

GUARDS 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	
BALL HANDLING (2 minutes)	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	
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	Dribble the lines	1 or 2 balls, Circle dribbling in jump ball circles	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
WARMUP SHOOTING (5 minutes)	Technique shooting (close to basket), rhythm shooting	Technique shooting (close to basket), creative shooting	Toss outs	Rhythm shooting	Toss outs	
WING (Shoot for 2 minutes)	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	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
HIGH POST (2 mins)	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	
OFF THE DRIBBLE (2 mins)	Toss and catch, shot fake, 1 dribble move and j/shot	Point Moves	Toss and catch, 2 dribble move and j/shot	Toss and catch, shot fake, 1 dribble, change of direction, 1 dribble and jumpshot	Block Shooting	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
CREATIVE SHOOTING (2 mins)	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	
3 PT SHOOTING (Shoot for 2 minutes) (for U/16 & U/18 athletes only)	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)	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
TRANSITION SHOOTING - SHOOT 5 EACH SIDE	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	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
DEFENSIVE DRILL (twice each side)	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	
FREE THROWS/ DRINK	1 x 10	1 x 10	1 x 10	1 x 10	1 x 10	
COMPETITION	Consecutive free throws	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	X - out layups in 1 minute	Spot shooting drill	Jordan's Game, make shot from elbow - add 1, miss shot minus 2 - play to 7	
STRETCHING	Stretch	Stretch	Stretch	Stretch	Stretch	