

# 5,000 Shot Club | Driveway Workout

## Warm Up | Stationary 2 Ball Dribbling Drills

### 1. Double Pound at Ankle Height

Dribble both basketballs as hard as you can at ankle height.

### 2. Double Pound at Waist Height

Dribble both basketballs as hard as you can at waist height.

### 3. Double Pound at Shoulder Height

Dribble both basketballs as hard as you can at shoulder height.

### 4. Double Pound Alternating

With the balls at a comfortable height, alternate the dribbling of each basketball.

### 5. One High/ One Low

Dribble one of the basketballs at ankle height and one of them at shoulder height. Then alternate.

### 6. 3 Dribble Double Crossover

Pound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform another 3 dribbles before crossing over again.

### 7. Double V-Dribble in Front (Windshield Wipers)

Dribble both basketballs side to side in front of you simultaneously.

### 8. Double V-Dribble on Side (Swing the Purse)

Dribble both basketballs from back to front beside you simultaneously.

### 9. Kills

Pound both basketballs higher and higher starting from ankle height. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up.

## Warm Up | Stretching

### 1. Standing Hamstring Stretch

Stand tall with your feet hip-width apart, knees slightly bent, arms by your side. Exhale as you bend forward at the hips, lowering your head towards the floor, while keeping your head, neck and shoulders relaxed. Wrap your arms around the back of your legs (or touch toes/ground) and hold from 20-30 seconds. Do 3 sets.

### 2. Butterfly Stretch

Sit tall on the floor with the soles of your feet together, knees bent out to sides. Hold onto your ankles or feet, engage your abs, and slowly lower your body toward your feet as far as you can while pressing your knees towards the floor. If you're too tight to bend over, simply press your knees down. Hold this stretch from 20-30 seconds. Do 3 sets.

### 3. Beauty Queen Stretch

Sit on the floor with both legs extended in front of you. Cross your right leg over your left, and place your right foot flat on the floor. Place your right hand on the floor behind your body. Place your left elbow on your right knee and press your right leg to the left as you twist your torso to the right. Hold this stretch from 20-30 seconds. Do 3 sets.

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## Shooting Drills

### 1. Catch and Shoot | Around the World

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. As soon as you catch the ball go right into shooting a jump shot. Make sure you're squared up to the basket when shooting and always go game speed. Shoot 10 shots from 5 different locations on the court. Each shot should be between 10 to 15 feet away from the basket.

### 2. Dribble Drive

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop and shoot a layup. Make sure to explode with your first step with your shoulder low and head up. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing. When driving left always shoot the layup with your left hand.

### 3. Shooting off the Dribble

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop. Make sure to explode with your first step with your shoulder low and head up. Take 1 or 2 dribbles and pull up for a jump shot. Make sure you are square to the basket when you take the shot. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing.

### 4. Mikan Drill

Stand on one side of the basket slightly inside the block facing the baseline. Jump and power the ball up for a layup. Make sure to use the backboard. As soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. Your jump should transition you to the other side of the hoop. Continue the process side to side working on your left and right hands. Do 3 sets of 20.

### 5. Free Throws

Shoot 10 free throws after each shooting drill for a total of 4 sets.