

1000 Touch Workout

The following activity guide will improve your skills and get you ready for the season.

It is imperative that we not lose sight of the most important skills in basketball – fundamentals (dribbling, passing, and shooting). These fundamentals determine what happens in the course of a game through movement, plays, transition.

The important thing to remember about fundamentals is that players can develop these skills and ability on their own, away from team practice. This development is what will separate us from the competition we face as a team.

Throughout this workout, you are to master at least 3 different skills. MASTER – that means with both the right and left hands, in all directions, and at game speed. Reflexive skills – without having to “think” – you just “do.” Of course, the more you master, the more dangerous you are to your opponent.

The workout enclosed is designed to give you about 1000 touches in seven minutes. If you can find seven minutes a day to work on basketball skills, you will see great improvement in your individual ability as well as confidence.

GOOD LUCK – and most importantly, HAVE FUN!!



1000 TOUCH WORKOUT

SEVEN MINUTE DRILL

STATIONARY DRIBBLING - 30 each hand

50 Ball Slaps

30 Finger Tips – 10 high, 10 out front, 10 low

Basic Dribble – Stationary (30 each hand)

1. Knee height
2. Waist height

50 Waist Circles

Cross-over Dribble - Stationary (30 each)

1. Low in front
2. Between legs (Left in front)
3. Between legs (Right in front)

50 Knee Circles

Front to Back Dribble - Stationary (30 each hand)

1. Right side
2. Left side

50 Head Circles

Side to Side Dribble – Stationary (30 each hand)

1. Right side (in front)
2. Left side (in front)

MOVEMENT DRIBBLING – 10 repetitions each

1. Front to Back – 3 hard dribbles forward, 3 back dribbles (moving backwards with no turn) (Right and Left = 1 repetition)
2. Cross-over Dribble – 3 hard dribbles right, give a feint (rocking body), low cross-over, 3 hard dribbles left, give a feint, 3 hard dribbles right ... repeat (Right and Left cross-over = 1 repetition)
3. In and Out Dribble – 3 hard dribbles right, fake cross-over, 3 hard dribbles right; 3 hard dribbles left, fake cross-over, 3 hard dribbles left ... repeat (Right and Left = 1 repetition)
4. Stop-n-Go (hesitation dribble) – 3 hard dribbles right, hesitate, explode 5 dribbles; 3 hard dribbles left, hesitate, explode 5 dribbles ... repeat (Right and Left = 1 repetition)

*****Recommended 6 days a week = 6000 touches*****

ADDITIONAL CYCLES – TO INCORPORATE PASSING FUNDAMENTALS

Ball and a Wall: Spend another 10 minutes passing against a wall. Square feet and shoulders, use multiple “game-like” passes. Pass: firm pass directly to wall (no movement). Dribble Pass: firm pass directly, receive, two-dribbles right or left, repeat. ****Remember Triple-Threat****

STATIONARY PASSING: 10 repetitions

1. Chest pass
2. Over-head pass
3. Bounce pass
4. Single-arm pass (right)
5. Single-arm pass (left)

MOVEMENT PASSING: 10 repetitions

1. Chest pass – add ball fake/dribble
2. Over-head pass – add ball fake/dribble
3. Bounce pass – add ball fake/dribble

1. Single arm - add ball fake/dribble
2. Single arm – add ball fake/dribble

PATTERN DRIBBLING OFF THE PASS:

1. Chest pass – receive two dribbles right, cross-over, two dribbles left
2. Bounce pass – receive two dribbles right, cross-over, two dribbles left
3. Be creative ... use the wall and ball to emulate passes, angles, feints
 - a. Receive two dribbles right, behind back, two dribbles left
 - b. Receive two dribbles left, hesitation, two dribbles left

RUNNING, SPRINTING, & SLOWING WITH THE BALL:

Accelerate and decelerate under full control of the ball. This is different from dribbling. Dribbling is about control of the ball with change of direction ... this is about pace with the ball and change of pace (game-like). The ability to change your pace – explode or come to a dead stop with the ball under full control – is as important as any move you can ever learn. Start from a medium/moderate pace and then explode – fast break sprint – for 10-20 feet (about ½ court). Then bring the ball back down to moderate pace – while not breaking stride. 10-15 minutes of cardio workout.

ADDING THE HOOP:

If you have access to a hoop ... incorporate the workout on the court. Utilize pattern dribbling with lay-ups, block jumpers, elbow jumpers, baseline jumpers, wing jumpers, foul line jumpers and three point jumpers. ***Finish your work-out with 100 free throws. The game can be won and lost from the free throw line!!***