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Workout Outline 2 Parts

Part 1: Drill Series

Station 1: Speed Dribble

Location/Set Up: Two Columns of 4 Cones splitting Red / Yellow Court. Players go up and back.

Actions: Speed Dribble, Hesitation, In and Out, Cross, In and Out - Cross/BehindBack/Between Legs, Double Cross/BehindBack/Between Legs.

Emphasis: Staying low throughout combo moves, change of speed moves, low stance when making moves.

Station 2: Post Up / Power Push Dribble

Location/Set Up: Red Court Side Basket Far. 1 ball per pair of players

Actions: With Partner work on using hip and legs to push back your defender to get to your spot. 3 Dribble Push and Pound pop back to create space. 3 Dribble Push and Pound and spin off contact. Cross over/between legs/behind back before entry

Emphasis: Protecting ball while seeing the floor, get to the spot where you want. Good for guard post up, entry into pick and roll, protecting dribble while offense initiates.

Station 3: Two Ball Partner Dribbling

Location/Set Up: Red Court Side Basket Near, 2 balls per pair of players

Actions: With Partner. 5 Pound Dribble, pass one ball and do combo move before passing 2nd ball to partner. Partner repeats. Combo Moves: In and out cross, double b/w legs, double/behind back. Final Few Minutes: "MSC" with partner. Perform combo move for them to duplicate.

Emphasis: Constant dribbling, pushing your partner, competition.

Station 4: Single Tennis Ball Drill

Location/Set Up: Yellow Court Side Basket, One ball and one tennis ball per player

Actions: Release/catch tennis ball. Variations: In and Out, Cross, Between Legs, Behind Back, Double Moves. Differentiate between dribbles per tennis ball flip. Allow tennis ball to bounce once for harder variations.

Emphasis: Hand eye coordination, dribbling with head up, quick moves.

Station 5: Circle Dribble Tag

Location/Set Up: Around Red Court Circle, Each Player has Ball

Actions: Players compete 1 on 1 in a game of tag. Players must dribble around the circle, never inside it. If player gets tagged or any player loses the ball; they are out.

Emphasis: Competition, speed dribble, quick change of direction.

Station 6: Pocket Shooting

Location/Set Up: Yellow Court Far Basket. 2 Lines. 1st with Balls on Wing, 2nd with no balls opposite corner. Grab your own rebound.

Actions: Fill to spot in front of top cone, Ball side foot is planted, rip through with one dribble, immediate crossover move to other direction. For layup and or jumpshot. Variations pending level: No dribble after move, Spin after rip through, cross to fake pull up for layup, floaters.

Emphasis: Quick rip through followed by quicker 2nd move. Defense cuts you off so be ready to react and counter. Have feet match quick dribble to prepare jump shot.

Station 7: Retreat Dribble to Attack

Location/Set Up: Yellow Court Main Near Basket. 1 Line at top of 3pt Line

Actions: Attack left or right, after 3 dribbles, two retreat dribbles to attack different/same direction for layup / jumpshot. Variations: Behind back/between legs/spin out of retreat dribble.

Emphasis: Creating space for counter move, pulling defender out onto an island and making counter move.

Part 2: Pro Series

Set Up: 2 Lines at each main basket

- 1) **Chris Paul:** Fake behind the leg pass
- 2) **Jamaal Crawford:** Double Behind the Back (Shake and Bake)
- 3) **God Shammgod:** Push out Pull-Back Cross
- 4) **Allen Iverson:** Breakdown Dribble to looping cross
- 5) **Derrick Rose / Tim Hardaway / Jason Williams Cross:**
 - Rose:** Hesitation after b/w legs to in and out to cross
 - Hardaway / Williams:** B/w Legs to hard plant of front foot and cross
- 6) **James Harden Euro Step:** Slow gather of basketball into Euro. Used in open court