

Hoop Haven workout plan

M1,D1

Level: Beginner

Estimated time of completion: 60min

Focus: Triple threat

❖ Warm Up: 5min

- Timed ball handling - Around the World (around one leg at a time)
 - 30 sec
- Figure 8 - 30 sec (around both legs making an “8”)
- Cross over in front of your knees, through the legs (one leg at a time), behind the back dribble. All for 30 sec. For a total of 2min
- Two ball pounds - bounce both the balls at the sametime at your ankles, knees, and shoulder each for 30 sec for a total of 90 sec
- Last alternating pounds at knees (Bounce the balls at opposite times at knee level) 30 sec

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work: Triple Threat drill

- Start at the top of the three point line facing the basket, spin the basketball to yourself, catch and attack the rim and make a layup. If you want to challenge yourself try to do it in two dribbles or less! 10 made layups on each side for a total of 20 makes.
- We will repeat the same drill at the same spot but now we will take a one dribble jumpshot. Do this at each elbow for 10 makes for a total of 20 makes.

❖ Finisher:

- Shoot 10 3 pointers from five spots. Be sure to track your makes at each spot.

Hoop Haven workout plan

M1,D2

Level: Beginner

Estimated time of completion: 60min

❖ Warm Up: 5min

- Timed ball handling - Around the World (around one leg at a time)
 - 30 sec
- Figure 8 - 30 sec (around both legs making an “8”)
- Cross over in front of your knees, through the legs (one leg at a time), behind the back dribble. All for 30 sec. For a total of 2min
- Two ball pounds - bounce both the balls at the sametime at your ankles, knees, and shoulder each for 30 sec for a total of 90 sec
- Last alternating pounds at knees (Bounce the balls at opposite times at knee level) 30 sec

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work: Step in shooting

- Start in the corner, if you shoot with your right hand, have your left foot in front and your right foot behind you in a split stance. (*If you shoot with the left have your right foot in front*) spin the ball to yourself, catch the ball with your fingers on the seams and shoot the ball. Do this for 10 makes from five spots for a total of 50 makes.
- We will repeat the same drill. But now from the three point line with 15 shots but count your makes out of 15 and log them.
- Lastly, we will work on a one dribble jumpshot. Start at the three point line, spin the ball to yourself and take one or two dribbles and shoot. We will go to 5 makes from five spots for 25 makes.

❖ Finisher:

- Shoot 10 3 pointers from five spots. Be sure to track your makes at each spot.

Hoop Haven workout plan

M1, W2, D1

Level: Beginner

Estimated time of completion: 60min

❖ Warm Up:

- Full court zig zags crossovers, behind the back, through the legs. 2x
- Two ball pounds - bounce both the balls at the sametime at your ankles, knees, and shoulder each for 30 sec for a total of 90 sec
- Last alternating pounds at knees (Bounce the balls at opposite times at knee level) 30 sec

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work: Triple Threat drill

- Start at the wing and spin the ball to you. Catch, do a shot fake and attack the baseline into a jump stop and shoot a layup. We are going for 10 made layups on each side for a total of 20 makes.
- We will repeat the same drill at the same spot but now we will take two dribbles into a jump shot. Do this at each elbow for 10 makes for a total of 20 makes.

❖ Finisher:

- Star shooting

Hoop Haven workout plan

M1, W2, D2

Level: Beginner

Estimated time of completion: 60min

❖ Warm Up:

- Full court zig zags crossovers, behind the back, through the legs. 2x
- Two ball zig zags, If you want to challenge yourself try adding a crossover!
- Single ball windshield wipers front to back, and side to side each hand 10 each way for a total of 40.

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work: Triple Threat drill

- Start at the wing and spin the ball to you. Catch, do a jab step towards the baseline and attack the middle. We are going for 10 made layups on each side for a total of 20 makes.
- We will repeat the same drill at the same spot but now we will take a one dribble jumpshot. Do this at each elbow for 10 makes for a total of 20 makes.

❖ Finisher:

- March Madness shooting Drill

Hoop Haven workout plan

M1, W3, D1

Level: Beginner

Estimated time of completion: 45min

❖ Warm Up:

- Full court zig zags crossovers, behind the back, through the legs. 2x
- Single ball windshield wipers front to back, and side to side each hand 10 each way for a total of 40.

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work:

- Pindowns - spin the ball to yourself, come off the screen and shoot 5 makes from each side for a total of 10 makes.
- 3-2-1 shooting, start by shooting a three from one spot then move to a mid range shot, then back to a three. All the way around the perimeter for 3 circuits. Track your makes!

Hoop Haven workout plan

M1, W3, D2

Level: Beginner

Estimated time of completion: 60min

❖ Warm Up:

- Wall passing, face the wall, take one bounce and pass to the wall. When you catch the ball do a cross over into a pound dribble then throw the ball at the wall again repeat this for 5 reps each hand. To challenge yourself add between the legs and behind the back.
- Single ball windshield wipers front to back, and side to side each hand 10 each way for a total of 40.
- Figure 8's for 40 reps

❖ Rhythm Shooting: 75 makes

- Mikan Drill Layups three ways ten each way - 30 total
- Single arm farm shooting - three spots 5 makes, 15 total
- Form shots three spots 10 makes, 30 total

❖ Skill Work: Triple Threat drill

- Start at the wing and spin the ball to you. Catch, do a shot fake and jab step towards the baseline and attack the middle. We are going for 10 made reverse layups on each side for a total of 20 makes.
- We will repeat the same drill at the same spot but now we will take a one dribble jumpshot. Do this at each elbow for 10 makes for a total of 20 makes.

❖ Finisher:

- 5 minute shooting - your goal is to shoot two three pointers and one pull up jumper for 5 mins, you will need a rebounder for this drill. This is a great drill to log your progress as a shooter.

