

KGB
Summer Success Program



2019

*Coming together is a beginning.
Keeping together is progress.
Working together is success.
-Henry Ford*

Stay The Course...



Basketball is cumulative. And good basketball is dependent upon the soul being sticky enough to keep collecting. Players have to *want* to keep adding to the whole and they have to be *able* to. Accumulating is a layered skill. Until players can do certain things well enough to see what happens next, what happens next doesn't exist. Once it does exist, a whole new set of possibilities present themselves. The mental extrapolation can be mind boggling. And yet, that's the very simple recipe for how you, slowly but surely, get good.

As a player, it's incredibly easy to swim out too far too fast and drown on all you know but cannot see. We`re in that deep, swirling water now....a little bit past the "I know just enough to be dangerous" stage, squirming through the muck of all that comes next. Occasionally, we look panicked. We flail and flop and make things we could do in our sleep look hard. Unfortunately, that's part of the process. It takes a tough mind to stay the course and swim.

Keep Swimming...

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Skills



SHOTS MADE PER WEEK

1,000

300 finish at the basket (move on the move into the shot especially cross over, stutter step, half whirl)

100 off the dribble- right (go somewhere with your dribble)

100 off the dribble- left (over emphasize long step on crossover)

100 2's off the pass

400 3's off the pass (guards)

400 post moves- block shots, elbow, 15 footers, short corner (posts)

** ALL SHOTS NEED TO BE TAKEN AT GAME SPEED

FREE THROWS MADE PER WEEK

500

BALL HANDLING PER WEEK

50 MINUTES

**** Make sure you start out each workout with shooting progression**

SHOOTING PROGRESSION

1. Without ball- toe instep, shoulder width apart, knees bent, swing your purse, cock and lock, bookend, shoot, follow through, swish (15 times without ball)
2. With ball- not at a basket- visualize and concentrate on your form. (15 times)
3. With ball at basket- One hand shots over rim. Work on total form (15 short shots at basket)

Working on proper form will help with muscle memory.

BALL HANDLING DRILLS

(Should be done both directions and with both hands)

1. Around the waist
2. Around the knees
3. Around the head
4. Head-waist-leg
5. Figure 8
6. Figure 8 one bounce
7. Figure 8 Two bounce
8. Figure 8 continuous dribble-(this drill should be done with one ball and two balls. Two balls will be chasers)
9. Figure 8 up and overs
10. Switches- front to back
11. Spider
12. Drops
13. Around the leg dribble
14. Wall dribble (Alphabet)
15. Hand to hand slap
16. Down and Backs using: (this drill should be done with one ball and two balls)
 - behind back
 - Head and shoulders
 - Whirl
 - Half whirl
 - Through the legs
17. Cone zig zag
18. Two ball passing
19. Toss back passing (can be done on a wall)
20. One hand catches
21. Bad pass reactions
22. Additional two ball drills (Advanced)
 - Speed
 - Power (balls in back pockets)
 - Control- down forward, back backwards, in and out, front and back
 - Two ball dribble sit ups

23. Tennis ball

- Wall Pass and catch same hand
- Wall pass and cross
- Wall pass and behind back
- Wall pass and between legs
- Wall pass and doubles (Cross, behind back, between legs, or mix)
- Self-toss and catch, low control dribble, left and right
- Self-toss and cross
- Self-toss and behind back
- Self-toss and between legs
- Self-toss and doubles (Cross, behind back, between legs, or mix)

24. Partner Passing

- Toss and pass (two balls) 20 in a row perfect
- Strong hand passes- bring into chin on catch
- Doubles between legs pass
- Left and right hand flick pass
- Overhead
- Bounce
- Rapid fire passing
- Wall passing- next girl in line catch with feet ready
- Heavy ball- strong hand passes

*Summer Success Program
Conditioning*



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GUARDS



Perfect 7 Guard Workout

1. **One handed ball handling drills** (around the world, figure 8, quick hands, dribble 8, spider, wrap-arounds, sit down little dribbles).
2. Make 20 Mikan layups.
3. Make 20 reverse Mikan layups.
4. Make 7 one handed perfect form shots.
5. Make 7 two handed perfect form shots.
6. Make 7 drives to the basket using the sweep and going right. **Swish every layup or it doesn't count.** (catch off pass or if alone toss the ball out)
7. Make 7 drives to the basket using the sweep and going left. **Swish every layup or it doesn't count.** (catch off the pass or if alone toss the ball out)
8. *Rest - Make 7 Free Throws.
9. Make 7 short jumpers after using a shot fake and going right. (catch off the pass or if alone toss the ball out)
10. Make 7 short jumpers after using a shot fake and going left. (catch off the pass or if alone toss the ball out)
11. Make 7 three pointers from the top of the key.
12. *Rest - Make 7 Free Throws
13. Make 7 three pointers from the right wing or baseline.
14. Make 7 three pointers from left wing or baseline..
15. Make 7 three pointers from your favorite spot.

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POSTS



“Perfect 7” Post Workout

1. Do 5 one handed ball handling drills (around the world, figure 8, quick hands, dribble 8, inside outs, sit down little dribbles, spider)
2. Make 20 Mikan layups.
3. Make 20 Two Ball Mikan Layups.
4. Make 20 dribble layups.
5. Make 7 one handed perfect form shots.
6. Make 7 two handed perfect form shots.
7. Make 7 drop-step power layups from the right block.
8. Make 7 drop-step power layups from the left block.
9. *Rest - Make 7 free throws
10. Make 7 dribble drops from the right block.
11. Make 7 dribble drops from the left block.
12. Make 7 up and unders from the right block.
13. Make 7 up and unders from the left block
14. *Rest - Make 7 free throws
15. Make 7 elbow jumpers from the right elbow, start with a shot fake.
16. Make 7 elbow jumpers from the left elbow, start with a shot fake.
17. Make 20 across the key, below the block, Make 20 across the key, block bank shots

Open Gym/Workouts on Your Own

Two Important Characteristics:

1. A *plan* that is *measurable*. You keep track of how you're doing or what you've accomplished. You type in your phone or write down makes/attempts/time, etc. How do you know if you're getting better if you don't track your progress?!! Let's not confuse activity with accomplishment. Tracking progress will show accomplishment!
2. Sweat.

Characteristics of a Waste of Time:

1. Checking your phone every 5-10 minutes to see who texted or tweeted.
2. Walking.
3. Two people shooting 15 footers/3pters on their own and no one rebounding. You will usually get more shots with more purpose if 1 is shooting and 1 is rebounding. Also, we want most of our 15 footer/3pt shots taken off the pass so dribbling around and then shooting isn't as beneficial for those types of shots. NBA statistics show that players shoot 7% BETTER if they shoot off the pass than off the dribble! Numbers don't lie.

7 Ideas/Plans That are Measurable – Compete against Your Own Best Score/Time!

“2 Makes in a Row”- how many spots can you make 2 in a row in 2:00; make 2 in row and move.

“2 Misses in Row” – shoot from a spot; once you miss 2 in a row move to next spot; once you've missed 2 in a row at all 5 spots how many total makes do you have?

“100 Makes” - 15 right layup, 15 left layup, 15 no bank cross lane, 15 bank cross lane, 15 elbow back and forth, 25 2s or 3s; be on the MOVE; **no rebounder till elbow shots.**

“Green Light Shooting” – 1:00; 1 shot from each spot first; then wherever you want for remainder of time; how many did you make?

“Hot Shot” – how many points can you score in a 1:00; **no rebounder**; 5 different point level shots; 5 pt bonus for shooting from all levels

“Perfect 7 Guard/Post Workout” – ask for handout

“Devenzio” – each shot below for 1:00; count total makes; **no rebounder** till 9 and 10

1. Strong hand layups
2. Weak hand layups
3. Mikan
4. Cross lane shot below block; no bank and switch sides each shot
5. Bank shot above block; must bank and switch sides each shot
6. Dribble layups
7. Hustle layups
8. Dribbling 15 footers
9. Rapid 15s – need 2 rebounders; at least 2 balls
10. Rapid 3s – need 2 rebounders; at least 2 balls

TRACK WORKOUT #1- without access to stadium stairs

- **Run 2 laps**
- 20 walking lunges
- 1 minute plank
- 10 burpees
- **Run 2 laps**
- 25 squats
- 30 scissor kicks
- 15 pushups
- **Run 2 laps**
- 30 split jumps
- 30 dead bugs
- 50 jumping jacks
- **Run 2 laps**
- 30 hip lifts
- 15 pendulum legs
- 20 triceps dips

TRACK WORKOUT #2- with access to stadium stairs

- **Run 1 lap**
- 1 bleacher snake
- 25 walking lunges
- 50 jumping jacks
- 15 pushups
- **Run 1 lap**
- Two foot stair jumps (1 flight)
- 15 pendulum lunges on each leg (around the world lunges)
- 20 burpees
- 15 pushups
- **Run 1 lap**
- 1 bleacher snake (two stairs at a time)
- 25 squats
- 25 lateral bounds
- 1 minute plank
- **Run 1 lap**

TRACK WORKOUT #3- The 20 minute workout

- 20 squat jumps
- 20 tuck jumps
- 20 jump ropes
- **Run 1 lap**
- Bound across football field and back
- Back pedal across the field 3 times
- Come back to the track and do 20 jump ropes, 20 crunches, and 10 pushups
- **Run a 200 and repeat 5 times (20 jump ropes 20 crunches, 10 pushups)**
- Zig zag across the field: karaoke, defensive slides, high knees, defensive slides
- **Run a 300**