

# SKILL DEVELOPMENT



## BEGINNER BASKETBALL WORKOUT PART 1

**BALL HANDLING WARM UP**  
**20 REPS EACH, STAND IN PLACE, DON'T MOVE**

- RIGHT HAND WAIST HEIGHT
- LEFT HAND WAIST HEIGHT
- CROSSOVERS (BACK & FORTH, NO DRIBBLE IN BETWEEN)
- 1 DRIBBLE THEN CROSSOVER
- 2 DRIBBLES THEN BETWEEN THE LEGS
- 1 DRIBBLE THEN BETWEEN THE LEGS
- \*BONUS MOVE, 10 REPS
- CROSSOVER THEN BETWEEN THE LEGS, NO EXTRA DRIBBLE

**LAYUPS - REPEAT EACH MOVE 5 TIMES**

- RIGHT HANDED LAYUPS, RIGHT SIDE
- LEFT HANDED LAYUPS, LEFT SIDE (USE YOUR LEFT HAND)
- RIGHT HAND LAYUPS FROM THE MIDDLE OF THE FLOOR (OVER THE FRONT OF THE RIM)
- \*\*BONUS\* REVERSE LAYUPS (START ON RIGHT SIDE AND FINISH WITH ON LEFT SIDE)
- MAKE 3 REVERSE LAYUPS ON EACH SIDE! (6 TOTAL)

### SHOOTING

**AROUND THE WORLD SHOOTING DRILL**

**MAKE 5 SHOTS FROM THE 5 SPOTS BELOW**

- 1) BLOCK (CLOSE TO BASKET ON ANGLE)
- 2) ELBOW (3 STEPS BACK FROM THE BLOCK)
- 3) FOUL LINE (IN BETWEEN THE 2 ELBOWS, MIDDLE OF FLOOR)
- 4) OTHER ELBOW (YOU SHOULD BE ON THE OTHER SIDE NOW)
- 5) BLOCK (BACK WHERE YOU STARTED ON THE OTHER SIDE)

**THE GOAL IS TO GET ALL THE WAY AROUND THE WORLD(COURT) WITHOUT MISSING 3 SHOTS IN A ROW!**

**DON'T GIVE UP, YOU GOT THIS! KEEP GETTING BETTER**

**Check out my YouTube channel for video examples:  
Jen Fay**