass and catch and shoot
22. 5 free throws
23. 10 from each side: From left and right wings - fake one direction (5 left and 5 right), then go 1 or 2 dribbles the other way and shoot a jumper
24. 10 free throws
25. Random shooting for 5 minutes



"Remember, results aren't the criteria for success — it's the effort made for achievement that is most important." — John Wooden

380 Post Player (Posting Up, Shooting, Rebounding) - Individual Workout

****TIPS:** All players can benefit from this work also, not just the Post Players. When doing this workout, concentrate on posting up above the block, catching the ball and then performing the moves at GAME speed.

MIKAN: Basic Micro Drills L/R hand

1. 10 One foot lay-ups from each side of the rim
2. 10 One foot reverse lay-ups from under each side of the rim
3. 10 Two foot lay-ups from each side of the rim
4. 10 Two foot reverse lay-ups from under each side of the rim
5. 10 One foot lay-ups from each side of the rim all net
6. 10 Wide Release lay-ups from each side of the rim
7. 10 Shot Fake Escape Dribble lay-ups from each side of the rim

MIKAN: Pivot Move and Finish L/R hand

1. 10 Jump Hook Inside Pivot from each side of the rim
2. 10 Jump Hook Outside Pivot from each side of the rim
3. 10 Drop Step Baseline from each side of the rim
4. 10 Drop Step Middle from each side of the rim
5. 10 Drop Step Step Through Baseline from each side of the rim
6. 10 Drop Step Step Through Middle from each side of the rim

MIKAN: Econo Moves Away from the Basket L/R hand

1. 10 Turn Around Jumper Inside Pivot from each side of the rim
2. 10 Turn Around Jumper Outside Pivot from each side of the rim
3. 10 Fade Away Baseline from each side of the rim
4. 10 Fade Away Middle from each side of the rim
5. 10 Shot Fake Up and Under Baseline lay-up from each side of the rim
6. 10 Shot Fake Up and Under Middle lay-up from each side of the rim

USE THE OFF-SEASON SHOOTING CHARTS TO RECORD YOUR PROGRESS!

*****for a video example of these drills Google:
MB Trainer - Mikan Drill Warm Up*****

**(This is to be done on top of the General shooting workout!!)
"Earn the right to be proud and confident." – John Wooden**

250 Guards (Shooting, Cutting, Passing Rebounding) - 1,2,3 Shooting Workout

****TIPS:** Always start in close with the General shooting workout and then work your way out further from the basket.

1. 10 Free-throws; highest FT % goes first
2. 10 from each side: LESLIE basic
3. 10 from each side: MIKAN basic
4. 10 from each side: Baby-jumpers on the low blocks
5. 10 from each side: Baby-jumpers along 2nd lane of the key
6. 10 baby-jumpers inside the key
7. 10 from each side: Short-corner jump shots
8. 10 from each side: Mid-range jump shots
9. 10 from each side: Elbow jump shots
10. 10 Free-throw line jump shots
11. 10 from each side: Baseline 3-point jump shots
12. 10 from each side: Midway 3-point jump shots
13. 10 from each side: Above the elbow 3-point jump shots
14. 10 Top of the Key 3-point jump shots
15. 10 Free-throw shots

USE THE OFF-SEASON SHOOTING CHARTS TO RECORD YOUR PROGRESS!

***The rebounder must never let the ball escape the arc area, if this happens the shooter and rebounder must execute a give-and-go play with rebounder acting as the giver and goer.**

****Alternate shooter/rebounder/counter after every shot set**

*****The 3rd player is the counter/Wk 4 add a defender.**

******Shots are taken in either a clockwise or counter-clockwise order**

This is a minimum 4 wk daily shooting drill sequence:

Wk 1. No dribble, receiving the ball on cuts & curls; spot up shooting

Wk 2. 1 dribble aggressive basketball move; shot off the dribble

Wk 3. 2 dribbles aggressive basketball move; shot off the dribble

Wk 4. Combo of Wks 1-3; light defensive pressure with a hand in the face

(This is to be done on top of the General shooting workout!!)

Cougars Basketball Off-Season Shooting Chart



"Time lost is time lost. It's gone forever. Some people tell themselves that they will work twice as hard tomorrow to make up for what they did not do today. People should always do their best. If they work twice as hard tomorrow, then they should have also worked twice as hard today. That would have been their best." – John Wooden

Date _____ Shots made/attempted:

/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/10
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Total = /60

/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/10
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Total = /230

Total = /290

Date _____ Shots made/attempted:

/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/10
----	----	----	----	----	----	----	----	----	----	-----

Total = /60

/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/10
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Total = /230

Total = /290



Date _____ Shots made/attempted:

/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/10
----	----	----	----	----	----	----	----	----	----	----	-----

Total = /60

/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/10
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Total = /230

Total = /290

Date _____ Shots made/attempted:

/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/10
----	----	----	----	----	----	----	----	----	----	----	-----

Total = /60

/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/10
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Total = /230

Total = /290

Date _____ Shots made/attempted:

/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/10
----	----	----	----	----	----	----	----	----	----	----	-----

Total = /60

/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/20	/10
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Total = /230

Total = /290

Cougars Basketball

Off-Season Guard Shooting Chart

"Success is peace of mind which is a direct result of self-satisfaction in knowing that you did your best to become the best you are capable of becoming." – John Wooden

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250

Date _____ Shots made/attempted:

/20FT		/10LR		/10LL		/10MR		/10ML	
/10RB		/10LB		/10RL		/10LL		/10CL	
/10SCR	/10SCL	/10MRR	/10MRL	/10ER	/10EL	/10FT			
/10BL	/10BR	/10MR	/10ML	/10AR	/10AL	/10TK			

Total = /250



Cougars Basketball

Off-Season Post Shooting Chart

"Many athletes have tremendous God-given gifts, but they don't focus on the development of those gifts. Who are these individuals? You've never heard of them – and you never will. It's true in sports and it's true everywhere in life. Hard work is the difference. Very hard work."
 – John Wooden

Date _____ Shots made/attempted:

/10LR	/10LL	/10TR	/10TL	/10AR	/10AL	/10RR
/10RL	/10SR	/10SL	/10WR	/10WL	/10ER	/10EL
/10iR	/10iL	/10oR	/10oL	/10BR	/10BL	
/10MR	/10MR	/10SR	/10SL	/10RS	/10LF	
/10TR	/10TL	/10RT	/10LT	/10FR	/10FL	/10RF
/10LF	/10mR	/10mL	/10SR	/10SL	/10UR	/10UL

Total = /380

Date _____ Shots made/attempted:

/10LR	/10LL	/10TR	/10TL	/10AR	/10AL	/10RR
/10RL	/10SR	/10SL	/10WR	/10WL	/10ER	/10EL
/10iR	/10iL	/10oR	/10oL	/10BR	/10BL	
/10MR	/10MR	/10SR	/10SL	/10RS	/10LF	
/10TR	/10TL	/10RT	/10LT	/10FR	/10FL	/10RF
/10LF	/10mR	/10mL	/10SR	/10SL	/10UR	/10UL

Total = /380



Date _____ Shots made/attempted:

/10LR	/10LL	/10TR	/10TL	/10AR	/10AL	/10RR
/10RL	/10SR	/10SL	/10WR	/10WL	/10ER	/10EL
/10iR	/10iL	/10oR	/10oL	/10BR	/10BL	
/10MR	/10MR	/10SR	/10SL	/10RS	/10LF	
/10TR	/10TL	/10RT	/10LT	/10FR	/10FL	/10RF
/10LF	/10mR	/10mL	/10SR	/10SL	/10UR	/10UL

Total = /380

Date _____ Shots made/attempted:

/10LR	/10LL	/10TR	/10TL	/10AR	/10AL	/10RR
/10RL	/10SR	/10SL	/10WR	/10WL	/10ER	/10EL
/10iR	/10iL	/10oR	/10oL	/10BR	/10BL	
/10MR	/10MR	/10SR	/10SL	/10RS	/10LF	
/10TR	/10TL	/10RT	/10LT	/10FR	/10FL	/10RF
/10LF	/10mR	/10mL	/10SR	/10SL	/10UR	/10UL

Total = /380

Date _____ Shots made/attempted:

/10LR	/10LL	/10TR	/10TL	/10AR	/10AL	/10RR
/10RL	/10SR	/10SL	/10WR	/10WL	/10ER	/10EL
/10iR	/10iL	/10oR	/10oL	/10BR	/10BL	
/10MR	/10MR	/10SR	/10SL	/10RS	/10LF	
/10TR	/10TL	/10RT	/10LT	/10FR	/10FL	/10RF
/10LF	/10mR	/10mL	/10SR	/10SL	/10UR	/10UL

Total = /380

SHOOTING CHECKLIST - 7 MOST COMMON PROBLEMS

PROBLEM #1:

Ball is consistently short

Major reasons:

- o Legs are tired
- o Legs are not being used enough
- o Not concentrating on arc
- o Poor follow through
- o Eyes following ball
- o Poor concentration

Remedies:

- o Rest legs
- o Concentrate on swish
- o Flip drill
- o Close in shooting

PROBLEM #2:

Ball is inconsistently short and long

Major reasons:

- o Using arms too much
- o Floating
- o Not releasing at peak of jump

Remedies:

- o Flip drill
- o More concentration on wrist and follow through
- o Rhythm shooting with dribble
- o Close in shooting

PROBLEM #3:

Ball is going left or right of target

Major reasons:

- o Not following through to target
- o Twisting wrist out or in
- o Elbow not aligned
- o Floating

Remedies:

- o Flip drill
- o Form shooting
- o Spot shooting

PROBLEM #4:

Ball has no touch (not getting the bounce)

Major Reasons:

- o Poor rotation
- o Poor arc
- o No fingerpad control

Remedies:

- o Form shooting
- o Check hand for dirt on palm

PROBLEM #5:

Bank shots are off

Major Reasons:

- o Watching rim instead of target
- o Ball not hitting target on way down

Remedies:

- o Watch target
- o Increase arc

PROBLEM #6:

FG % is down

Major reasons:

- o Poor shot selection
- o Shooting off balance
- o Shooting out of range
- o Shooting with too much defensive pressure
- o Trying shots that you have not mastered

Remedies:

- o Remove the player from the game
- o Re-evaluate your shot selection

PROBLEM #7:

Your shot is off during a game

Remedies:

- o Look to drive and get shots closer to the hoop
- o Use the backboard more
- o Try to get to the FT line
- o Post up more
- o Use your offensive skills to set up your teammates
- o Increase your concentration
- o Concentrate on other areas of your game