

*Please Warm Up Properly, Follow All Safety Instructions, and Consult a Physician Before Attempting This Workout

THE SECRET WEAPON WORKOUT

Ball Handling

Drills

Quantity

Combo Killers – Part A

Each Variation 10 Times Both Sides

Stationary: Double cross, double through the legs, double behind the back

Notes: Take 1 or 2 dribbles then hit the move full speed as fast as you can and repeat.

Make 5 Free Throws

Footwork Crossovers

Each variation full court down and back x 1

Full Court: Crossover, through the legs, through the legs cross, in n out cross

Notes: Every step is a dribble. Keep the ball low under your knees. Work to get up the court faster and faster.

Make 5 Free Throws

The Double Cross Drill – Basic

Full court down and back x 1 both sides

Full Court: take 1 dribble double cross then repeat – double cross, through the legs cross, around the back cross

Notes: Take 1 dribble then crossover and repeat that up the court changing directions with each crossover.

Make 5 Free Throws

Finishing

The Crafty Finisher

Right and Left Hand

Make 3 of Each From Both Sides

Overhand, hook, switch hand

Notes: Setup a “V” of 5 cones in front of the basket. Attack the top cone and use your 2 steps to one side and finish with either a simple overhand layup, a hook shot, or switch hand (jump up and then shoot the ball with your inside hand)

Make 5 Free Throws

[CLICK HERE TO WATCH THE VIDEO DRILL DEMONSTRATIONS](#)

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THE SECRET WEAPON WORKOUT

Shooting

Drills

Form Shooting

Spots

Straight On

Quantity

Make 20 then get 5 swishes

Notes: Don't forget to bend you knees and shoot with arc. Get your form and touch ready for the shooting workout

Make 5 Free Throws

Toss Outs: Basic
Midrange

Baseline to baseline, wing to wing,
elbow to elbow, top to top

10 from each spot (4 spots)

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball then go to the same spot of the opposite side of the court.

Make 5 Free Throws

Spin Move Shooting

Both wings

10 from each spot

Notes: Start on the wing take 2 dribbles in 1 direction then spin back in the opposite direction and shoot.

Make 5 Free Throws

Toss Outs: Basic
3's

Baseline to baseline, wing to wing,
elbow to elbow, top to top

10 from each spot (4 spots)

Notes: Start under the basket and toss the ball out to yourself. Catch, use your footwork, and shoot the ball.

Make 5 Free Throws

The Wing Threat Drill

Both Wings and Top

Each move 4 times

1 dribble pull up, 2 dribble pull up, 1 dribble step back, 2 dribble step back

Notes: Start on the wing in triple threat. Stay low and use hard jabs to attack the basket and pull up with quick 1-2 step footwork or step backs. Alternate between going left and right.

Make 5 Free Throws

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