

PRO TRAINING

WORKOUT SERIES 1



By: Tony Watson II

RULES

- Please consult a doctor and/or guardian before engaging in these workouts.
- To reduce the chances of injury, follow the Pre & Post-Workout Stretching Routines.
- Familiarize yourself with the drills before starting the workout.
- For best results, perform drills the way they are stated and demonstrated.
- Any questions or concerns, email ProTrainingBball@gmail.com

Workout #1 Needs

- 1+ Players
- 1 Ball
- 5 Cones

Workout #2 Needs

- 2+ Players
- 2 Balls
- 5 Cones
- 2 Chairs



WORKOUT #1

Drill	Time	# Of Shots	Page #
Form Shooting	10 Min.	40	6
Daily Dribbling Routine	5 Min.	--	8
Make 5 Free Throws	2 Min.	5	--
Pre Workout Stretch	10 Min.	--	5
Daily Finishing Routine	3 Min.	30	9
Make 5 Free Throws	2 Min.	5	--
6 Shot Series	15 Min.	30	10
Dribbling Drill #1 Right Side	5 Min.	7	15
Make 5 Free Throws	2 Min.	5	--
Dribbling Drill #1 Left Side	5 Min.	7	15
Make 5 Free Throws	2 Min.	5	--
1 Weakness Drill	10 Min.	?	22
Core Circuit	10 Min.	--	21
Make 20 Free Throws	5 Min.	20	--
Post Workout Stretch	10 Min.	--	5
Total	96 Min.	154+	--

WORKOUT #2

Drill	Time	# Of Shots	Page #
Form Shooting	10 Min.	40	6
Daily Dribbling Routine	5 Min.	--	8
Make 5 Free Throws	4 Min.	5	--
Pre Workout Stretch	10 Min.	--	5
Daily Finishing Routine	5 Min.	30	9
Make 5 Free Throws	4 Min.	5	--
6's (Mid & 3-Point Range)	10 Min.	36	11
Make 5 Free Throws	4 Min.	5	--
Dribbling Drill #4 (Two Balls)	10 Min.	12	18
Make 5 Free Throws	4 Min.	5	--
25 Makes Drill	10 Min.	25	12
Dribbling Drill #2	10 Min.	10	16
Make 5 Free Throws	4 Min.	5	--
1 Weakness Drill	10 Min.	?	22
Transition Shooting	5 Min.	10	13
Make 5 Free Throws	4 Min.	5	--
Core Circuit	10 Min.	--	21
Make 20 Free Throws	10 Min.	20	--
Post Workout Stretch	10 Min.	--	561222
Total	139 Min.	213+	--

STRETCHING ROUTINES

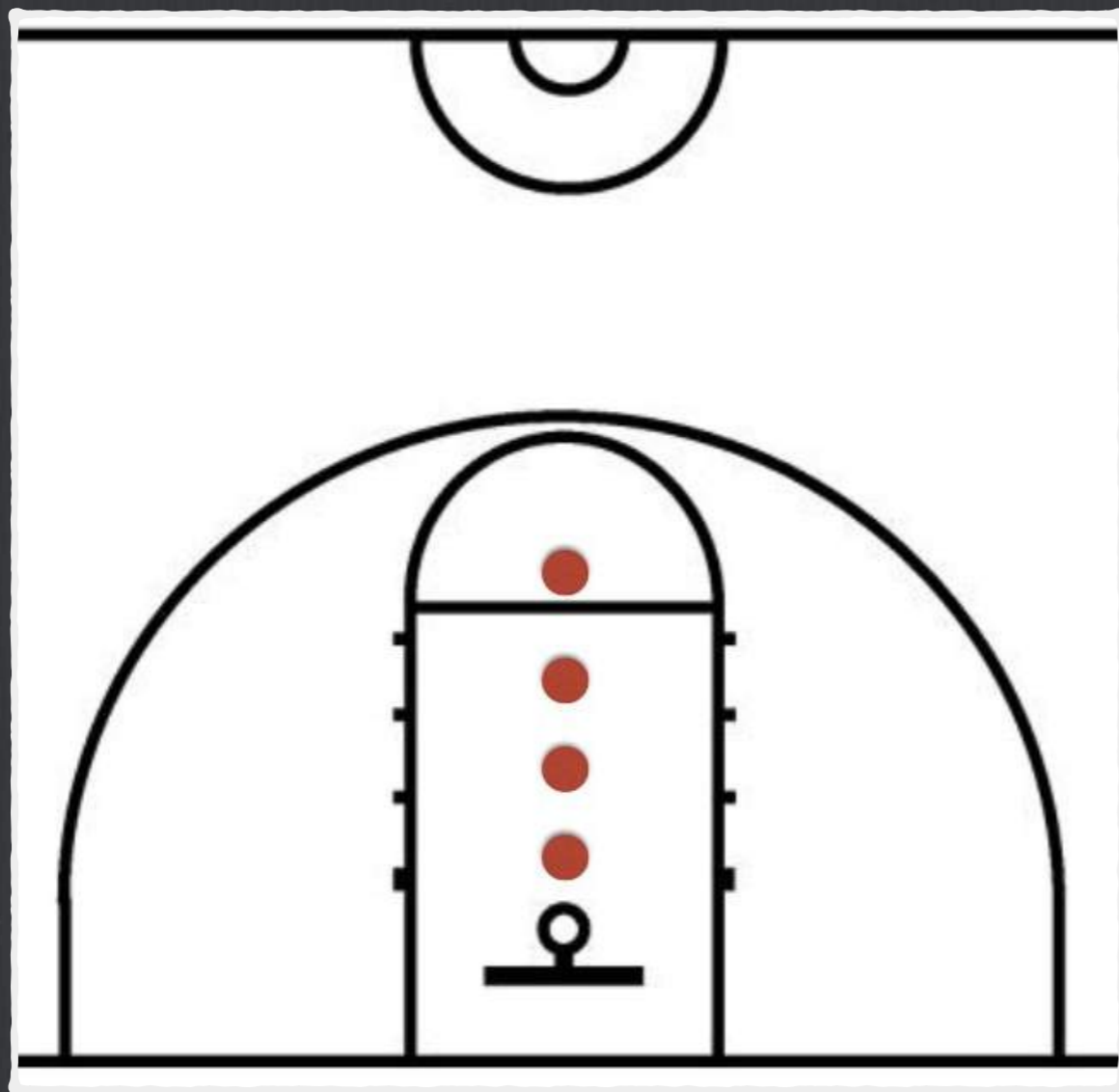
PRE-WORK

- Hamstring Stretch
- High knees
- Quad Stretch
- Butt Kicks
- Lunges
- Frankenstein Kicks
- Hip Stretch
- Hamstring Reach
- Karaoke
- Karaoke Reverse
- Progressive Skips
- Jog back

POST-WORKOUT

- Leg Spread:
 - Reach Right
 - Reach Left
 - Reach Middle
- Right Leg Pulled in Reach Left
- Left Leg Pulled In Reach Right
- Butterfly 2x
- Pretzel Twisted Right
- Pretzel Twisted Left
- Quad Pull Back Right
- Quad Pull Back Left
- Pigeon Right Leg
- Pigeon Left Leg
- Calf Stretch Right
- Calf Stretch Left
- Groin Stretch

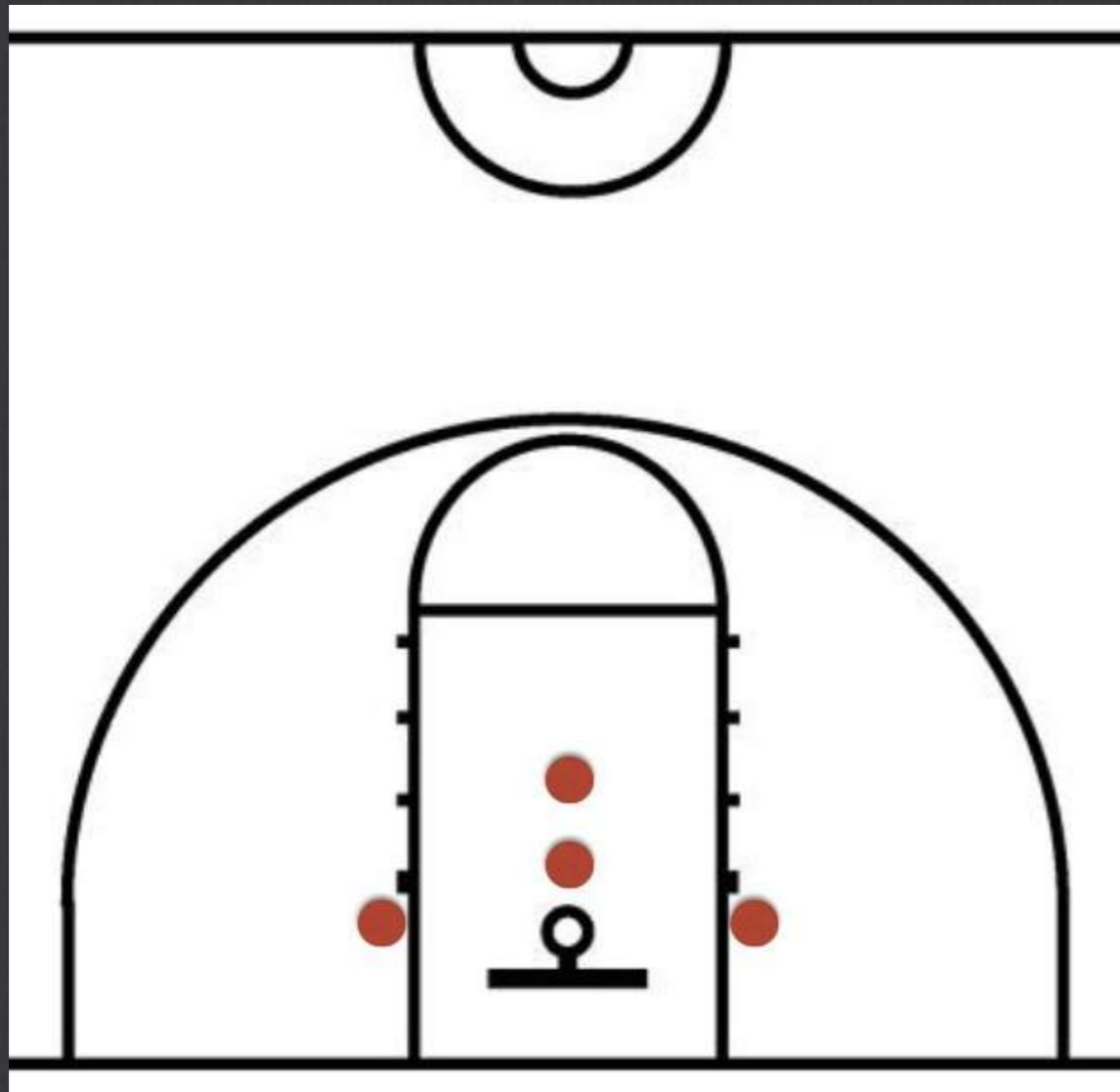
FORM SHOOTING



- Step 1: Position yourself on the spot closest to the basket
- Step 2: Make 5 Shots from each spot using one hand
- Step 3: Make 5 Shots from each spot using two hands
- REMEMBER:** B.E.E.F

FORM SHOOTING

(YOUTH)



- Step 1: Position yourself on the spot in front the basket
- Step 2: Make 5 Shots from each spot using one hand
- Step 3: Make 5 Shots from each spot using two hands
- REMEMBER:** B.E.E.F

DAILY DRIBBLING ROUTINE

# of Reps	Drill
10	Ball Slaps
5	Around the Head
5	Around the Head (reverse)
5	Around the Waist
5	Around the Waist (reverse)
5	Around Both Legs
5	Around Both Legs (reverse)
5	Around One Leg
5	Around One Leg (Reverse)
5	Around the Other Leg
5	Around the Other Leg (reverse)
5	Figure 8's
5	Figure 8's (reverse)
5	One Leg Two Legs

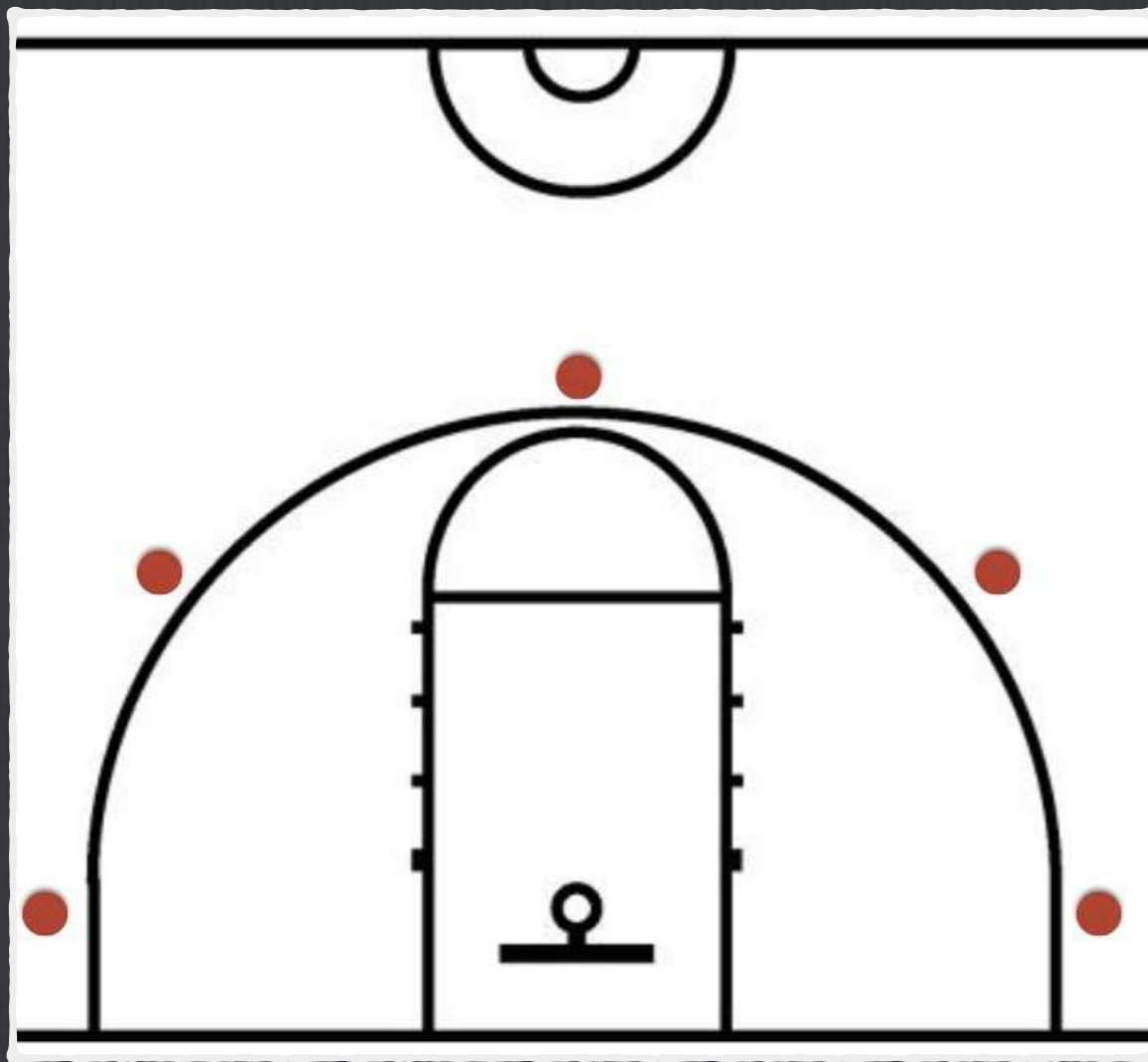
# of Reps	Drill
5	One Leg Two Legs (Reverse)
20	Low Dribbles (Both Hands)
10	Pound Dribbles (Both Hands)
5	Around One Leg One Hand (Both Sides)
5	Quick Dribble Figure 8's
5	Wind Shield Wipers (Both Hands)
5	Walk The Dog (Both Hands)
5	Dog Wipers (Both Hands)
10	Crossovers
10	Between the Legs (Both Ways)
10	Figure 8's (One Dribble)
10	Behind the Back
10	Between The Legs Cross (Both Ways)
10	Between The Legs Behind The Back (Both Ways)

DAILY FINISHING ROUTINE



- Step 1: 10 Mikan lay-ups
- Step 2: 10 reverse Mikan lay-ups
- Step 3: At the Left wing:
 - Left hand lay-up
 - Inside hand lay-up (right hand)
 - Reverse lay-up (right hand)
 - Euro reverse lay-up (left hand)
 - Left hand floater
- Step 4: At left right wing:
 - Right hand lay-up
 - Inside hand lay-up (left hand)
 - Reverse lay-up (left hand)
 - Euro reverse lay-up (right hand)
 - Right hand floater

6 SHOT SERIES

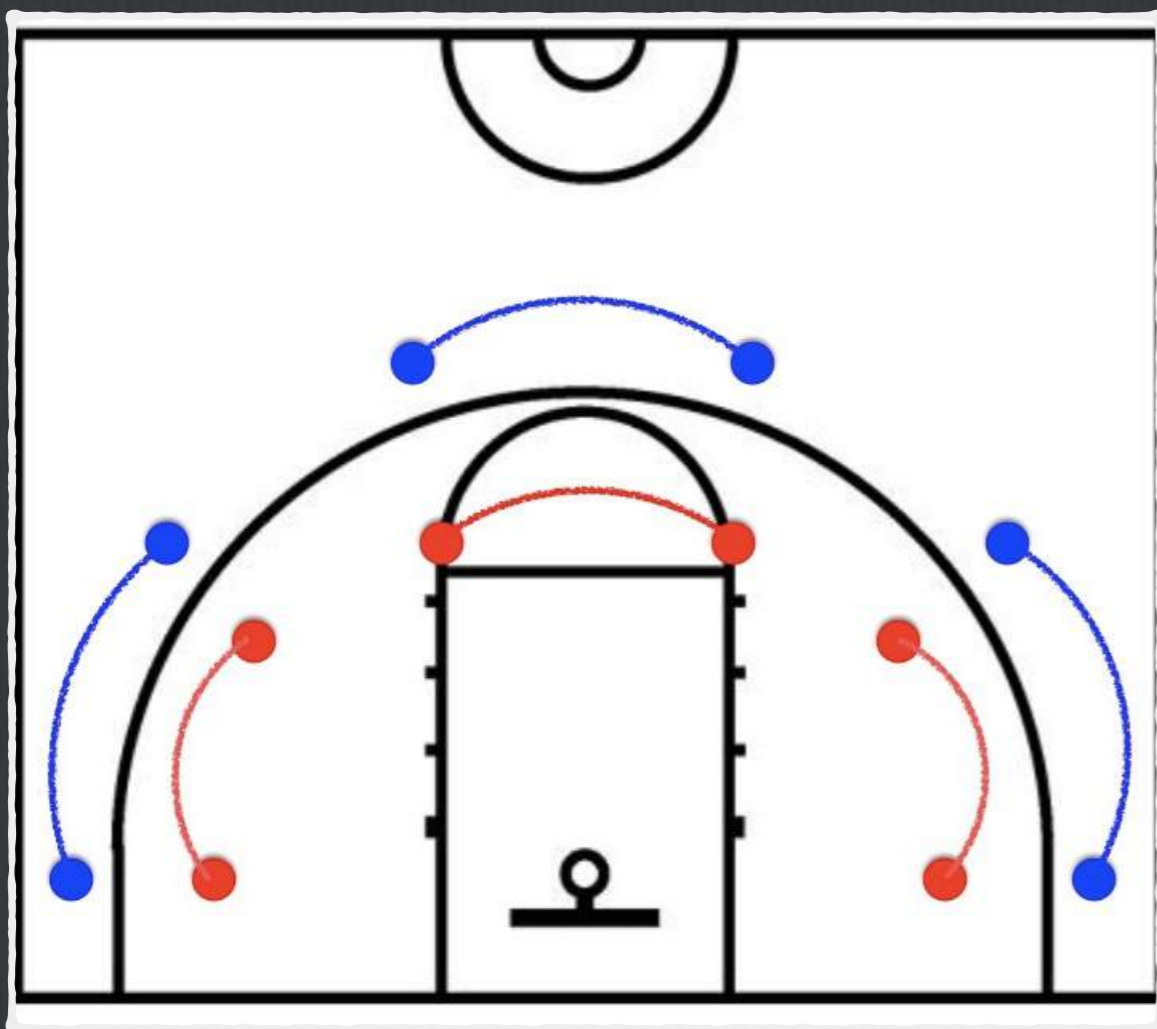


At Each of the 5 Spots:

- Right Hand Lay-Up
- Left Hand Lay-Up
- One Dribble Pull-Up Going Right
- One Dribble Pull-Up Going Left
- Triple Threat 3-Pointer
- 1 Free Throw

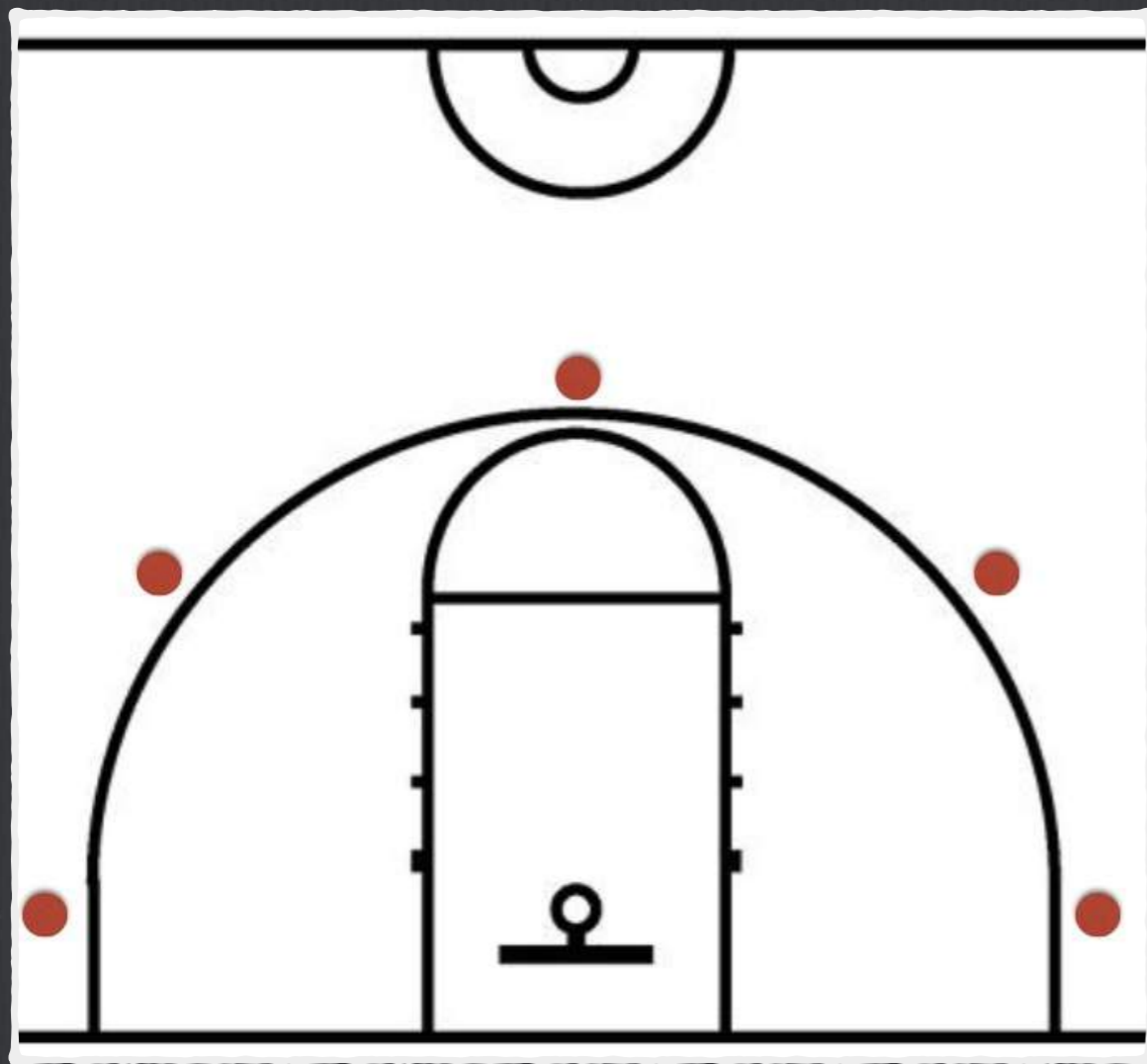
**After You Make 1 Free Throw,
Immediately move to The Next
Spot.**

6'S



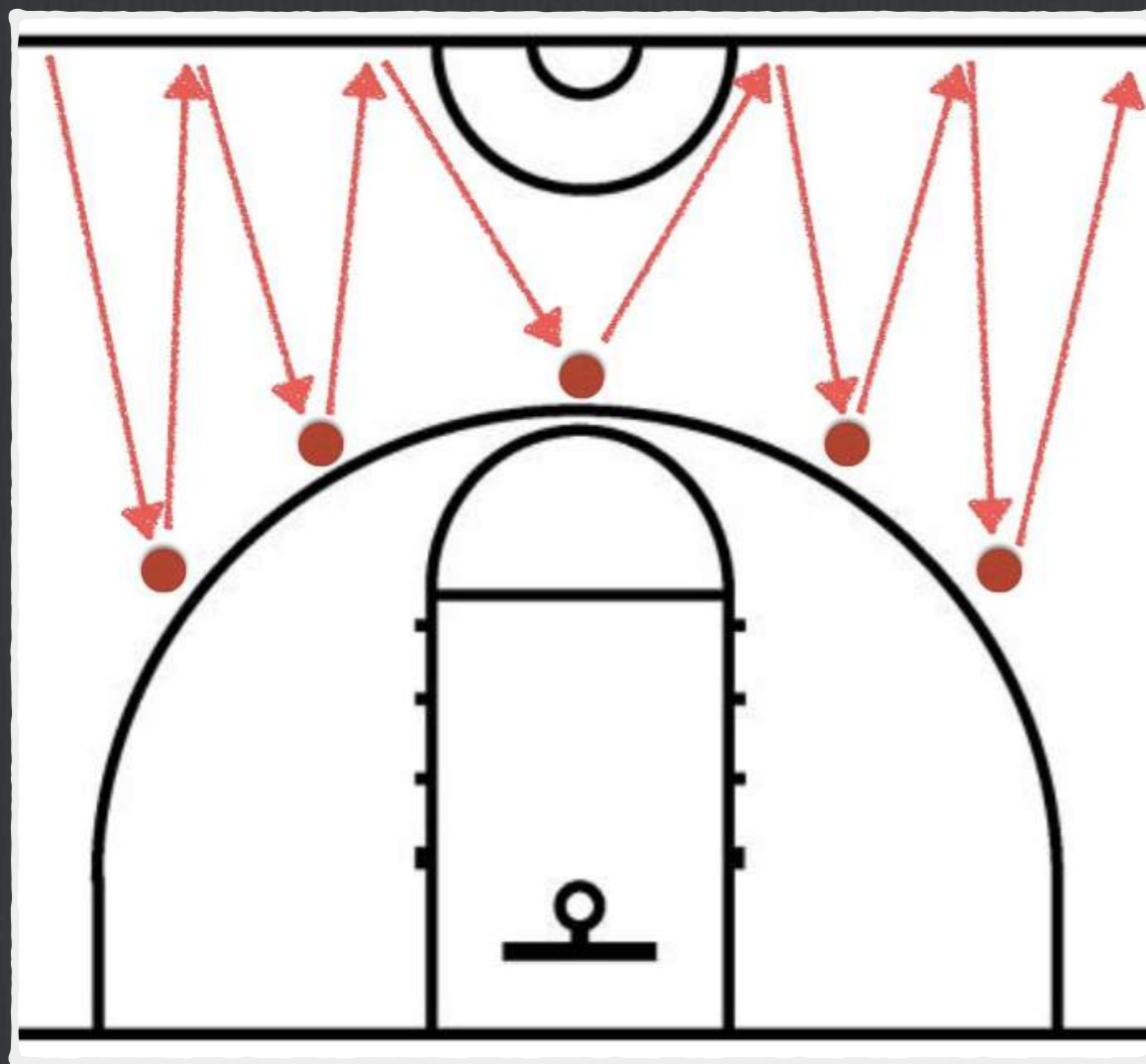
- Step 1: Shoot Six Shots Going Back and Fourth Between Corner and Wing
- Step 2: Shoot Six Shots Elbow to Elbow
- Step 3: Shoot Six Shots Other Wing to Other Corner
- Step 4: Switch with Partner
- Step 5: Same Drill from 3 Point Range
- Step 6: Switch with Partner

25 MAKES DRILL



- Step 1: Begin In The Left Corner
- Step 2: Make A Mid-Range Shot At Each Spot
- Step 3: Make A 1 Dribble Pull-Up Going Right At Each Spot
- Step 4: Make A 1 Dribble Pull-Up Going Left At Each Spot
- Step 5: Make A 3-Pointer At Each Spot
- Step 6: Make 5 Free Throws

TRANSITION SHOOTING



- Step 1: Start At The Left Corner Of Half Court
- Step 2: Run In Towards The 3-Point Spot As Shown (The Wing)
- Step 3: Take A Shot Then Run Back To Half Court
- Step 4: Run To The Next Spot And Take A Shot
- Step 5: Continue To The Next Spots Until You Make 10 Shots

TWO-BALL DRIBBLING ROUTINE



****Do all moves for 15 seconds non-stop****

1st minute

- Low Dribble Together
- Pound it together
- Low Dribble Alternate
- Pound it Alternate

2nd minute

- Low Side-to-Side Together
- Low side-to-side alternate
- 2-ball windshield wiper
- 2-ball walk the dog

3rd minute

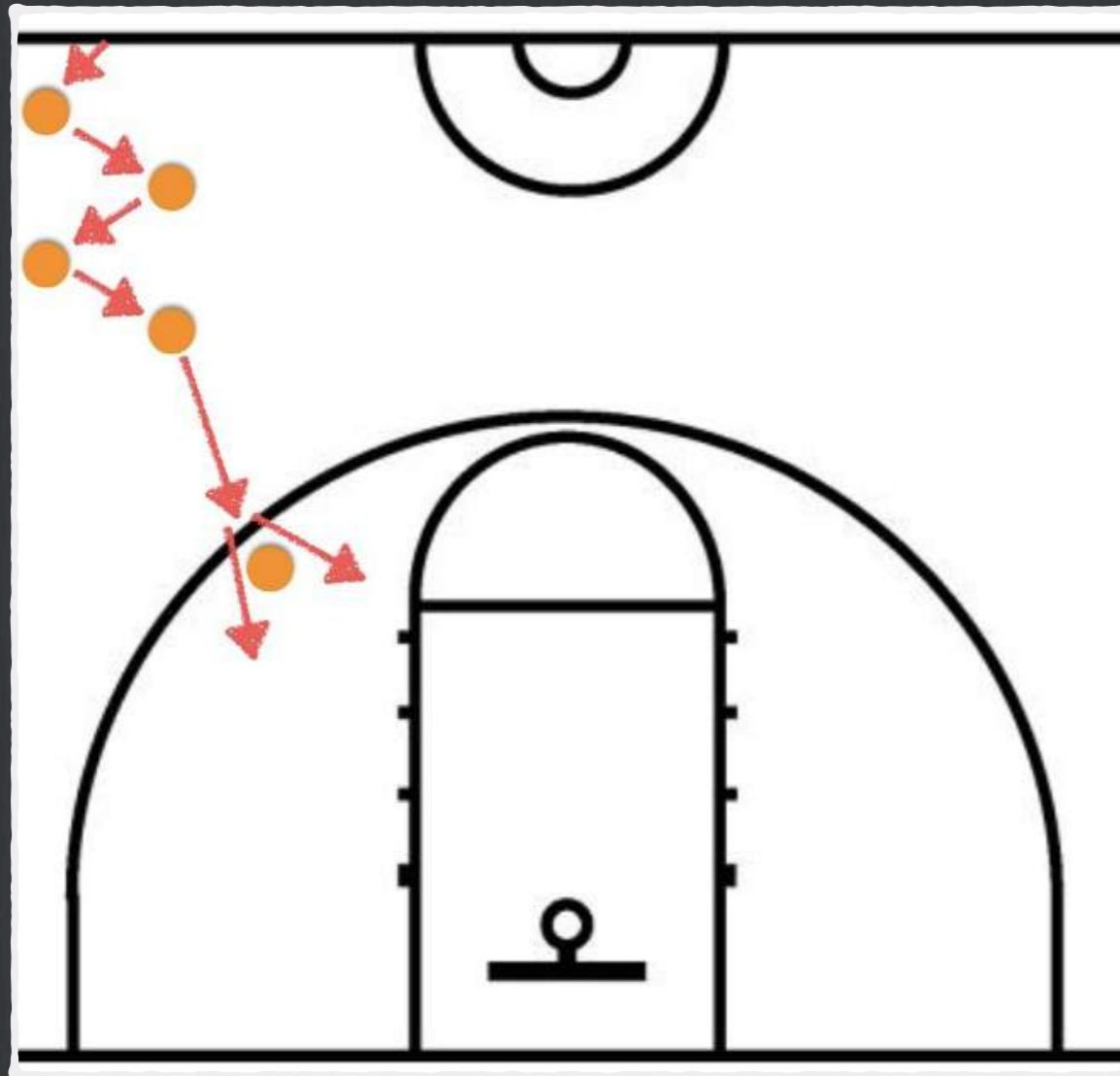
- Left low Right High
- Right low Left high
- 2-Ball juggle
- 2-Ball juggle reverse

4th minute

- Around one leg
- 2-Ball figure 8
- One dribble cross
- One dribble between the legs

DRIBBLING DRILL #1

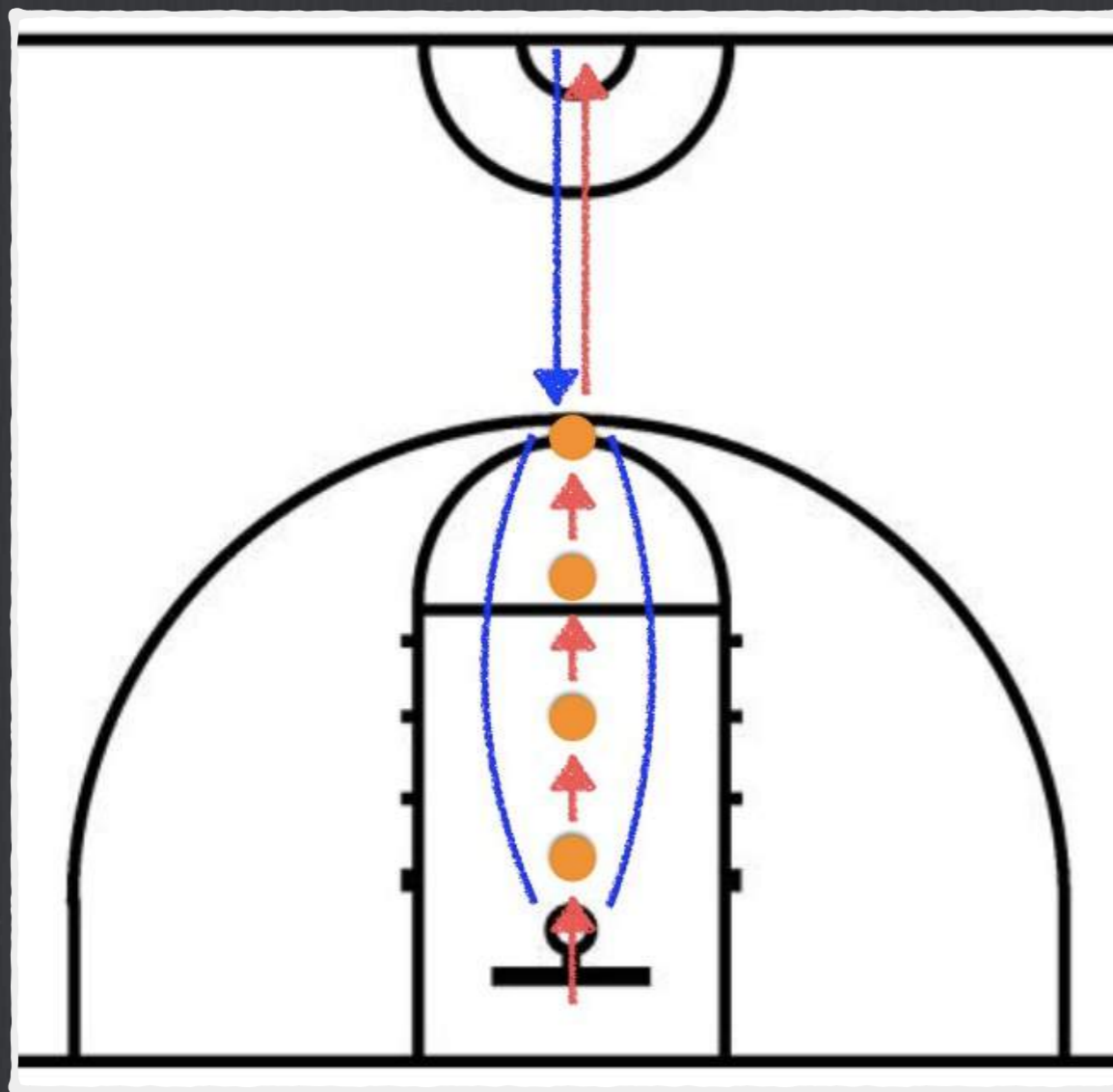
(MUST DO DRIBBLING DRILL PT. 1)



- Step 1: Set Up Cones as Shown
- Step 2: Start at Half Court Each Time and Follow Red Arrows
- Here's how the set goes:
 - 2 Using Crossovers (1 Lay-Up & 1 Pull-Up)
 - 2 Using Between The Legs (1 Lay-Up & 1 Pull-Up)
 - 2 Using Behind The Back (1 Lay-Up & 1 Pull-Up)
 - 1 Whatever You Want (Ending With A Made Pull-Up)

DRIBBLING DRILL #2

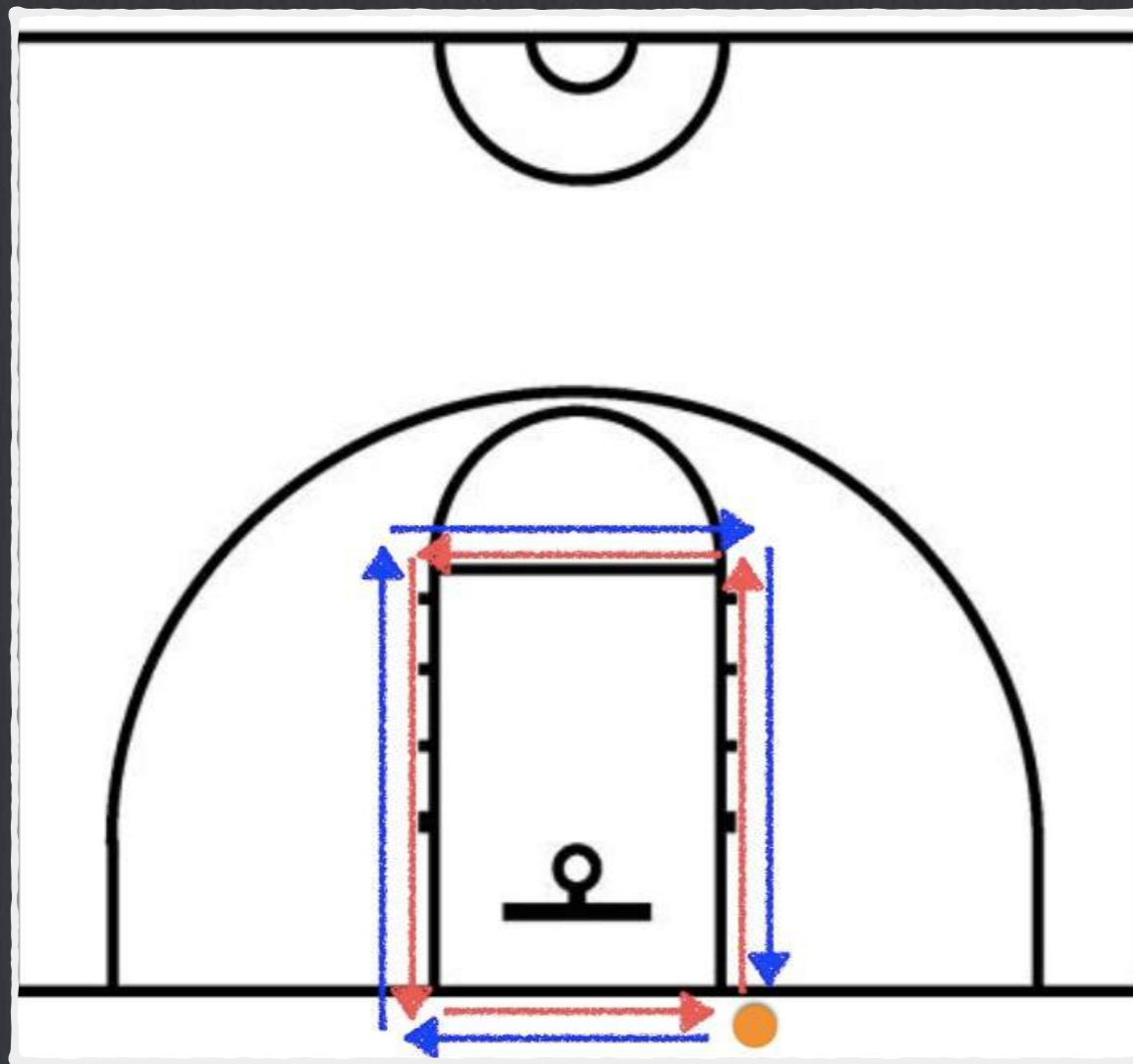
(MUST DO DRIBBLING DRILL PT. 2)



- Step 1: Set Up the Cones As Shown
- Step 2: Start On the Baseline
- Step 3: Do Your 'Go To Move' At Each Cone (Follow the Red Arrows)
- Step 4: Attack the Top Cone With Your 'Go To Move'
- Step 5: Finish (Follow the Blue Arrows)
- Here's how the set goes:
 - 5 Finishes At the Basket
 - 5 Pull-Ups

DRIBBLING DRILL #3

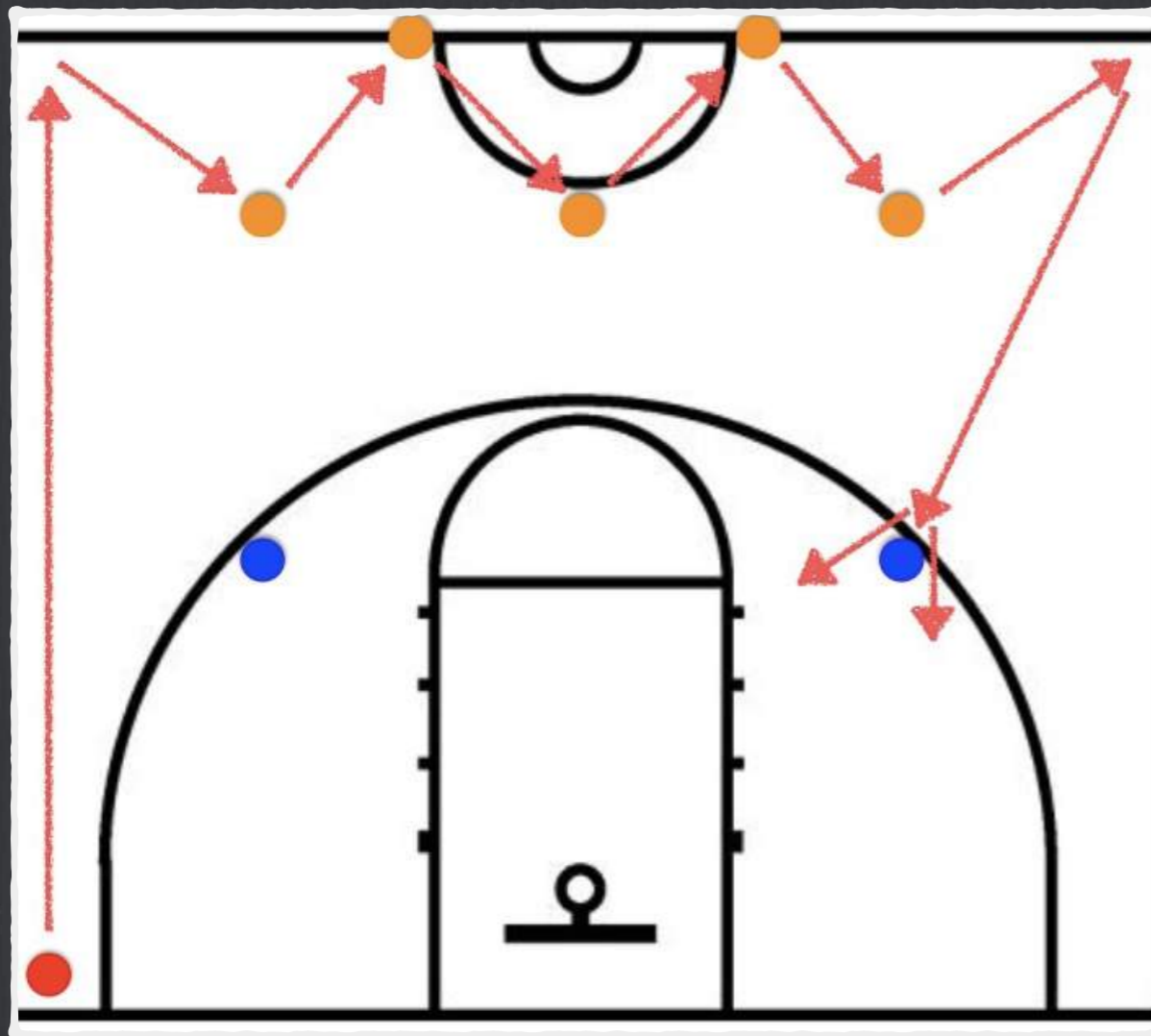
(MUST DO DRIBBLING DRILL PT. 3)



- Step 1: Start On the Orange Spot
- Step 2: While Dribbling 2 Balls, Follow the Red Arrows
- Step 3: Once You Get Back To the Orange Spot, Immediately Go Back. Follow Blue Arrows
- Follow Red Then Blue Back Equals 1 Rep
- Here's how the set goes:
 - 3 Reps Dribbling Balls At the Same Time (Quick Break)
 - 3 Reps Alternating Dribbles (Quick Break)
 - Repeat Each 1 More Time

DRIBBLING DRILL #4

(MUST DO DRIBBLING DRILL PT. 4)

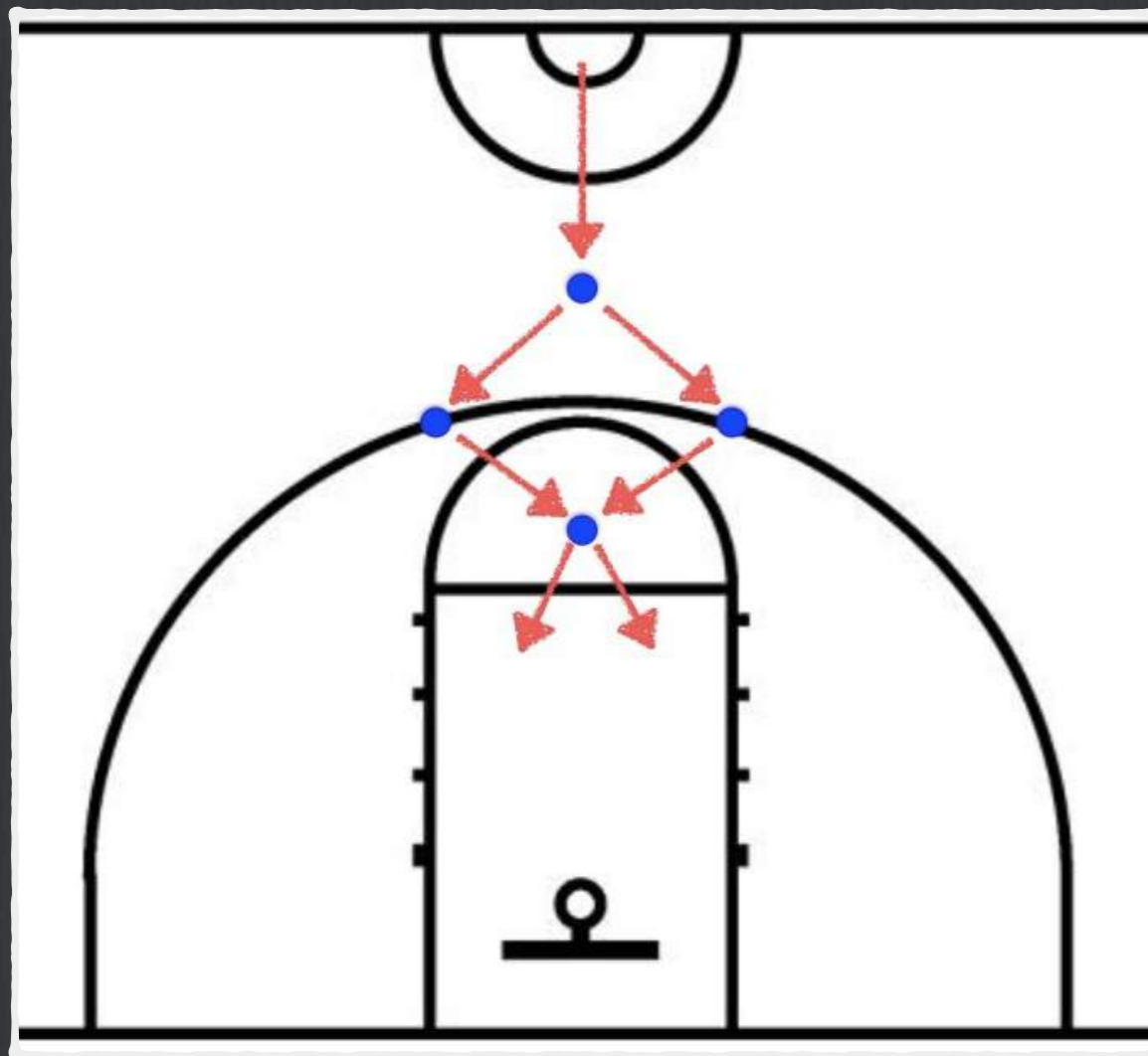


- Step 1: Start in the Corner
- Step 2: Full Speed Dribble To Half Court
- Step 3: One Dribble Cross Between Cones
- Step 4: Speed Dribble To Chair
- Step 5: Place Inside Hand Ball On Chair
- Step 6: Shoot One Dribble Pull-Up
- Step 7: Pick Up Ball Off Chair
- Step 8: Shoot One Dribble Pull-Up Going the Other Way

- Here's how the set goes:
 - Crossovers Through Cones (Both Ways)
 - Between The Legs Through Cones (Both Ways)
 - Behind The Back Through Cones (Both Ways)

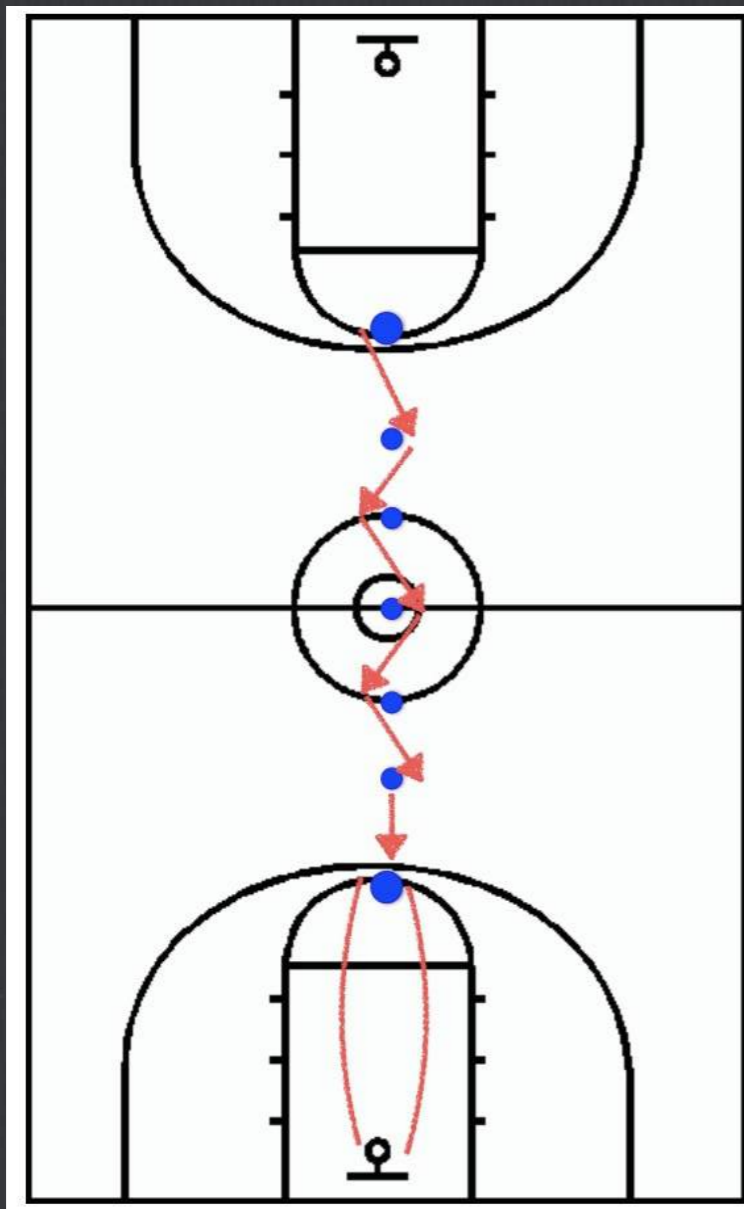
DRIBBLING DRILL #5

(DIAMOND DRILL)



- Step 1: Set Up Cones As Shown (Blue Spots)
- Step 2: Start At Half Court
- Step 3: Attack Top Cone With A Single or Double Crossover
- Step 4: Attack Second Cone With A Single Crossover
- Step 5: Attack Last Cone With Any Move That Incorporates the Move Your Working On
- Step 6: Finish
- Here's how the set goes:
 - 2 Using Crossover Move (Front Change)
 - 2 Using Between tThe Legs
 - 2 Using Behind The Back
 - 1 Doing Whatever Moves You Want & Finish With Make

CHRIS PAUL FULL COURT DRIBBLING DRILL



- Step 1: Set Cones Up as Shown (Blue Spots)
- Step 2: Start At One End And Follow Red Arrows, While Doing 1 Dribbling Crossover
- Step 3: After Crossing Over the Last Cone, Finish
- Set is as Follow:
 - 2 Using The Crossover Move (Front Change)
 - 2 Using The Between The Legs Move
 - 2 Using The Behind The Back Move
 - Finish How the Workouts Mentions

CORE CIRCUIT



- Dribbling One-Legged Wall Sits**
 - Left Leg Out for 50 Dribbles
 - Right Leg Out for 50 Dribbles
 - Left Leg Out for 50 Crossovers
 - Right Leg Out for 50 Crossovers
- Figure 8 Abs**
 - 50 Complete Figure 8's
- Dribbling Sit-Ups**
 - 25 Sit-Ups Dribbling w/Right Hand
 - 25 Sit-Ups Dribbling w/Left Hand
- Basketball Twists**
 - Touch Each Side 25 Times Each
- Finger Tip Leg Kicks**
 - Kick Each Leg 50 Times

WEAKNESS DRILL



- Take 10 minutes to work on an area of your game that you want to improve. For example: your crossover, your weak hand, or your shooting.

THANK YOU



We want to thank you for downloading this workout and helping Pro Training grow. We truly enjoy sharing my knowledge and giving players tools to improve their game. Please tell your friends and teammates about your experience with Pro Training.

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