

## **BASIC SUMMER WORKOUT**

The most important part of your Summer Workout is the program that you are going to follow. You must work on all aspects of your basketball skills in the off season. This should be the time that you work the hardest. The program below is an outline of a standard high school basketball player's summer workout. Keep in mind that this program is only a guide. Once a player has planned out their program, the hard part will be to follow the program faithfully.

**Ball Handling:** It doesn't matter whether you are a point guard, power forward, center, or shooting guard you must have excellent ball handling skills. Developing good ball handling skills is a main building block with improving your other basketball skills (seeing the floor, driving to the basket, breaking out of traps, etc.).

**Shooting Routine:** Shooting is an art form that can only be developed through hard work and repetition. With the proper determination and routine, you can become a proficient shooter. Keep in mind that it will take thousands of practice shots to get you where you need to be as a shooter.

**Lay-Ups:** The Lay-Up is called the "easiest" shot in basketball, so why are there so many missed lay-ups in games? The lay-up is a shooting skill that is ignored often. An easy shot to shoot that most players do not take the time to "practice" the lay-up. A good attitude to have is that you are going to make every lay-up you take. Only hard work will help with this goal.

**Free Throws:** It doesn't matter what size you are (short, tall, big or small) the Free Throw can be every player's shot. There is no excuse to miss many free throws. To be a really good all around player, you need to shoot around 80% consistently. Don't neglect practicing free throws!

**Game Shots:** Once you have taken all your practice shots, you have to test yourself in a game like situation. This part of the summer program checks how well you are progressing by tracking how many "game" shots you make.

**Running/Conditioning:** If you want to play basketball you have to run, a lot! The off season is a great opportunity to get in shape (basketball shape). Running / Conditioning must be part of your daily routine. A good routine should consist of short and long distance running.

**Weight Lifting:** Basketball players lift weights for one reason – to get stronger! Stronger does not necessarily mean that you are going to have large muscles, etc. Stronger means jump higher, run faster, pass harder... Weight lifting can get you in great basketball shape.

**Jump Roping:** Foot speed and agility are a skill that is required for any aspiring basketball player. A basic jump rope routine will get you going in the right direction.

**Ladder Drills:** Ladder drills are tailored towards foot quickness and lateral movements. All attributes that a true basketball player must work towards.

**Game Play:** Put your hard work to the test often. Plan to attend open gym, summer leagues, and any pick up game you can find! Call your friends, your competition, go to the local rec center, or to the local playground; as long as you keep playing and testing your skills!

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