

MONDAY "DRIVEWAY WORKOUT"		WEDNESDAY "DRIVEWAY WORKOUT"		FRIDAY "SHOOTING WORKOUT"	
One hand basketball (Right/Left)	Low/Mid/High 50 reps	Two basketballs	Low/Mid/High 50 reps	Form shooting clean swish no rim (Right/Middle/Left)	30 makes
Crossovers one basketball	50 reps	Crossovers two basketballs	50 reps	Free throws	10 makes
Between both legs one basketball	50 reps	Between both legs two basketballs	50 reps	Floater (Right/Middle/Left)	10 makes
Behind the back one basketball	50 reps	Behind the back two basketballs	50 reps	Free throws	10 makes
RT hand in & out one basketball	50 reps	In & out two basketballs	50 reps	5 spots shooting mid-range (RT baseline, RT wing, Top, LT wing, LT baseline)	10 makes
LT hand in & out one basketball	50 reps	Front & back two basketballs	50 reps	Free throws	10 makes
RT hand around RT leg only	50 reps	Two basketballs RT hand drop LT double crossover RT	50 reps	5 spots one dribble pull-up mid-range (RT baseline, RT wing, Top, LT wing, LT baseline)	10 makes
LT hand around LT leg only	50 reps	Two basketballs LT hand drop RT double crossover LT	50 reps	Free throws	10 makes
Figure 8	50 reps	Figure 8 two basketballs	50 reps	5 spots 3's (RT baseline, RT wing, Top, LT wing, LT baseline)	10 makes
RT leg between leg crossover	50 reps	Drop RT between legs both legs two basketballs	50 reps	Free throws	10 makes
LT leg between leg crossover	50 reps	Drop LT between legs both legs two basketballs	50 reps	RT jump stop power finish	10 makes
RT btw leg crossover double cross	50 reps	Drop RT behind the back twice two basketballs	50 reps	Middle jumps stop power finish	10 makes
LT btw leg crossover double cross	50 reps	Drop LT behind the back twice two basketballs	50 reps	LT jump stop power finish	10 makes
<i>Defensive slides</i>		<i>Defensive slides</i>		Free throws	10 makes
<i>Lateral</i>	<i>12 reps x3</i>	<i>Lateral</i>	<i>12 reps x3</i>	5 spots rip and go finish layup (RT baseline, RT wing, Top, LT wing, LT baseline)	10 makes
<i>Jump rope</i>	<i>30 secs x3</i>	<i>Jump rope</i>	<i>30 secs x3</i>	Free throws	40 makes
<i>Zig - Zag</i>	<i>12 reps x3</i>	<i>Zig - Zag</i>	<i>12 reps x3</i>		
<i>Jumping jacks</i>	<i>30 secs x3</i>	<i>Jumping jacks</i>	<i>30 secs x3</i>		
<i>Close outs</i>	<i>12 reps x3</i>	<i>Close outs</i>	<i>12 reps x3</i>		
<i>Wall sit defensive stance</i>	<i>30 secs x3</i>	<i>Wall sit defensive stance</i>	<i>30 secs x3</i>		

YOUR BASKETBALL WORKOUT WILL COINCIDE WITH THE FOOTBALL LIFTING WORKOUT

If you don't have a hoop for FRIDAYS workout do our PIVOT SERIES + Extra Conditioning.

If no driveway is available, go mailbox to mailbox, get creative.