

# ***7 DAY***

## ***BASKETBALL & STRENGTH TRAINING PROGRAM***





# Day 1

## Basic Training Program

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**Ball Handling - Repeat Everything 2x**

**#1**

**Dribble Pound  
Series: 3 Heights  
20 Reps Each: Ankle,  
Waist, Shoulder - 10  
Jumping Jacks between  
each**

**#2**

**Continuous  
Series: No dribbles  
in between  
20 Reps  
Continuous:  
BTL, BTB -  
10 Squat Jumps**

**#3**

**V  
Dribble  
Series  
20 Reps: V  
Dribble  
Crossover -  
20 High Knees**

**On The Move  
Complete 10 Reps Forward  
then speed dribble to start point  
and back before moving onto  
next move**

- 1) Crossover, BTL (between legs)**
- 2) BTL, BTB (behind back)**
- 3) In & Out BTB Wrap**
- 4) In & Out, Crossover, BTL, BTB**

**Competitive Finisher  
Set Timer for 30 Sec,  
track how many reps  
you get for the following  
stationary drills**

**V Dribble, Cross, Cross  
Pound, Cross, BTB  
Cross, BTL, BTB**

**BACKYARD BUCKETS**

# Day 2

## Basic Training Program

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### SHOOTING & CORE WORKOUT

#### #1

30 Sec Each

Straight leg (or knee)  
Raises 2x10  
Floaters 30 sec each  
right side, middle,  
left side

#### #2

30 Sec Each

Plank right into side  
plank (left & right)  
Elbow To Elbow  
Jump Shots

#### #3

30 Sec Each

Mountain  
Climbers  
Corner To  
Corner  
Jumpers

### VOLUME SHOOTING

100 SHOTS TOTAL

10 ATTEMPTS FROM EACH  
SPOT

TRACK YOUR TOTAL SCORE:  
MID RANGE

1+2) LIFT FROM CORNER  
TO WING JUMPERS (BOTH  
SIDES)

3+4) WING TO TOP JUMPERS  
(BOTH SIDES)

5+6) 1 DRIBBLE PULL UPS  
TOP OF KEY (RIGHT &  
LEFT)

7+8) 1 DRIBBLE PULL UPS  
BASELINE START ON WING

9+10) CORNER TO CORNER  
SET 3s

2 MIN RECOVERY CORE  
AFTER VOLUME SHOOTING

30 SEC EACH EXERCISE

REVERSE CRUNCH

RUSSIAN TWISTS

BICYCLES (SLOW)

ALT LEG LOWERS (SLOW)

Competitive Finisher

Set Timer for 4 Minutes

You must MAKE 2 in a ROW from 5  
spots (ALL 3s, corner, wing, top, wing,  
corner)

Finish with 10 makes from the top  
of the key. Total of 20 makes to finish  
the drill.

How fast can you get it?

**BACKYARD BUCKETS**



# Day 3

## Basic Training Program

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### Full Body Lift & Shooting

**#1**

- a. Floaters - Make 10 from right side, middle, left (use left hand)
- b. Off the Dribble Floaters  
Start from Wings & Top of Key.  
Shot Fake 2 dribbles baseline into your floater, make 5 each spot.
- c. Corner floater series. Set Timer for 1 min  
Start in corner, 2 dribble floater and sprint to opposite corner. Goal is 10 makes in 1 min.

**#2**

- a. Pin Down Curl Series  
Start on baseline in short corner, toss the ball out in front of you and simulate a curl action (footwork is inside, outside) Make 10 and switch sides

**#3**

- a. Volume Shooting - Choose 5 spots  
Make 10 Shots from each spot, then you must make 2 in a row before moving to the next spot.  
Total of 12 makes at 5 spots

**LIFT AFTER  
3 SETS OF 12 REPS  
EACH**

**#1**

Flat Bench  
Press (Barbell  
or Dumbbell)

**#2**

Dumbbell,  
Barbell or  
cable row

**#3**

Walking  
Weighted  
Lunges

**#4**

Squat To  
Shoulder Press  
(Dumbbells)

**BACKYARD BUCKETS**

# Day 4

## Basic Training Program

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Recovery Day

***15 Minutes Stretching***

***10 Minutes***

***Stationary Ball Handling***

***(anything you want, be  
creative)***

***50 Made Free Throws***

**BACKYARD BUCKETS**

# Day 5

## Basic Training Program

### Agility & Finishing

#### Warmup

#### 10 Seconds Each

- Single Leg Line Hops (Front to back)
- Single Leg Line Hops (Side to Side)
- Defensive slides (2 shuffles left, 2 shuffles right, continue for 10 seconds straight)
- Broad Jumps (5 Reps)
- Single Leg Lateral (side to side) Jumps (Start on one leg and finish on opposite leg, stick the landing, 5 reps each)
- Squat to jump, get as tall as you can and jump straight up, stick the landing and reset (5 reps)

#### FINISHING

Mikan Drill - 1 Min, track makes

Reverse Mikan Drill - 1 min

Floater - Make 10 each side, left, middle, right

Inverted foot floaters 10 makes (same hand same foot)

Drives from Wing

5 makes each Finish

- Layup, Floater, Reverse Layup

Switch sides

Shot Fake + 2 Dribbles into each move

Eurosteps

Swing Steps

Veer Finishes

**BACKYARD BUCKETS**



# Day 6

## Basic Training Program

### Ball Screens & Conditioning

#### *Form Shoot*

*10 Swishes (no rim)*

*10 Floaters/Runners (left middle, & right side)*

#### *Ball Screen Rep Shooting*

*5 Makes Each Read*

*1) Defender Goes Under*

*- Shoot Behind Screen*

*- Attack rim*

*2) Defender Trails Over*

*- 2 Dribble Floater*

*- 1 Dribble Pull Up*

*3) Defender Trails over and Help D stays low*

*- Snake Screen To Pull Up*

*- Snake Screen & Attack*

*4) Defense Hedges*

*- Attack hard off screen and turn the corner get to rim*

*- Split the hedge with a crossover or low tap dribble*

*- Retreat Dribble and step into a 3pt*

*Sprints - 10 Reps*

*10 Sec Sprint*

*30 Sec Walk*

**BACKYARD BUCKETS**

# Day 7

## Basic Training Program

### Post Workout

#### **Ball Handling - Two Balls**

**25 Reps Each**

#### **Simultaneous Dribble**

**1) Low Taps**

**2) Waist Pounds**

**3) Shoulder Height**

**Repeat With Alternating  
Dribble**

#### **Two Ball Combo Moves**

**1) 1 Dribble Crossovers**

**2) 1 Dribble BTL**

**3) 1 Dribble BTB**

**4) 1 Dribble Crossover, BTL**

#### **Post Work**

**Start right above the block, back to  
the basket**

**5 Makes Each Move then switch  
sides!**

**- 1 Dribble Baseline Hook**

**- 1 Dribble Middle Hook**

**- 1 Dribble Baseline Power Dribble, 2  
foot finish**

**- 1 Dribble Middle, Power Dribble, 2  
foot finish**

**- 1 Dribble Baseline, spin back, baby  
hook/jumper towards middle**

**- 1 Dribble Middle, jump stop, step  
through layup**

#### **Volume Shooting Finisher**

**Make 10 3s Per Spot**

**Corner**

**Wings**

**Slot (Rail)**

**Top of key**

**BACKYARD BUCKETS**