

Guard Workout

Minutes	Drill	Notes
10	<u>2-Ball Dribbling</u>	
20	<u>Jab Series</u>	Off the Inside foot Pivot
	Catch n shoot	
	Shot fake middle	
	Shot fake Baseline	
	Explosion	
	Jab - Shot	
	Jab - Shot fake - Go	
	Rip	
	Fake Rip (Knee)- Middle	
	Knee to Knee - Baseline	
	<u>Jab Series</u>	Reverse out Pivot
	Catch n shoot	
	Shot fake middle	
	Shot fake Baseline	
	Rip	
	Fake Rip (Knee) - Middle	
	Knee to Knee - Baseline	
5	<u>Free Throws</u>	NO ROUTINE - Just Shoot!
15	<u>Screens</u>	
	Hit (Curl)	
	Out	
	Deny	
5	<u>Ball Screens</u>	
	Split	
	Attack the Knee	
	Drag	
5	Transition	WIDE SPRINTS!
	10-7-5-3 to exit	Side Goals
60		