

**PHENOM TOP 150
OFFENSIVE SKILLS and
PLYOMETRIC / AGILITY
DRILLS PACKET**

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Outline of Offensive Drills

- A. Introduction
- B. Ball Handling
 - 1. Will cover some of the more advanced drills and a brief overview of what a good ball handling routine includes
- C. Dribbling
 - 1. 2 Ball Dribbling
 - 1a. Stationary Drills
 - a. power dribble
 - b. alternate - one-up-one-down
 - c. one high one low
 - d. 1-2-3 cross
 - e. one around-one in place
 - 1b. full Court Drills
 - 2. 1 Ball Dribbling—Working on your moves
 - 2a. in and out dribble
 - 2b. crossover dribble
 - 2c. dribble between legs
 - 2d. behind the back dribble
 - 2e. between legs/crossover
 - 2f. putting 2 moves together
 - in and out/crossover
 - dribble between legs/crossover
 - 2f. improv. Dribbling
- D. Shooting/Offensive Moves
 - 1. Warm Up/Form Shooting
 - a. Stance
 - b. Shot Pocket
 - c. Elbow-In
 - d. Statue of Liberty
 - e. Adding the guide hand
 - 2. Range Shooting/Extending Your Range
 - 3. Elbow Shooting
 - 4. Elbow to Baseline
 - 5. Shot Fake/Dribble and Shoot
 - 6. Shot Fake/Dribble/ Hesitate and Drive
 - 7. Chair Drills-Putting The Moves to Work
 - 6a. in and out dribble
 - 6b. crossover dribble
 - 6c. between the legs dribble
 - 6d. behind the back dribble

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Outline of Offensive Drills

D. Shooting/Offensive Moves (continued)

- 6e. between legs/crossover
- 8. Coming Off Screens – Foot Work and Reading the Defense
 - 7a. curl cut
 - 7b. flare cut
 - 7c. straight cut
- 9. Chair Drill for Stamina

Outline of Plyometrics and Agility Drills

A. Stretching

- 1a. the importance of before and after workout

B. Heavy Ropes

C. Full-Court Lunges

D. Butt Kicks

E. Lay-Up Jumps

F. Bounding

G. High Knees

H. Quick Sprints – Out of Stance

I. Line Touches

J. Chatter Feet

- 1a. stationary

- 2a. sprint into

K. Lane Slides – For Quickness

L. Line Jumps

- 1a. both feet

- 2a. one foot

M. Ladder Drills

- 1a. one foot in

- 2a. 2 feet in

- 3. lateral

N. Dot Drills

O. The Boxes

- 1a. one leg squats

- 2a. one leg power jumps

- 3a. quick jumps on box

- 4a. jumps on box to box

- 5a. jumps over box to box

- 6a. side jumps on box to box

- 7a. Jump Down – Explode Up Off of Box

Workout Plan for the Athlete

This workout routine was designed to give players a starting point on the road to becoming a better basketball player. This routine outlines a number of drills that will enable players to enhance their individual offensive skills.

1. Warm-Up

1. Jump Rope 10-15 Minutes

2. Ball Handling

-Ball handling drills should be done for 20-30 seconds or rotations. Make sure to perform the drills in both directions.

- A. Around the Neck
- B. Around the Waist
- C. Around the Legs
- D. Around the Neck/Waist/Legs
 - Combine all three drills
- E. Around the Right Leg
- F. Around the Left Leg
- G. Figure Eights
- H. Around and Through - Both Directions
- I. Around the World - Both Directions
- I. Dribble Around the Right Leg - Both Directions
- J. Dribble Around the Left Leg - Both Directions
- J. Dribble Figure Eights
 1. two-hands
 2. one hand

3. Dribbling

-Stationary dribbling drills should be done for 20-30 seconds per set. Remember to concentrate on keeping the ball under control and emphasizing a hard dribble. Non-stationary dribbling drills should be done the length of a basketball court down and back to equal one set.

- A. Stationary Dribbling-2 sets of each drill
 1. Two Ball Power Dribble
 - b. alternate -- one-up-one-down
 - c. one high one low
 - d. 1-2-3 cross
 - e. one around leg-one in place
 2. Two Ball Cross Over in Place
 3. One Ball Power Dribble
 - a. Power Dribble
 - b. Out and Back Power Dribble
 - c. In and Out Power Dribble
- B. Non-Stationary Dribbling-do each move for 2 sets
 1. In and Out Dribble

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3. Dribbling (continued)

2. Crossover Dribble
3. Explode Out/Dribble Back and Crossover
4. Between the Leg Dribble
5. Behind the Back Dribble

B. Non-Stationary Dribbling-do each move for 2 sets - Continued

1. in and out dribble
2. crossover dribble
3. dribble between legs
4. behind the back dribble
5. between legs/crossover
6. putting 2 moves together
 - in and out/crossover
 - dribble between legs/crossover

4. Shooting

-Shoot 10 free throws in between each set of drills AFTER THE WARM UP
WARM-UP

- A. Statue of Liberty
 1. 30-50 Shots
- B. Form Shooting—Warm Up
 1. 50 shots in the paint at the front of the basket
- C. Range Shooting
 1. shoot 10 shots and take a step back after each set of 10 – end on a make

WARM-UP ENDS

- D. Elbow Shooting-20 shots each side
- E. Shot Fake Dribble and Shoot—Top of the Key
 1. do this move to both sides-20 shots each side
- F. Shot Fake Dribble/Hesitate and Drive-20 shots per side
 1. do this move to both sides
- G. Chair Drills—Working on Your Moves
 1. Crossover Dribble-20 shots each side
 2. Between the Legs-20 shots each side
 3. Behind the Back-20 shots each side
 4. Crossover/Between legs Dribble-20 shots each side
- H. Elbow Chair Drill
 1. 3 sets of 10 shots
- I. 50 Free Throws

“Great works are performed, not by strength, but by perseverance.”.....Samuel Johnson

Outline of Plyometrics and Agility Drills

A. Stretching

- 1a. Stretch before and after each workout

B. Heavy Ropes

1. 3-5 sets of 1 minute reps. Have athlete try for 40-60 jumps in one minute. 15-20 second rest in between each set
- 15-20 second rest in between each one of the drills below-

C. Full-Court Lunges

1. 1 time down and back the full length of basketball court
2. increase reps of this by 1 after 3-4 weeks

D. Butt Kicks

1. 1 time down and back the full length of the basketball court
2. increase reps of this by 1 after 3-4 weeks

E. Lay-Up Jumps

1. 1 time down and back the full length of the basketball court
2. increase reps of this by 1 after 3-4 weeks

F. Bounding

1. 1 time down and back the full length of the basketball court
2. increase reps of this by 1 after 3-4 weeks

G. High Knees

1. 1 time down and back the full length of the basketball court
2. increase reps of this by 1 after 3-4 weeks

H. Quick Sprints - Out of Stance

1. 3-4 sets with 1 set being down and back
2. 20 second rest in between each set
3. Athlete starts in a stance and explodes out running to half court.
4. The athlete should emphasize a good low stance to start and driving the arms through and running all the way through the half court line and then slowing down

2 minute break after this point

I. Line Touches

1. Athlete starts on the baseline and runs out and touches the free throw line and then back to baseline and touch. Do this for 7 touches and on the last touch, run all the way thru the free throw line.
2. Have athlete turn the same way on each touch. Do this for 2-4 sets with a 15 second rest in between each set.

K. Lane Slides

1. Lateral lane slides. Touch each side of the lane 5 times for a total of 10 slides. This is one set. These should be done quick and in a low stance. 15-25 second rest in between each set.

L. Line Jumps

1. do this drill for 30 seconds each way
 - 1a. both feet forward

- 2a. one foot - forward
- 2b. one foot -- side

2 minute break after this point

Outline of Plyometrics and Agility Drills (continued)

M. Ladder Drills

1. Do this drill for 2 sets each movement. One set being down and back thru the ladder

- 1a. one foot in
- 2a. 2 feet in
- 3a. lateral

O. Knees-to-Chest- Heels-to-Butt

- 1. In a standing position, jump up and bring your knees to your chest. Immediately. Jump up again this time bringing your heels to your butt.
- 2. This should be done in sets of 10-15 and increasing number of sets as athlete advances.

O. The Boxes

- Increase number of sets by 1 after 3-4 weeks of doing the workout consistently
- A 1 minute to 1 minute and thirty sec. rest should be taken after each exercise

- 1a. One Leg Squats - 1 set of 15 each leg
- 2a. One Leg Power Jumps - 1 set of 15 each leg
- 3a. Quick Jumps on box - 3 sets of 15
- 4a. Jumps On Box 3 sets of this with one set being down and back over four boxes for a total of 8 box jumps in one set
- 5a. Jumps Over Box 3 sets of this with one set being down and back over four boxes for a total of 8 box jumps in one set
- 6a. Side Jumps On Box - 3 sets of this with one set being down and back over four boxes for a total of 8 box jumps in one set
- 7a. Side-Step-Up-and-Off-Box - 1 set of 10
- 7a. Jump Down -- Explode Up Off of Box - one set of 15

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”.....Colin Powell

Description of Drills Worked On

Ball Handling Drills

- 1. Ball Slaps**
-Place the ball in one hand and slap the ball with the opposite hand. Continue this motion throughout the drill. Concentrate on keeping the ball out of the palm of the hand.
- 2. Ball Swings**
-Start with the ball in the center of the body holding it with both hands. Swing the ball to the right side with the right hand, raising the arm in an upward motion. Bring the ball back down through to the starting position and continue the motion to the left.
- 3. Around the Neck**
-Rotate ball around the neck in one direction. Concentrate on keeping your head up and the ball out of the palm of the hands. Once you have done the drill in one direction, do the drill in the opposite direction.
- 4. Around the Waist**
-Rotate ball around the waist in one direction. Concentrate on keeping your head up and the ball out of the palm of the hands. Start drill off at a slow pace until you get the feel for the motion. Speed up as you get more comfortable with the basketball. Once you have done the drill in one direction, do the drill in the opposite direction.
- 5. Around the Legs**
-With your legs together, rotate the ball around your legs. Again, concentrate on keeping your head up and the ball out of the palm of the hands. Start the drill off at a slow pace until you get the feel for the motion of the drill. Speed up as you get more comfortable with the drill. Once you have done the drill in one direction, switch and do the drill in the opposite direction.
- 6. No Dribble Figure Eight**
-In a good stance, move the ball in a figure eight motion in between the legs. Concentrate on keeping your head up and the ball out of the palm. Start the drill off at a slow pace until you get the feel for the motion of the drill. Speed up as you go get more comfortable with the drill. Once you have done the drill in one direction, reverse and do the drill in the opposite direction.

7. **Dribble Around the Right Leg**
- Dribble the ball around your right leg. Concentrate on keeping your head up and the ball in the finger tips. Keep your dribble low and under control. Also, concentrate on maintaining a good stance. Start the drill of at a slow pace until you get the feel for the motion of the drill. Speed up as you get more comfortable with the drill. Once you have done the drill in one direction, switch and do the drill in the opposite direction.

8. **Dribble Around the Left Leg**
- Dribble the ball around your left leg. Concentrate on keeping your head up and the ball in the finger tips. Keep your dribble low and under control. Also, concentrate on maintaining a good stance. Start the drill of at a slow pace until you get the feel for the motion of the drill. Speed up as you get more comfortable with the drill. Once you have done the drill in one direction, switch and do the drill in the opposite direction.

9. **Dribble Figure Eight**
- In a good stance, dribble the ball in a figure eight motion in between the legs. Concentrate on keeping your head up and the ball in the finger tips. Keep your dribble low and under control. Also, concentrate on maintaining a good stance. Start the drill of at a slow pace until you get the feel for the motion of the drill. Speed up as you get more comfortable with the drill. Once you have done the drill in one direction, switch and do the drill in the opposite direction.

Dribbling Drills

1. **Stationary Power Dribble**
-Start in a 3 point stance, dribble the ball with the left hand only and concentrate on hard power dribbles. Focus on keeping the ball in the fingertips and your head up. Switch hands and continue the drill with the opposite hand.

2. **Stationary Two Ball Power Dribble**
-Start in a 3 point stance, dribble two balls. Make your dribbles hard and powerful. Concentrate on keeping the balls in your fingertips, and your head up. Keep the balls under control.

3. **Two Ball Dribble Stop and Start**
-Start on the baseline and dribble hard to the foul line, stop in a 3 point stance keep dribbling the balls under control. Continue to the half court line and stop again. Move up and down the court until you have reached the other baseline and start again.

4. Stop and Start Dribble

-Start on the baseline and dribble hard to the foul line, stop in a 3 point stance and keep dribbling the ball under control. Continue to the half court line and stop again. Move up the court until you have reached the other baseline and start again.

5. Explode Out Dribble Back Crossover

-Start on the baseline and dribble hard to the foul line, stop in a 3 point stance and keep dribbling the ball under control. Dribble back 2-3 dribbles and crossover to the other hand and dribble hard to the half court line. Move up the court until you have reached the other baseline and start again.

6. Crossover Between the Legs Dribble

-Start on the baseline and dribble three hard dribbles to the left hard crossover between the legs and explode to the right for three dribbles. Continue this pattern for the duration of the drill. Move up the court until you have reached the other baseline and start again.

Shooting Drills

1. Form Shooting

-In a 3 point stance, hold the ball in the triple threat position and extend the shot up and into the basket. Concentrate on the form of the shot never changing the shot pocket. Use your legs to power the shot and only stay a couple of feet from the basket. This drill is for the purpose of creating proper shooting form.

2. Elbow Shooting

-With the same principles of the form shooting in mind, start at the elbow. Concentrate on keeping good form and shoot jumps shots from the right side elbow. Shoot for the designated period of time and move to the other elbow and repeat.

3. Shooting from the Side of the Basket

-With the same principles of the form shooting in mind, start on the left side of the basket. Concentrate on keeping good form and shoot jumps shots from the left side. Shoot for the designated period of time and move to the other side and repeat.

1. Shot Fake One Dribble and Shoot

-Start at the top of the key, give a good shot fake take one dribble to the left and shoot. Concentrate on a good shot fake and staying low on the dribble. DO NOT dribble to the side. Take your dribble toward the basket. Do the move to one side and then switch and take your dribble to the other side.

“The intelligent man is one who has successfully fulfilled many accomplishments, and is yet willing to learn more.”.....Ed Parker