

# GUARD WORKOUT

These workouts = 350 shots towards 10,000 shot club

## Dribble Warm Up

### Stationary:

- 20 Ball Slaps
- 10 Around the world (feet to head back to feet = 1)
- 10 Figure 8s
- 10 Dribble figure 8s
- 20 (10R/10L) Windshield wiper swivels
- 20 (10R/10L) Swing the purse swivels
- 10 Low cross overs

### Full Court: (moves should be done at FT, half court, FT)

#### \*Keep your eyes up and EXPLODE on each move

- 1 ball R up and back
- 1 ball L up and back
- 1 ball Cross overs up and back
- 1 ball Hesi up and back
- 1 ball behind the back up and back
- 1 ball between the legs up and back
- 2 ball up and back together **half** and back
- 2 ball up and back alternate **half** and back
- 2 ball crossovers **half** and back
- 2 ball speed up and back

### Passing: Partner up OR find a spot on the wall and practice these from 15' away

- 10 chest passes
- 10 R hand push pass
- 10 L hand push pass
- 20 R + L bounce pass
- 20 R + L hook passes
- 10 skip passes

### USE CONES OR CHAIRS TO REPRESENT DEFENDERS

### Guard Warmup: Ray Allen – start slow and get your body warm, pick up intensity toward the end. Hold your follow through!

- Alternate elbow shots (10 makes)
- Alternate wing to short corner R + L side (10 makes)
- 2 – made FTs

### Reverse Pivot Series (use both sides, 5R + 5L)

- Reverse pivot layups (mix up high and low sweeps)
- Reverse pivot reverse layup
- Reverse pivot one dribble pull ups

### Jab Series: jab & go, jab & cross, shot fake & go, rocker

#### \*use each fake 2x for a total of 8 shots ea. side

- 16 (8L, 8R) two foot power layup
- 16 (8L, 8R) euro step
- 16 (8L, 8R) one dribble pull up
- 16 (8L, 8R) spin move
- 2 – made FTs

### 25 Shots from 5 Spots: spin ball to yourself if no rebounder

#### \*Shoot shots from corner, wing, top, wing, corner

#### \*Be strong with ball and explosive, catch how you would in game

- 3 pointer
- Jab series/fake to baseline pull up
- Jab series/fake to middle pull up
- Jab series/fake to space dribble 3
- Jab series/fake to layup
- 2 FTs
  - If you make all 5 shots = bonus point
  - **Tracking sheet on back**

### 3 Point Shot Games: Pick one per workout

- Sue Bird Shooting
  - Shoot 10 threes from each of the 5 spots,
  - IF you make 4, go back to last spot. IF you make 5, stay at that spot. IF you make 6, move to next spot.
  - Shoot for 10 min and see how far you can get. **Record on back**
- Arkansas Shooting
  - Shoot from multiple spots around the 3-point line, once you have missed 3 in a row you are done. **Record your progress on back**
- 3-6-9 shooting
  - Put a cone on the sideline at the half, FT line, and baseline
  - Start at the half court and run away from your markers you just placed, you will shoot a 3 at top, a 3 on L wing, a 3 on R wing
  - If you miss 1, run around first cone, if you miss 2, run around second cone, if you miss 3 run around the 3<sup>rd</sup> (baseline) cone
  - Should go: **set 1 ("3")** 3's/run/2FT. **set 2 ("6")** 3's/run/3's/run/2FT. **set 3 ("9")** 3's/run/3's/run/3's/run/2FT

