

BIG MAN HOME PROGRAM



ACTIVITY	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5	MODULE 6
SKIPPING/ FOOTWORK	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	
STRETCHING	Stretch	Stretch	Stretch	Stretch	Stretch	
DRIBBLING - FULLCOURT DOWN AND BACK TWICE ON EACH MOVE	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	
WARMUP SHOOTING (5 minutes)	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	One hand technique shooting (close to basket), rhythm shooting, Mikán drill (1 min/28)	One hand technique shooting, rhythm shooting, reverse Mikán	Technique shooting, Mikán drill (1 min/ 28) rhythm shooting	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
BLOCK SHOOTING	rhythm shooting	Toss and catch, back to basket, reverse pivot, j/shot	Toss and catch back to basket, forward pivot, j/shot	rhythm shooting - spin ball out, forward pivot and shoot	Toss and catch, back to basket, reverse pivot, j/shot	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
LOW POST MOVES (Shoot for 2 minutes)	Toss and catch, fake middle, drop step low, power layup	Toss and catch, fake low, drop step middle, baby hook shot	Toss and catch, reverse pivot, shot fake, 1 dribble, power layup	Toss and catch, drop steps high and low, counters high and low	Toss and catch, fake middle, drop step low, power layup	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
HIGH POST (Shoot for 2 minutes)	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	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
CREATIVE WING SHOOTING (Shoot for 2 minutes)	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)	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
EFFORT DRILLS (1 minute)	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side	Box drill high - 1 or 2 basketballs on elbow block, pickup, 1 dribble, layup, go side to side	Backboard taps - tap ball against backboard using left hand, right hand or both hands	Box drill low - 1 or 2 basketballs on low block, pickup, dropstep low, 1 dribble, power layup, go side to side	X-out layup drill - start at the elbow, 1 dribble and layup, rebound, dribble to other side, repeat	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
REBOUNDING	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	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	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
DEFENSIVE DRILL (2 times)	Slide, run, slide baseline to 1/2 way x twice each side	Circle closeouts - closeout, drop step, slide, slide (repeat opposite)	Post defense footwork	Post cutter defense footwork	Slide, run, slide baseline to 1/2 way x twice each side	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
COMPETITION	Consecutive free throws	X - out layups in 1 minute	Spot shooting drill shoot the ball from 10 different spots	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	
STRETCHING	Stretch	Stretch	Stretch	Stretch	Stretch	