

# 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

**Chip Sigmon**



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## **Table of Contents Basketball Training Program Sample**

1. Understanding the eBook Basketball Training Program Sample
  - The Rise of Digital Reading Basketball Training Program Sample
  - Advantages of eBooks Over Traditional Books
2. Identifying Basketball Training Program Sample
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Basketball Training Program Sample
  - User-Friendly Interface
4. Exploring eBook Recommendations from Basketball Training Program Sample
  - Personalized Recommendations
  - Basketball Training Program Sample User Reviews and Ratings
  - Basketball Training Program Sample and Bestseller Lists
5. Accessing Basketball Training Program Sample Free and Paid eBooks

- Basketball Training Program Sample Public Domain eBooks
  - Basketball Training Program Sample eBook Subscription Services
  - Basketball Training Program Sample Budget-Friendly Options
6. Navigating Basketball Training Program Sample eBook Formats
    - ePub, PDF, MOBI, and More
    - Basketball Training Program Sample Compatibility with Devices
    - Basketball Training Program Sample Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Basketball Training Program Sample
    - Highlighting and Note-Taking Basketball Training Program Sample
    - Interactive Elements Basketball Training Program Sample
  8. Staying Engaged with Basketball Training Program Sample
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Basketball Training Program Sample
  9. Balancing eBooks and Physical Books Basketball Training Program Sample
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Basketball Training Program Sample
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Basketball Training Program Sample
    - Setting Reading Goals Basketball Training Program Sample
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Basketball Training Program Sample
    - Fact-Checking eBook Content of Basketball Training Program Sample
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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