

NYBasketball



Make Varsity in Ten Weeks

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Shooting & Conditioning

Dedication to this workout will make you a much better than average basketball player because you will be a better shooter with both hands, have more core strength and greater endurance than your teammates. Start now and you will be in peak condition for tryouts in October. During the season, continue this workout as conditioning and to maintain shooting form. This is a tough workout with no "buddy" system. There is no chatting between sets and no one spotting weights. This workout requires discipline and self motivation. When you get to 10 weeks you will be ready for tryouts.

Always warm up before you begin.

Stretch when you are finished.

Time your sessions: you will get faster as you get fitter.

Always use good form in every exercise.

Keep an exercise log in a composition notebook.

Make Varsity in Ten Weeks - Shooting and Conditioning

Holding a basketball in a shooting position, elbows close to the body, lay on your back on the floor with your feet together.

Pick a target in space about 5-7' up.

Start with and keep your elbows close to your body.

Shoot straight up through the shoulder.

Breathe out as you shoot.

Keep your fingers spread.

Don't let the ball touch your palm.

Flick your wrist and roll the ball off your fingertips to create good "rotation".

Hit your "target" every time.

The ball should go straight up and come straight down every time.

Your off-hand is your guide hand. Keep it relaxed but straight.

10 times right hand.

10 times left hand.

10 times two-handed pass from just under your chin.

Pass equally with both hands: Balance is important.

Put the ball down and do 10 reps of each of the following:

Sit-ups/curls

Push-ups

Supermans

Spidermans (mountain climbers)

Squats

Toe raises

Lunges (step back)

Burpees (squat thrust)

Jumping jacks

Knee ups (jump up bringing knees to chest)

Do each exercise without stopping to rest in between.

You have just completed one Super-set.

Repeat the Super-set from the beginning.

Do 4 Super-sets.

Do every other day for 4 weeks.

After 4 weeks, add 1 Super-set to each workout until you are doing 10 Super-sets.



In 10 weeks you will be doing 100 reps of every exercise.

After 10 weeks:

Shoot higher, if space permits.

Do everything faster but always in good form throughout.

Make Varsity in Ten Weeks - Shooting and Conditioning is homework! It is practice and conditioning at home. It is ok to take a day off but don't take too many and stick to the schedule. It will take 4 weeks before you become used to the workout and begin to see development.

EXTRA CREDIT: On homework days you should run once around the block. You can run before the workout, after the workout, or better, run in the morning and workout later in the day/evening. After 4 weeks add another "lap" each week until you get to 4 laps around the block or track. Time yourself. Record your times in your log. After 10 weeks, once a week complete the 4 laps as fast as you can. Jog the other two days.

Class work is skills practice on court. Class work consists primarily of mid-range shooting, power dribbling and footwork (that's in another post). That's what you do on the days you are not working on your conditioning.



Mid-Range Shooting

Dedication to this workout will make you a much better than average basketball player because you will become an excellent mid-range shooter. The foul line is 15 feet from the basket. If you can consistently make jump shots from 15 feet you will also be able to score from 20 feet (the high school three-point line is 19'9"). Start now and you will be "shooting the lights out" by tryouts in October. During the season, continue the workout as conditioning and to maintain shooting form.

This is a tough workout with no "buddy" system. There is no chatting between sets and no stopping. You can work with a coach or friend as a rebounder/feeder but you don't get the same level of conditioning if you don't retrieve the ball yourself. This workout requires discipline and self-motivation. When you get to 10 weeks you will be ready for tryouts.

Always warm up before you begin.

Stretch when you are finished.

Always use good form in every exercise.

Keep an exercise log in a composition notebook.

Time your sessions: you will get faster as you get fitter.

CIRCUIT 1

Stand at the foul line

Square yourself to the basket

Stand on the balls of your feet

Feet parallel and pointing toward the basket

Shoulders over feet

Shooting hand (and foot) should be in line with the basket

Get a good grip on the ball with spread fingers

Your off hand is your guide hand

Keep your elbows in

Bend your knees

Lock on to your target

Breathe out as you shoot

Shoot the ball as you extend onto your toes

Your elbow should be level with your eyebrow when you shoot

Roll the ball off your fingers as you shoot

Flick your wrist into the follow through

With the right arc, the ball will drop through the basket

(Some very good shooters always shoot off the backboard)

Make 10 free throws

Rebound the ball

Run back to your spot after each shot

There is no dribbling!

Take one deep breath and breathe out slowly

Shoot on the next exhale

Do not hold your breath

Move to the right elbow, square up, make 10 free throws

Move to the left elbow, square up, make 10 free throws

From the right elbow, take 2 steps towards the corner

Square up, make 10 free throws using the backboard

From the left elbow, take 2 steps towards the corner

Square up, make 10 free throws using the backboard



Go to the right box, back to the basket, take three steps and turn around

Make 10 shots

Go to the left box, back to the basket, take three steps and turn around

Make 10 shots

That is seven spots in all.

Seven spots times 10 shots = 70 made baskets

IF YOU SHOOT 50 PERCENT, YOU WILL HAVE TAKEN 140 SHOTS FROM 15 FEET.

CIRCUIT 2

Repeat the drill taking a JUMP SHOT

Jump straight up and come straight down

Jump as high as you can comfortably while retaining good form

Do not step into the shot

Land softly

Remember, all of the shooting tips apply

IF YOU SHOOT 50 PERCENT, YOU WILL NOW HAVE TAKEN 280 SHOTS.

CIRCUIT 3

Take two steps back and repeat the drill stepping into a JUMP SHOT with a **Power Dribble**

Power Dribble - *A hard dribble that rises into your hands as you jump*

Jump as high as you can.

MAINTAIN YOUR FORM

Remember, all of the shooting tips apply

IF YOU SHOOT 50 PERCENT, YOU WILL NOW HAVE TAKEN 420 SHOTS.

If you shot 100%, you made 210 shots without missing and you don't need this drill.

If you shot 70%, you made 294 shots out of 420 shots. You got to that magic number of 300 shots a day (ok, close). Contact me and I will tell you what advanced things you can do to be even better.

NOTES:

Do **Mid-Range Shooting** EVERY OTHER DAY as a minimum!

You can do it more often after you get your shooting accuracy to 70%

You can add footwork/moves after you get your shooting accuracy to 70%

Become an accurate and consistent shooter before you add stuff!

Do each **Mid-Range Shooting Set** without stopping

After each spot, record your Shots Made/Shots Attempted, i.e., Foul Line 10/16

Calculate your individual and overall percentages

Write the percentages in your log

After each Circuit, rest for two minutes and get some water

After 4 weeks, your percentages should be going up

After 10 weeks you should be shooting 70% or better from all spots

If not, do an extra set on each of your "weak" spots after you finish all three circuits

After 10 weeks go faster but always in good form

Make Varsity in Ten Weeks: Part Two – Mid-Range Shooting is Class Work! It is practice and conditioning on court. It is ok to take a day off but don't take too many and stick to the schedule. It will take 4 weeks before you get used to the workout and begin to see development. **Mid-Range Shooting** practice will make you a Mid-Range Master. If you can master the mid range you can master the game!

EXTRA CREDIT: One day a week do Circuits 2 and 3 starting with your back to the basket.



DEFENSE

Playing great defense will make you a much better than average basketball player. But understanding defense and becoming a disciple to it, having the ability to stop the other guy or make him change his game, effectively "getting in his head" will become the advantage that will consistently give you the win. Michael Jordan wasn't selected to the **NBA All-Defensive first team** nine times by coincidence. He clearly understood that great defense would make him a winner.

Defense, more than anything else, is about how much you want it so all of the drills are done at full intensity all the time. To play great defense, you must have strong core muscles. Your hips, abs and butt will keep you balanced and able to move quickly in all directions so the **CORE FITNESS exercises are very important**. This is a tough workout. There is no "buddy" system. There is no chatting between sets and no one spotting. This workout requires discipline and self motivation. When you get to 10 weeks you will be ready for tryouts.

Always warm up before you begin - Stretch when you are finished - Time your sessions; you will get faster as you get fitter - Always use good form in every exercise - Keep an exercise log in a composition notebook.

Make Varsity in Ten Weeks: Part Three - DEFENSE!

Positioning: More than anything great defense is about where you are on the floor in relation to the ball and your man. You can't make a great play if you can't get to the ball!

Footwork: What you do with your feet will determine whether you can get to the ball and make a play.

Finishing: So, you are in the right position, you're well balanced and pointed in the right direction and you reach across your body and smack down on the ball. You get called for the foul. Huh! Wrong finish.

DRILLS:

Suicides: Improves your ability to change direction.

Jumping Rope: improves foot speed. This is not an optional exercise if you want to be the best!

Jump for time

Jump for speed

Vary your routine

Block and Recover: Jumping, footwork, shot blocking

Start on the right elbow

Run down the foul lane and jump up and touch the backboard with the inside (left) hand

Back pedal to the elbow

Hands up, slide to the opposite elbow

Run down the foul lane and jump up and touch the backboard with the inside (right) hand

Repeat 10 times That's 1 set.

Do 3 sets

Steal It: Develops your steal/recovery skills

Stand 3-4 steps from a wall feet parallel and weight balanced

Throw a chest pass, and on its return, tap/poke it away with the right hand

As quickly as you can, go after and retrieve the ball with both hands

Return to the starting position

Repeat with the left hand

Repeat 10 times. That's 1 set.

Do 3 sets.

As you get better, pass the ball so that you have to slide a full step before you tap the ball



If your off hand is noticeably slower/weaker than your strong hand, **WORK HARDER** on that side.
Another way to say that is *if your left hand is noticeably weaker than your right you're going to get beat by strong right hander's and most players (about 90%) are right hander's.*

Handball: Develops eye-hand coordination

From the "ready" position tap a handball to the wall

Hit it on the return bounce

10 times right hand

10 times left hand

10 times crossovers

That's 1 set.

Do 3 sets.

Sharpen the drill by using a target on the wall

Karaoke: Teaches you to swivel your hips and feet

From the ready position swivel your hips and cross your right foot in front of your left foot as you advance left across the court

Alternate between crossing your right over left from front to back

When you reach the opposite side of the court, reverse and cross the court in the other direction

Keep your hands and palms up

Keep your head and shoulders level

Each cross and back is one rep

Do 10 reps

Ankle Walks: Strengthens ankles and improves footwork

Walk on your toes from one side of the court to the other and back

Walk on your toes, backwards, from one side of the court to the other and back

Walk on your toes, pointed in, from one side of the court to the other and back

Walk on your toes, pointed out, from one side of the court to the other and back

Slide defensively from one side of the court to the other and back

Do 3 sets of each exercise

CORE FITNESS:

Sit-ups/curls

Push-ups

Supermans

Spidermans (mountain climbers)

Squats

Toe raises

Lunges (step back)

Burpees (squat thrust)

Jumping jacks

Knee ups (jump up bringing knees to chest)

Do 10 reps of each exercise without stopping between exercises.

When you have done all 10 exercises you have just completed one Super-set.

Repeat the Super-set from the beginning.

Do 4 Super-sets.

Do this every other day for 4 weeks.

After 4 weeks, add 1 Super-set every other day every week until you are doing 10 Super-sets.

In 10 weeks you will be doing 100 reps of every exercise.

After 10 weeks do everything faster but always in good form.



Make Varsity in Ten Weeks: Part Three - DEFENSE! It is ok to take a day off but don't take too many and stick to the schedule. It will take 4 weeks before you become used to the workout and begin to see development. ***It's okay to do your CORE FITNESS on your Shooting Day but you must do CORE FITNESS every other day.*** After 10 weeks do 2 days for every one day off. Some folks like to continue the cycle until they are doing CORE every day and taking the weekend off. That's your choice, but I like the 2 day back to back cycle to simulate having to play back to back days.

[Email me](mailto:czvasser@yahoo.com) at czvasser@yahoo.com and I'll tell you what exercises to add to make you even better OR to discuss the how the routine and is working for you.