

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 Sample

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Daniele Conte**



Basketball Training Program Sample:

This book delves into Basketball Training Program Sample. Basketball Training Program Sample is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Basketball Training Program Sample, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Basketball Training Program Sample
 - Chapter 2: Essential Elements of Basketball Training Program Sample
 - Chapter 3: Basketball Training Program Sample in Everyday Life
 - Chapter 4: Basketball Training Program Sample in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Basketball Training Program Sample. The first chapter will explore what Basketball Training Program Sample is, why Basketball Training Program Sample is vital, and how to effectively learn about Basketball Training Program Sample.
 3. In chapter 2, this book will delve into the foundational concepts of Basketball Training Program Sample. This chapter will elucidate the essential principles that need to be understood to grasp Basketball Training Program Sample in its entirety.
 4. In chapter 3, this book will examine the practical applications of Basketball Training Program Sample in daily life. The third chapter will showcase real-world examples of how Basketball Training Program Sample can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Basketball Training Program Sample in specific contexts. The fourth chapter will explore how Basketball Training Program Sample is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Basketball Training Program Sample. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Basketball Training Program Sample.

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