

Indian Valley Braves - All-American Workout

Time	Sub-Time	Drill	Notes
10		2-Ball Handling	
	5	Stationary	Together - Alt - Crossovers - Fig 8 - Around Back
	5	On Move	Side to side - Front to Back
2		Free Throws	
6		Wall Passing	Pick a Block on the wall and hit it
		Chest - Bounce - Snap	off dribble rt, lt - Around Back rt, lt
2		Free Throws	
10		Shooting	
	3	Form 10-7-5-3	Stop when out of time!
	2	15 footers off Glass	Catch Up
	2	15 footers Swish	Catch Up
	3	3's	Catch Up
2		Free Throws	
10		Post Work	
	2	Mikan	
	2	Reverse Mikan	
	2	Power Bangs / Tips	Alternate between Power Bangs and Tips
	2	Jump Hooks	Rt and Lt
	2	Post Moves	Work your Fav move NO DRIBBLE!!!
2		Free Throws	
10		Guard Work	Off Kick
	2	Power Finishes	
	2	Up n Under	
	2	Triple Pivot	
	2	Dream Shake	
	2	Pull Ups	
2		Free Throws	
4		Defense	2 - 45 seconds Stance!
	3	Closeout Combo	Close feet - Close Box - Close,force,box
			Close, force, recover, BOX
60			