

**100 Trips – The Full Court Workout!**  
**The Ultimate Skill Development / Conditioning Workout for all**  
**Players working for Perimeter and Finishing Skills!**

| <b><i>Drill Description</i></b>  | <b><i>Trips</i></b> | <b><i>FTs</i></b> |
|--|---------------------|-------------------|
| 1. <b>Two ball change of direction</b> ; same down, alternate back. “Zig Zag” fashion.   | 4                   | 4                 |
| 2. <b>Two ball change of direction – change of move</b> . Change move each time – same, alternate, between legs, behind back, inside out, combo moves, etc.  | 4                   | 4                 |
| 3. <b>Two ball tuck and two ball pass</b> . Tuck one and score on the way down; retrieve and pass to partner on the way back. If no partner to pass to, then Tuck both ways. Go both ways to use both hands (right and left)   | 4                   | 4                 |
| 4. <b>Push dribble w/ right hand</b> . Goal – 3 dribbles! Lay ups.   | 4                   | 4                 |
| 5. <b>Push dribble w/ left hand</b> . Goal – 3 dribbles! Lay ups.  | 4                   | 4                 |
| 6. <b>Push – stutter series</b> : 2 trips w/ right hand, 2 w/ left hand. Start from baseline and take 3 dribbles to the <b>opposite</b> 3-point line. “Stutter” and make the following moves: a. Hard stutter – burst (“burst” is a hesitation – go move, or a “change of pace”. Vary finishes to basket or in to jumpers; example 2 of each) <b>a.Burst b. Crossover c. Inside Out d. Between the legs, e. Behind back f. Combo Move</b>  | 24                  | 24                |
| 7. <b>Billy Donovan drill</b> – push – one hard move series. Work the same sequence as the push stutter in sets of 4 trips / 4 free throws: <b>a. Burst b. Crossover c. Inside out d. Between legs e. Behind back f. Combo move</b> .  | 24                  | 24                |
| 8. <b>Dan Dickau drill</b> – “Eight in Forty”. Make eight full court lay-ups in 40 seconds. Keep track of your personal record. Keep both a right hand only & left hand only record!   | 8                   | 8                 |
| 9. <b>Off the board drill</b> . Throw off the board so ball goes over your head. Retrieve and immediately make a dribble move. Take to the opposite 3 point line and hard stutter, dribble move. Push dribble on the way back. 2 sets of 4 trips.  | 8                   | 8                 |
| 10. <b>Full court – one hard move series</b> . Push to the time line and make one hard move; continue full speed to the 3-point line and make the same move with the other hand. Vary your attacks to the basket, but they are <b>full speed</b> lay-ups, pull-ups, etc. 3 sets of 4 trips. 1st set – 2 trips hard stutter / burst, 2 trips hard stutter – crossover. 2nd set – 2 trips inside out, 2 trips between legs. 3rd set – 2 trips behind the back, 2 trips combo. * <b>All trips are done with the weak hand lead!</b> | 12                  | 12                |
| 11. <b>Last second shot</b> – imagine your team is down by 1 or 2 points w/ 5 seconds to play! Inbound the ball to yourself and count down to take the last second shot by shaking multiple defenders while going full speed! Take 4 game winners!   | 4                   | 4                 |
| <b>Total Workout</b> – full court trips & free throws:   | <b>100</b>          | <b>100</b>        |

• **Note:** this is a high level conditioning workout for point guards and shooting / scoring guards and forwards that are likely to handle the ball in transition! You need to be in great shape to complete it! Begin by doing 20 – 24 trips at a time. Build to 50 trips, one half the workout, after 2 weeks of workouts. The full 100 trips is an amazing skill workout, conditioning workout, plus a mental toughness challenge. Compete!