

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

R Barnett



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