

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

IM Harris



Basketball Training Program:

Decoding **Basketball Training Program**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Basketball Training Program**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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