



# Whittlesea Pacers Workouts:2021

## 100 Minute Off Season Workout

Level: Younger Players

Point in season: **Summer/Off Season Workouts**

**Workout objectives:** (1) Ball Handling Skills: (2) Shooting Skills: (3) Core and Strength work (4) Stamina

Practice activities			
Time	Name of activity	Description	Key teaching points
7 min	<b>Stationary Ball Handling</b>	Taps & Wraps x 30 Hi/Low: Combo wraps x 20 E/W; quick hand flips x 20; Rhythm wraps x 20 E/W; single double leg wraps x 20; figure 8's (3-2-1-military); 30 dribble sit ups	Quick hands: do them as fast as you can
3 min	<b>Core Work</b>	1-minute plank 30 sit ups (full extension) 1-minute plank repeat	
8 min	<b>1 Ball Work</b>	1 Ball Drills: 30-pound, 10 Box Dribbles; 20-spider dribbles; 2 dribble figure 8's x 20; 30 kill and pound; 1minute pound drill  Full court ball handling: 1 and 2 ball work, various moves at pace;	Ball control with both hands and work on game pace ball handling;  Crossovers, Between the legs, Behind the Back, Combination moves
5 min	<b>Strength Work</b>	10 x single hand 1 Ball push ups  10 x fingertip push ups  10 x 2 handed ball push ups	



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2 min	<b>Water break</b>	Drink / Hydrate	Quick recovery
15 min	<b>Mid-range shooting x 2</b>	Toss to 3pt line: reverse pivot jab and go; 2-dribble pull up, working both pivot feet	5 spots making 10 shots from each plus 5 free throws (game pace)
15 min	<b>Close Range Finishing x 2</b>	Toss to 3pt line: attack off the dribble various finishes: floaters x 20 Each hand; L&R, Lay ups x 20; Step thru's x 20; Euro step moves x 20	Attack basket at pace and concentrate on the finish
15 min	<b>Long Range Shooting x 2</b>	3 sprint dribble 3pt pull-ups; x 30 from half court (Makes)	Use the entire 3-point line area and shoot at game pace
3 min	<b>Core Work</b>	1-minute plank; 10 superman lifts: (hold for 10 seconds) 10 sit ups in 30 seconds x 2	Lift both arms and feet 6 inches off the floor and hold (with ball)
2 min	<b>Water Break</b>	Quick Drink to Hydrate	Quick recovery
5 min	<b>Mikan Layups</b>	Mikan layups x 1 minute; Reverse Mikan x 1 minute; Alternate Mikan x 1 minute; Power Mikan x 1 minute	Vary the layups in the drill without stopping for 2 minutes; rest 1 minute then 2 minutes again
4 min	<b>Free Throws</b>	Make 10 free throws 80% or better	If less than 80% = 1 min wall sit
10 min	<b>Sprints</b>	10 & 1 full court sprints; 8 half court sprints; Rest 1 minute; Repeat	Speed and stamina
6 min	<b>Cool Down/Stretch</b>	Light jog and stretch	Recover