



Whittlesea Pacers Workouts:2021

115 Minute Off Season Workout

Level: Elite 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	Stationary Ball Handling	Taps & Wraps x 30: Combo wraps, quick hand flips; Rhythm wraps; single double leg wraps; figure 8's; 30 dribble sit ups	Quick hands: do them as fast as you can
3 min	Core Work	1-minute plank 30 sit ups 1-minute plank repeat	
8 min	1 and 2 Ball Work	1 – 2 Ball Drills: 30-pound, double pound; 30 continuous crossovers; 1-pound cross; figure 8's; 30 kill and pound; 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
5 min	Strength Work	30 x Single Hand 1 Ball push ups 20 x fingertip push ups 10 x 2 hand 1ball push ups 10 x 2 ball push ups	



Whittlesea Pacers Workouts:2021

2 min	Water break	Drink / Hydrate	Quick recovery
15 min	Mid-range shooting x 2	Toss to 3pt line: cross + between x 3 and go; 2-dribble pull up;	5 spots making 10 shots from each plus 5 free throws (game pace)
15 min	Close Range Finishing x 2	Toss to 3pt line: attack off the dribble various finishes: floaters x 30; L&R, Lay ups x 20; Lane pull up jumpers x 20; Euro-step finishes x 30	Attack basket at pace and concentrate on the finish
15 min	Long Range Shooting x 2	2 and 3 sprint dribble 3pt pull-ups; x 30 from half and $\frac{3}{4}$ court	Use the entire 3-point line area and shoot at game pace
3 min	Core Work	1-minute plank; 20 superman lifts: (hold for 10 seconds) 30 sit ups full motion 30 sit ups (crunches/ knees up)	Lift both arms and feet 6 inches off the floor and hold (with ball)
2 min	Water Break	Quick Drink to Hydrate	Quick recovery
5 min	Mikan Layups	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
15 min	Post Finishing Moves	Drop Step Power Layup L&R x 20; Crab Dribble Jump Hook L&R x 20; Crab Dribble middle step through x 20; Crab dribble middle reverse pivot x 20; Dream shake turn-around jumper x 20	



Whittlesea Pacers Workouts:2021

4 min	Free Throws	Make 10 free throws 80% or better	If less than 80% = 1 min wall sit
10 min	Sprints	10 & 1 full court sprints; 5 suicides; 8 half court sprints: (Rest 1 min); Repeat	Speed and stamina
6 min	Cool Down/Stretch	Light jog and stretch	Recover