

# ALL PLAYER HOME PROGRAM



ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5	MODULE 6
<b>SKIPPING/ FOOTWORK</b>	3 minutes skipping, line jumping	running - high knees, high heels, 3 minutes skipping	plant and pivot running, 3 minutes skipping	running - high knees, grapevine, 3 minutes skipping	line jumping, bounding, 3 minutes skipping	
<b>STRETCHING</b>	Stretch	Stretch	Stretch	Stretch	Stretch	
<b>BALL HANDLING (2 minutes)</b>	Maravich stationary ball handling drills	Maravich stationary ball handling drills	2 ball stationary dribbling drills on the spot	Stationary dribbling drills	Maravich stationary ball handling drills	
<b>DRIBBLING - FULLCOURT DOWN AND BACK TWICE ON EACH MOVE</b>	1 X ball moves, x-over, hesitation, spin, inside/ out	1 x ball moves, speed dribble, retreat and explode, x-over	1 x ball moves, combinations, double x-over, legs/spin, legs/back	2 ball moves, alternate, together, legs/x-over, x-over/behind	1 or 2 balls, Circle dribbling in jump ball circles	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>WARMUP SHOOTING (5 minutes)</b>	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	One hand technique shooting (close to basket), rhythm shooting, Mikan drill (1 min/28)	One hand technique shooting, rhythm shooting, reverse Mikan	Technique shooting, Mikan drill (1 min/ 28) rhythm shooting	
<b>WING (Shoot for 2 minutes)</b>	Toss and catch, forward pivot and mid-range shot (outside key)	Toss and catch, shot fake, 1 dribble j/shot	Toss and catch, jab/drive fake and j/shot	Toss and catch, dribble move and j/shot	Toss and catch, 1 dribble move to basket for power layup	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>HIGH POST (Shoot for 2 minutes)</b>	Toss and catch, reverse pivot and shot	Toss and catch, reverse pivot, shot fake and 1 dribble power layup	Toss and catch, forward pivot and shot	Toss and catch, 1 x-over dribble to middle for short j/shot	Toss and catch, reverse pivot and shot	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>LOW POST (Shoot for 2 minutes)</b>	Toss and catch, drop step low, power layup	Toss and catch, forward pivot highside and shoot	Toss and catch, drop step middle and jump hook shot	Toss and catch, drop steps high and low, counters high and low	Toss and catch, drop step low, power layup	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>CREATIVE SHOOTING (Shoot for 2 minutes)</b>	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	own choice of shot (no 3 pointers)	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>3 PT SHOOTING (Shoot for 2 minutes) (for U/16 &amp; U/18 athletes only)</b>	Toss and catch, shoot the "3" (from wherever the ball ends up)	1/2 way line, 1-2 dribbles, shoot the "3"	Catch a skip pass and shoot the "3"	Toss and catch, shoot the "3" (from wherever the ball ends up)	Toss and catch, shoot the "3" (from wherever the ball ends up)	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>TRANSITION SHOOTING - SHOOT 5 EACH SIDE</b>	2-3 dribble wing j/shot - start from 1/2 way sideline	2 dribble elbow j/shot - start from 1/2 way	2-3 dribble block j/shot (go straight up) - start from 1/2 way	2 dribble, 3 point shot - start from 1/2 way (U/16 & U/18 only)	pass to coach, sprint, catch and shoot - start from 1/2 way	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>REBOUNDING</b>	Throw ball off backboard, rebound, keep ball high, up and score x 10	Ball Tapping - L hand x 10, R hand x10, Both hands x 10	Throw ball off backboard, rebound, keep ball high, up and score x 10	Superman drill - toss ball over ring, catch keeping ball up , repeat x 10	Ball Tapping - L hand x 10, R hand x10, Both hands x 10	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>DEFENSIVE DRILL (twice each side)</b>	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Zig zag agility drill Sprint forward, slide diagonally, sprint, slide diagonally, sprint	Wing denial - deny pass twice, snap head on backdoor (go both sides)	Slide, run, slide baseline to 1/2 way x twice each side	
<b>FREE THROWS/ DRINK</b>	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
<b>COMPETITION</b>	Consecutive free throws	X - out layups in 1 minute	X - out layups in 1 minute	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	
<b>STRETCHING</b>	Stretch	Stretch	Stretch	Stretch	Stretch	