

MVP Offseason Workouts - Basketball #1

Time	Activity	Notes
0-5 min 5 minutes	Warm up -Jog around the block for five minutes or run in place	-Start as slow as walking and gradually speed up to allow the body to warm up
6-15 min 10 minutes	Dribbling drills -Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over -6 of each, with each hand	-Change direction with purpose as if blowing by a defender or "breaking ankles" -Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction.
16-20 min 5 minutes	Speed/Explosion -15 Drop and jump	-Focus on spending as little time on the ground as possible from the drop
21-25 min 5 minutes	Rebounding Backboard toss: -10 defensive, 5 on the left and 5 on the right -10 offensive, 5 on the left and 5 on the right	-Defensive rebounding: keep ball up by chin with elbows out to protect the ball from defenders -Offensive rebounding: do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away
25-36 min 10 minutes	Post moves -20 drop steps from each side of hoop *Water break*	-Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed. -Do 10 to the baseline and 10 to the middle on each side of the hoop.
36-40 min 5 minutes	Speed/Explosion -6 Drop and sprint forward, left, and right	-Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half

Basketball Training Program

RD Boyd



Basketball Training Program:

Adopting the Track of Term: An Emotional Symphony within **Basketball Training Program**

In a global eaten by monitors and the ceaseless chatter of quick conversation, the melodic beauty and psychological symphony developed by the published word usually fade in to the background, eclipsed by the relentless noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Basketball Training Program** a wonderful fictional value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that interesting masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this emotional analysis, we shall investigate the book is main harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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