



Pdf Basketball Workout Drills

File name: Pdf Basketball Workout Drills

Rating: 4.5/5 (Based on 3322 votes)

22545 downloads

=====

[👉 Pdf Basketball Workout Drills](#)

=====

Talented Creators · Ready To Ship Top Sellers · One-of-a-Kind Community · Secure ShoppingTypes: Vintage, Personalized, Custom, Unique. We have workouts for kids, high schoolers, college athletes, and professionals. No matter what age or skill level you are, you will find training tips and drills that can help improve your game. . Learn ChatGPT · Subscribe to Learning · Start Learning Today · Join 69M+ LearnersCourses: Development, IT & Software, Business, Design, Office Productivity. these workouts provide a foundation for a workout but i left out details of how many rebounders, passers, etc. most likely you'll need just one partner for these workouts but change these up as you wish. if you have any questions, email me at coachmasonwaters@ click here for more workouts. • Beginner: Toss the basketball off the backboard & retrieve it using two hands. Repeat. • Advanced: 20 consecutive touches without a drop Board Taps 10 reps (3x) • Beginner: Hold the ball above your head with two hands and jump to the sky 10x • Advanced: Toss ball of backboard, jump and tap the ball off backboard 10x. Touch and Go. week weight training, are strongly encouraged to go on vacation, or train on their own. 3. Offseason 3: (July) Strength training 4x per week, 2x per week SPARQ Training before workouts 1x general conditioning post workout (treadmill sprint work). Open gym x per week, athletes individual workouts on their own x per week. 4.