

Celina Lady Bulldogs Basketball – Offensive Skills

Footwork / Handwork must be used as a warm-up; all done at game speed

Both workouts must be done at game speed, too; add fakes where appropriate

Guard Shooting Workout (20 shots each = 400 shots)

1. Lay-ups from middle, wings elbows
2. Power lay-ups from middle, wings, elbows
3. Reverse lay-ups (from baseline, both hands)
4. Step and half lay-ups from three point line
5. 5-foot shots (one arm to two)
6. Halfway shots (one arm to two)
7. Free throws (one arm to two)
8. Baseline Jumpers
9. Wing Jumpers
10. Elbow Jumpers
11. Baseline threes
12. Wing Threes
13. Top of key threes
14. Baseline jumpers off a move
15. Wing jumpers off a move
16. Elbow jumpers off a move
17. Baseline threes off a move
18. Wing threes off a move
19. Top of key threes off a move
20. Gap splits

Post Shooting Workout (20 shots each = 400 shots) (The glass is your friend)

1. Mikan Drill
2. Drop Steps (right block)
3. Drop Steps (left block)
4. Baby Hooks/Jump Hooks (right block)
5. Baby Hooks/Jump Hooks (left block)
6. Turn around Jumpers (right block)
7. Turn around Jumpers (left block)
8. Reverse Lay-ups (right block)
9. Reverse Lay-ups (left block)
10. In and Outs (right block)
11. In and outs (left block)
12. UP and Unders (right block)
13. UP and Unders (left block)
14. 5-foot Shoots (1 arm to 2)
15. Halfway Shots (1 arm to 2)
16. Elbow Jumpers
17. Elbow Drives
18. Baseline Jumpers
19. Wing Jumpers
20. Free Throws (1 arm to 2)