

Basketball Court Workout



Workout	Reps/ Time	Instructions
Warm Up	5 minutes	Jog 5 laps around the court + 100 jumping jacks
Full Court Lay Ups	2 min	Start at base court line, dribble to opposite goal and do right hand lay up; dribble to opposite goal and do left hand lay up - REPEAT
Half Court Sprint	7	Down and back - starting at the baseline, run to the half court line & back
Full Court Ball Handling	3 min	Dribble up and down the full court any style you like - continuous movement
Full Court Sprint	5	Down and back - starting at the baseline, run to the opposite baseline & back
Calf Jumps #1	90 sec	Jump and down reaching for the back board (touch back board or rim or net if you can)
Suicide Sprint	1	Starting at the baseline: run to the free throw line & back, half court line & back; opposite free throw line and back; opposite baseline & back
Box Drill	2 min	Starting at baseline, sprint to free throw line, shuffle across free throw line, back pedal to the base line, shuffle back to your starting point - REPEAT
Suicide Sprint	1	Starting at the baseline: run to the free throw line & back, half court line & back; opposite free throw line and back; opposite baseline & back
Calf Jumps #2	60 sec	Jump and down reaching for the back board (touch back board or rim or net if you can)
Suicide Sprint	2	Starting at the baseline: run to the free throw line & back, half court line & back; opposite free throw line and back; opposite baseline & back
Play 1:1	15 - 20 min	Game to 11 (win by 2); if you are working out alone, MAKE 30 jump shots outside the 15 foot range and jog to get your own rebound
Cool Down	5 minutes	Stretch

Basketball Training Programs

Padhraic Smyth



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