

Andover Girls Basketball Summer Workout for Guards

Ball Handling

Drill: Stand at one end of the court. Hold one basketball in each hand. Begin to walk forward toward the opposite baseline, bouncing the ball in your right hand first. In the fraction of a second after the ball in your right hand has hit the floor, bounce the left ball. In the fraction of a second after the left ball hits the floor, bounce the right ball. Continue in this fashion down the court. As you begin to feel more comfortable doing the drill, start to pick up your pace. Ideally, you will eventually be able to sprint down the floor, bouncing both balls with equal skill. Don't underestimate the importance of this ball handling tip! I have seen NBA and WNBA players STILL performing this drill at the on-set of a practice. It sounds simple, and it is, so make sure to master ball-handling and you're on your way to a great basketball career!

AROUND THE WORLD

Ball Handling Tip #1: Circle the ball around your head, then your waist, and finally put your legs together and take the ball around both legs at the knees. Then, bend at the waist, spread your legs, and circle the ball around one leg, then the other. This exercise will give you a great feel for the ball in addition to hand coordination and speed.

THE SCISSORS

Ball Handling Tip #2: To start this exercise, place your left foot ahead of your right and bounce the ball between your legs from your right to your left hand. As the ball gets to your left hand shift your feet so that your right leg goes ahead of your left and bounce the ball back between your legs. Shift your feet with every bounce.

CATCH-CATCH-CATCH

Ball Handling Tip #3: This is a drill to work on your ball handling. Hold the ball between your legs, with both hands on the ball, right hand in front and left hand in back. Quickly switch your hands, (now left hand in front and right hand in the back), without letting the ball touch the ground. Do as quickly as possible...this drill is one of the hardest to master... but it just takes lots of practice.

CRAB WALK

Ball Handling Tip #4: This drill can go from baseline to half court. Step forward with your left leg and pass the ball from your right hand to your left under your left leg. As you take your next step with your right leg, pass the ball from your left hand to your right under your right leg. Continue this pattern all the way down the floor.

FIGURE 8

Ball Handling Tip #5: Spread your legs, bend at the waist, put the ball through your legs, around one leg, back through your legs, and around your other leg, making a figure eight. This will help you get a feel for the basketball as you move it around. Keep your head up not looking at the ball and increase your speed.

FIGURE 8 DRIBBLING

Ball Handling Tip #6: This is a drill to practice your ball-handling. Dribble the ball as quickly as possible in a figure 8 through and around the legs. Use the fingers when you dribble, and dribble very low and quickly. Switch from the right to the left and back to the right. Example: start with the right hand dribbling the ball in front and then dribble through your legs with your right hand, switch to your left hand and dribble from the back, around your left side to the front and back through you legs... then switch to your right hand behind the body and around the right side. Try to go as fast as possible and your dribbling skills will improve with daily practice.

FIGURE 8 DROP

Ball Handling Tip #7: The ball is moved around the outside of the left leg from the back to the front. Then it is passed in front of your body and around the outside of your right leg from front to back. Now the ball is between your legs at the back of your body. Bounce the ball, and as it is bouncing, reverse your hands, bring your right from the back to the front and your left from the front to the back. Catch the ball before it bounces again. Continue to do figure eights.

FIGURE 8 DROP REVERSE

Ball Handling Tip #8: For this drill, follow the procedure described in the Figure Eight Drop Drill, except that when you bounce the ball, your movement will be reversed. After the bounce, circle the ball around the outside of your right leg, in front of your left leg, and around your left leg from the front to the back.

FIGURE 8 RUNNING IN PLACE

Ball Handling Tip #9: Move the ball around your legs as in the Figure Eight Drill, but in addition, run in place.

PASS AND CATCH

Ball Handling Tip #11: With 2 hands make a bounce pass between your legs from front to back and catch the ball with 2 hands behind you. Then bounce the ball through your legs from the back to the front, and catch the ball in front of your body. This is a good drill for body awareness.

SQUEEZE THE BANANA

Ball Handling Tip #13: This is a drill that helps increase the strength in your fingers. Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can. More finger and arm strength will improve your ball control.

TOUCH-TOUCH-TOUCH

Ball Handling Tip #14: This is another ball-handling drill that seems very difficult at first, but with daily practice, will improve your handles. This drill is called touch-touch-touch because that is what you do... while keeping the ball between your legs, you touch the ball once with your right hand(fingers) in front, then with your left hand(fingers) in front, then with your right behind you, and then with your left behind you. Continue in this manner as fast as possible. Before long, you will master this skill.

UP THE LADDER

Ball Handling Tip #15: Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control that you will need to properly handle the ball.

Skill Development

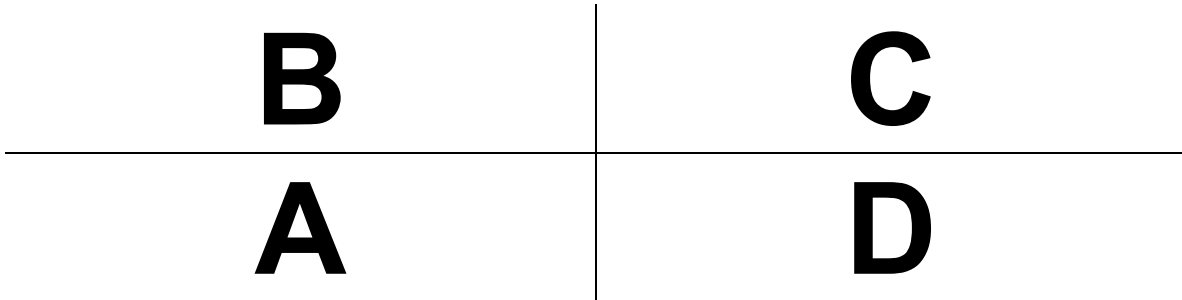
Jump Roping

This is a great workout to help develop quickness and agility. Each activity should be done for 1 minute, unless noted otherwise.

- 2-3 minutes at 3/4 speed for a good warm up.
- Both Feet
- Alternate feet (right foot then left foot, and so on)
- Right foot
- Left foot
- Quadrant jump A-D
- Quadrant jump A-B
- Timed jump to see how many you can get in one minute without missing.
- Do this routine 2- 3 times a week along with your conditioning program.

Quadrant Jumping

Quadrant jumping is part of a plyometric routine that will help to build muscular strength and endurance in your legs. Do each of these for 1 minute, unless noted otherwise.



- Warm – up 150-meters: sprint 50 meters, stride 50 meters, walk back (4 times)
- A – D (30 seconds)
- A – B (30 seconds)
- A – C (30 seconds)
- D – A (30 seconds)
- D – B (30 seconds)
- D – C (30 seconds)
- A – B – A –D (1 minute)
- A – C – A – D (1 minute)
- A – B – C – D (1 minute)
- D – C – D – A (1 minute)
- D – B – D – A (1 minute)
- D – C – B – A (1 minute)

Perimeter Shooting Development

50 Shots off the Dribble:

1. Simulate shooting off the break
2. Move on the move into the shot (especially crossover, stutter step, behind the back dribble)

50 Shots using shot and pass fakes

1. Pump fake to shot
2. Pump fake, dribble to shot.
3. Pass fake to shot
4. 5 sets of 10 shots at a time with 10 free throws in between and record free throws.
5. Repeat 3 times

Additional

- Stationary Move - Use Rocker Step to put defender on heels.
- 5 sets of 10 shots at a time with 10 free throws between sets, and record free throws in your notebook.
- Repeat 3 times

Strength and Conditioning

What is H.I.T.?

The acronym H.I.T. stands for High Intensity Training. These three words do not completely or accurately describe this style of training. H.I.T. usually involves performing only one set of ten to fifteen exercises performed to the point of momentary muscular failure. Momentary muscular failure means that the lifter continues to perform repetitions until no additional repetitions can be completed with perfect form. The preponderance of strength training scientific research indicates that single set programs are just as effective as multiple sets program but are less likely to cause injury and allow more variety in exercises.

All repetitions in a H.I.T. program are performed in an extremely slow and controlled manner with an emphasis on lowering the weight slowly. Slow speeds of movement and high levels of intensity (training to the point of momentary muscular failure) appear to be the most effective way to develop explosive fast twitch muscle fibers (as well as slow and intermediate fibers).

H.I.T. programs focus on developing the entire body to its full potential important to performance in nearly every sport, and thus, all must be maximally developed. H.I.T. programs do not emphasize certain body parts or exercises, but address all body regions including the neck, shoulder, chest, upper back, arm, low back, abdomen, hips, and legs. Every H.I.T. workout addresses these areas with a total body approach.

Because H.I.T. workouts are so intense, as a rule, they must be short. It is impossible to perform long and hard work. As the duration of an activity or exercise increases, the intensity must decrease. Because scientists and strength coaches understand that a high level of intensity is the stimulus for strength gains, short workouts are a necessity to H.I.T. programs. They usually incorporate free weights, machines, and manual resistance exercises, all of which will produce excellent results if used properly.

H.I.T. programs do not include exercises such as the power clean. It was once hypothesized that these exercises transfer to athletic skills such as a lineman exploding off the line of scrimmage or a volleyball player jumping during a spike. Motor learning research now shows us that this is simply not true. These activities do not transfer to any other activities and are not proven to improve speed or power and also carry a high risk for potential acute and chronic injury. One question athletes and coaches may have is, "if power cleans and similar exercises are bad, why do so many programs use them?" The reason for this is power cleans have long been performed by Olympic lifters. Tradition passed them along as the most effective way to develop power.

Strength

We will continue to utilize the weight room at Andover High School using the H. I. T. program. The protocols will change whether we are in season or out of season. You will need to keep good, accurate, daily weight cards making sure to include your seat assignments and setting your goals for your next session. We will be lifting 3 days a week in the off-season and 1-2 times during season, depending on the game schedule.

In addition to the H.I.T. program, we will also be utilizing the power runner and dumb bells as a supplemental to our regular work out. The power runner will help to increase leg strength and jumping ability when training the larger muscle groups of the legs.

Conditioning

Bleacher/Stair work out (Stadium/School)

- One foot every stair
- Two feet every stair
- Skip one stair
- Right foot
- Left foot
- Both feet together
- One foot every stair
- Two feet every stair
- Skip one stair

- **Hills (side of school towards Crosstown)**
 - 6-8 good running hills
 - Make sure you are using good running form and technique
 - Keep arms and knees driving the whole way up the hill.
 - Walk/Jog back down the hill taking about 20-30 seconds between each one.

- **Inclines (pathway between back gym and soccer fields)**
 - 6-8 good running inclines
 - Use proper start technique and run against someone (if possible)
 - Make sure you are using good running form and technique
 - Walk/Jog back down the incline taking about 20-30 seconds between each one.

*You should include either the jump rope or quadrant activity after each of these conditioning activities. When you are done with both, then make sure to cool down for 5 to 10 minutes after workout. The cool down should be a continuation of the last activity performed, but done at a much lower level of intensity. **End with your abdominal exercises. (25 twisted right, 25 twisted left, 25 regular crunches, and 25 leg lifts/pull ins)**