



45 Minute Perimeter Workout #1

Execute each of the following drills for 90 seconds. Work at GAME TEMPO ! Shoot 5 free throws following each drill. Stretch down following workout.

- 2 ball dribbling
- Catch & shoot 2 point jump shots (toss ball to yourself – quick feet into jumper)
- Rips to lay ups (toss ball to yourself – sweep ball low and explode 1 or 2 dribbles – mix up finishes e.g. underhand lay-up, power lay-up, reverse etc.)
- Stationary dribbling
- 3 point shooting (toss ball to yourself – quick feet into jumper)
- X out defensive slides (stay low, short “choppy” steps)
- Baseline to half court lane dribbling 20/10/5/2/1 (20 dribble moves, 10 dribble moves, 5 moves etc.)
- Dribble jumpers (toss ball - 1 and 2 dribbles; left & right off shot fake and/or drive fake)
- Passing against wall, toss back or to partner – “10’s” – go through following sequence right hand push pass x10; left hand push pass x 15; chest pass x 10
- Full court dribble moves into lay ups and jumpers (incorporate hesitation, behind the back, cross-overs, pull-backs, onside dribble etc.)
- 2 minute rest / drink break
- Jump shots off on ball screens (work from wings and top of key)
- Low post to low post shooting (drop step, spins, turnaround jumpers etc.)
- Make 5 Free Throws in a row

45 Minute Perimeter Workout #2

Execute each of the following drills for 90 seconds. Work at GAME TEMPO ! Shoot 5 free throws following each drill. Stretch down following workout

- Circle dribble (pullbacks, cross-overs, between legs, spins etc)
- Catch & shoot 2 point jump shots
- Maravich Ball-handling drills
- Fast break jumpers (foul line to foul line speed dribble to pull up jumpers)
- 2 ball dribbling
- Drives to basket (off shot fake; drive fake) with change of direction dribble
- Circle slides (2 x 30" slides across foul line and back)
- Stationary dribbling (standing figure 8, "doubles", push-pull etc)
- 3 point shooting
- Pull-up jumpers off ribs i.e. catch & go (mix up 1, 2 bounce jumpers etc.)
- 2 minute rest / drink break
- Combination shooting (toss ball, mix in lay-ups, jumpers, 3's etc)
- Jump shots off on-ball screen (chair) – work from top of key & wings both ways
- Catch and Shoot Jump Shots Shots (start from 3 point line & toss ball out)
- "live" dribble moves to jumpers (begin 3-4 metres outside 3 point line)
- Low post moves/shots
- Make 5 Free throws in a Row

45 Minute Perimeter Player Workout #3

Execute each of the following drills for 90 seconds. Work at GAME TEMPO ! Shoot 5 free throws following each drill. Stretch down following workout

- Low post moves (drop step power, jump hooks, jumpers etc.)
- Catch & shoot 2 point “bank” shots (5 – 15 foot jumpers using backboard)
- Ball-handling drills (see appendix for possible options)
- Full Court fast break jumpers (from left, right and down middle)
- 2 ball stationary dribbling (see page on 2 Ball Dribbling)
- 3 point shooting
- Circle close out, slides & defensive drop steps (2 x 30” sets)
- 2 minute recovery / drink break
- Passing off dribble (pass against wall, execute a dribble move & pass off wall)
- 2 point jumpers 17-18’ catch & shoot
- Rips to jumpers/lay ups (from wing or high post)
- 2 minute recovery / drink break
- One dribble jump shots off shot fake from 3 point line
- 2 ball dribbling
- Catch & Shoot 3 point shots
- Combination 1 on 0 moves off shot/drive fake (mix in dribble J’s, lay ups etc.)
- Make 5 Free Throws in a Row