

Lesson 1

Workout Breakdown

-Shooting Form Breakdown

- Focus on Feet Shoulder width apart
- Toes Pointed towards basket
- Butt back, Back Straight
- Hands up! Ready to catch the ball (shooting hand, four fingers pointed to the sky)
- Be in "Shot Ready" position
- Keep body straight and shoulders square to the basket.
- Focus on keeping your momentum Up and Towards the basket
- Lean off Front right toe (Left toe if Left handed)
- Hand Cuffs on! (Both hands go up when you shoot, wrist stay the same level)
- Follow Through (finish with "4 Fingers to the Ground" or "Hands in the cookie jar")
- Focus on your "2 Guide Fingers" (Index finger and Middle finger)
- Finish on your toes
- Make sure your Right arm stays in a straight line as your Right leg (Left arm, Left leg if you are left handed)

- Basic Footwork Breakdown

- "1-2 Footwork" and focusing on "Bop-Bop" (The faster your feet hit the ground the faster you can shoot)
- Going Right: Left/Right Footwork
- Going Left: Right/Left Footwork

-Jumpstops

- Two feet land at the same time
- Ball in the air, Feet in the air

-Pivots

- When you catch the ball, you have to Pivot and face the basket
 - Front and Back Right Pivot
 - Front and Back Left Pivot

Homework

-Form Shooting

Focus on your technique. Hold your follow through. Make sure your Feet are towards the basket, Finish on your toes. Four fingers to the ground. Positive energy going Up and towards the basket.

25 makes. 5 each spot, right in front of the basket (5 baseline, 5 left wing, 5 top of key, 5 right wing, 5 baseline)

-Footwork and Catch and Shoot

- "1-2 Footwork" and focusing on "Bop-Bop" (The faster your feet hit the ground the faster you can shoot)
- Going Right: Left/Right Footwork
 - 15 times without a ball
 - Really concentrating on exploding and landing on balance and ready to shoot in "Shot ready" position
 - 15 makes
 - Focus on catch and shoot, and firing off your toes
- Going Left: Right/Left Footwork
 - 15 times without a ball
 - Really concentrating on exploding and landing on balance and ready to shoot in "Shot Ready" position
 - 15 makes
 - Focus on catch and shoot, and firing off your toes

-Pivots

- 1 dribble into jump stop, FORWARD RIGHT PIVOT (15 times)
- 1 dribble into jump stop, REVERSE RIGHT PIVOT (15 times)
- 1 dribble into jump stop, FORWARD LEFT PIVOT (15 times)
- 1 dribble into jump stop, REVERSE LEFT PIVOT (15 times)

Lesson 2

Workout Breakdown

-Maintenance Dribbling

- Wake Up Hands: slap hands on basketball, rotating ball
- Fingertip Control: arms extended, toss ball between fingertips, no palm
- Around Head: Stand straight, carry ball around head
- Around Waist: Stand straight, carry ball around waist
- Around Knees: Stand straight, carry ball around waist
- Right Hand Dribble
- Left Hand Dribble
- Side to side
- Front to back
- Crossovers
- Between the legs
- Behind the back

-Lay up Breakdown

- Focused on breaking down lay up footwork
- Right lay up: right, left, drive right knee up and lay it up
- Left lay up: left, right, drive left knee up and lay it up

-Rip Through

- Like a 'gas pedal' (vrrrooommm!!!)
- Gives you momentum to the basket

-One Dribble Pull Up Breakdown

- Explode to the Basket like someone is pushing you in the back
- Extend the Dribble and push the ball out and go chase it!
- Make the defense really believe you are going to the basket
- Keep the dribble low
- "Bop Bop" (The faster your feet hit the ground the faster you can shoot)
 - Both Directions to the Left and Right
 - Take one dribble to the Right. (Left, Right Footwork)
 - Take one dribble to the Left. (Right, Left Footwork)

-Stepping into Shot

- Start in "Shot Ready" position, with Right foot back
- On the Catch, Bring Right foot into "Shot Ready" position and focus on Follow Through and keeping body straight

-Footwork Drills (Bonus)

- One foot in each box
- Left right Footwork ('1-2' footwork)
 - Into Catch and Shoot
 - Into One Dribble Pull Up

Homework

-Maintenance Dribbling

- Wake Up Hands: slap hands on basketball, rotating ball (30 slaps)
- Fingertip Control: arms extended, toss ball between fingertips, no palm (5 up and down)
- Around Head: Stand straight, carry ball around head (5 rotations Left & Right)
- Around Waist: Stand straight, carry ball around waist (5 rotations Left & Right)
- Around Knees: Stand straight, carry ball around waist (5 rotations Left & Right)
- Side to side (10 High, 10 Medium, 10 Low)
- Front to back (10 High, 10 Medium, 10 Low)
- Right Hand Dribble (10 High, 10 Medium, 10 Low)

- Left Hand Dribble (10 High, 10 Medium, 10 Low)
- Crossovers (10 High, 10 Medium, 10 Low)
- Between the legs (10 High, 10 Medium, 10 Low)
- Behind the back (10 High, 10 Medium, 10 Low)

-Form Shooting

- Focus on your technique. Hold your follow through. Make sure your Feet are towards the basket, Finish on your toes. Hand in the Cookie Jar. Positive energy going Up and towards the basket.
- 25 makes. 5 each spot, 3-5ft in front of the basket (5 baseline, 5 left wing, 5 top of key, 5 right wing, 5 baseline)

-Lay Ups

- Make 10 right hand lay ups
- Make 10 left hand lay ups

-One Dribble Pull up

- To the right and to the left
- Focus on one hard Dribble, “BoP, Bop”, extend your dribble and go chase it, make the defense believe you’re going all the way to the basket
 - To the right (Left/Right footwork)
 - Make 15
 - To the left (Right/Left footwork)
 - Make 15

- Stepping into Shot: Start in “Shot Ready” position, with Right foot back

On the Catch, Bring Right foot into “Shot Ready” position and focus on Follow Through and keeping body straight. Positive Energy going Up and Towards the basket.

- 25 makes. 5 each spot, right in front of the basket (5 baseline, 5 left wing, 5 top of key, 5 right wing, 5 baseline)

Start creating a Daily Habit. You will start to see improvement.

Coach Justin
Pure Joy Basketball

Lesson 3

Workout Breakdown

- Daily Form Shooting

- Must do everyday before he starts practicing. Creating a Daily Habit and focusing on the small details and shooting the right way all the time.

-Dribble Attack Jab step

- Focusing on a hard jab step
 - Make it look like you are going one way, when you are going the other way
- Explode into a Lay Up
- Explode into a One Dribble Pull Up
 - Going to the Right (Left/Right Footwork)
 - Going to the Left (Right/Left Footwork)

-Hand swipe technique

- You have to be physical when you attack the basket
- The lower you are the stronger you will be
- With the hand that doesn't have the ball, look to swipe the defender's hand out the way so you can create your lane to the basket

-Crossover Breakdown

- Step forward and crossover towards your back leg

-Crossover attack finishes

- To the Left and the Right

Homework-

Form Shooting

- **3 makes in a Row**, at all five spots

-Dribble Attack Jab step

- Focusing on a hard jab step
 - Make it look like you are going one way, when you are going the other way
- Explode into a Lay Up
 - Make 10 Left Hand Lay ups (Left/Right Footwork)
 - Make 10 Right Hand Lay ups (Right/Left Footwork)
- Explode into a One Dribble Pull Up
 - Going to the Right (Left/Right Footwork)
 - Make 10
 - Going to the Left (Right/Left Footwork)
 - Make 10

-Crossover into Pull Up

- To the Left and the Right
 - Make 10 to the Left
 - Make 10 to the Right

Lesson 4

Workout Breakdown-

-Dribbling with Tennis Ball

- Worked on focusing on dribbling and catching a ball with opposite hand.
- Works on hand eye coordination

-Form Shooting

- Must do everyday before he starts practicing. Creating a Daily Habit and focusing on the small details and shooting the right way all the time.

-Two ball Dribbling/Pass into pull up jumper (1-2 footwork)

- Focusing on wide strong base
- Eyes up when you dribble, pounding the ball hard
- Pass the ball (or set down on a chair) and attack to both right and left sides into 1-2 footwork
 - Trying to implement 1-2 footwork
 - If you look at high level players when they pull up into their Shots, it's a lot more fluid stepping into them 1-2. Of Course you can jump stop, but that usually allows the defense to recover

-Two ball Dribbling/Pass /cross over into pull up jumper (1-2 footwork)

- Same thing as above but after you pass (or set on a chair) the ball crossover and attack for a Pull up using proper footwork

-Crossover Drill into Pull Up

- Cross over and make sure you follow through with your wrist so the ball bounces quickly off the ground back to your hand
 - Crossover for 5 seconds then
- Touch cone before your crossover: working on body shifts, making it look like you are going one way but you are really going the other way

Homework-

-Form Shooting has to be a everyday thing

- 5 makes in each 5 spots

-Two ball Dribbling/Pass into pull up jumper (1-2 footwork)

- Make 10 to the Left
- Make 10 to the right

-Two ball Dribbling/Pass /cross over into pull up jumper (1-2 footwork)

- Make 10 to the Left
- Make 10 to the right

-Crossover Drill into Pull Up Jump Shot

- Make 10 shots to the Right
- Make 10 shots to the Left

Lesson 5

Workout Breakdown-

-Cone stack into Lay Up

- Focusing on hand eye coordination
- Stack the cones and explode into lay up
 - Right hand lay up (right/Left footwork)
 - Left hand lay up (left/right footwork)

-Cone stack into pull up

- Focusing on hand eye coordination
- Stack the cones and explode into pull up

-Cone stack/crossover into pull up

- Same as above but add cross over after cone stack
- Focusing on footwork

Homework-

-Form Shooting has to be a everyday thing

- 5 makes in each 5 spots

-Cone stack into Lay Up

- Focusing on hand eye coordination
- Stack the cones and explode into lay up
 - Right hand lay up (right/Left footwork)
 - Make 10
 - Left hand lay up (left/right footwork)
 - Make 10

-Cone stack into pull up

- Make 10 to the Left
- Make 10 to the right

-Cone stack/crossover into pull up

- Make 10 to the Left
- Make 10 to the right

Lesson 6

Workout Breakdown

-Dribble Technique:Crossover Step Through

After you make a move on a defender you Step Through to cut off there angle

- Crossover Step through
- Attacking for a Layup to the Right (Right/Left Footwork)
- Attacking for a Layup to the Left(Right/Left Footwork)
- Attacking for a Pull Up to the Right (Left/Right Footwork)
- Attacking for a Pull Up to the Left(Right/Left Footwork)

-Lay-up Footwork

- Reviews for right hand layup
 - Right, left, up
- Left hand layup
 - Left,right, up

Cone Dribbling-

- This drill we focus on hard pound dribble
- So the ball bounces right back into your hands so you have more control
- keeping your hand on top of the ball

- Rotating your upper body and not moving your feet

Cone Dribble into In and Out

- Breaking down the move piece by piece
- Hand movements, feet movements

Cone Dribble into In and Out Crossover

- Breaking down the move piece by piece
- Hand movements, feet movements
- Keeping movements as efficient as possible

Homework

-Form Shooting

- Make a total of 25
- 5 in each spot. Focus on the proper Form Techniques
 - Baseline, Wing, Top, Wing, Baseline 3ft from basket

-Dribble Technique:Crossover Step Through

After you make a move on a defender you Step Through to cut off there angle off

- Crossover Step through
 - Lay up Finish
 - Make 10
 - To the Right and Left
- Crossover Step Through
 - One dribble pull up
 - Make 10
 - To the Right and Left

-Cone Dribble into In and Out Pull Up

- Make 10
- To the Right and Left

-Cone Dribble into In and Out Crossover Pull Up

- Make 10
- To the Right and Left

Workout Breakdown

-Maintenance Dribbling (Ball control)

- Ball taps (25 taps)
- Finger tip taps, keep arms straight, and raise arms up and down (5 times)
- Around the head (5 times each direction)
- Around the waist (5 times each direction)
- Around shins (5 times each direction)
- Right hand dribble (10 high, 10 medium, 10 low)
- Left hand dribble (10 high, 10 medium, 10 low)
- Side to Side: One hand at a time (10 high, 10 medium, 10 low)
- Front to Back: One hand at a time (10 high, 10 medium, 10 low)
- Crossovers (10 high, 10 medium, 10 low)
- Between the legs (10 high, 10 medium, 10 low)

-How to Get Open

- Walk defender in, Be physical
 - Put top leg over defenders top leg, Stick butt out onto defender (creating space)
 - Or Put inside leg in between defenders legs, and put shoulder into their chest
- Sprint out to open area

-How to Jump to and Catch the Ball

- Have a Hand up for a Target for the Passer
- Jump to the Ball and Attack the Ball with Two hands
- Extend Arms during catch then Bring it in Tight and hold it strong

-Jab Step Breakdown

- Right foot moves at a forward angle quickly
- Ball stays close to body and moves at same speed as right foot
- Upper body shifts as if you will drive to the basket

-Attacking from the Wing: Start with Jab Step, then 1 or 2 Attack Dribbles

- Lay Up
- Pull ups
 - To the Right and Left

Homework

-Ball control Drills we did today

-Jab step and explode to One Dribble pull up jumper

- After Jab step explode to the basket
- Like someone is pushing you in the back
- Take one or two dribbles to the Right. (Left, Right Footwork)
 - Make 20 Pull up jumpers
- Jab step drive all the way to the basket for a right handed layup (right, left Footwork)
 - Make 20 right hand layups
- Take one or two dribbles to the Left. (Right, Left Footwork)
 - Make 20 Pull up jumpers

-Attacking from the wing: Start with Jab Step, then 2 Attack Dribbles

- Focusing on Listening and reacting
 - Lay Up
 - To the Right
 - Pull ups
 - To the Right and Left
 - Make 20 each way

Lesson 8

Workout Breakdown

-Balanced Form Shooting

- Start in "Shot Ready" position
- Hands cocked and loaded (eliminate all room for error)
- Keep core tight, quick 180 turns
 - Start to the left and right
- Finish with Four Fingers to the Ground
- Feel the ball leave your Index finger and middle finger

-How to Cut

- Knowing your shooting in one spot, Make defender really believe you are going the opposite way
- Plant outside foot and first two steps are IMPORTANT
 - They actually create the separation you need to get an open shot

-Cutting into Shooting/Attacking

- Catch and Shoot
 - Running to your Right
 - Catch it with Left/Right Footwork
 - Running to your Left
 - Catch it with Right/Left Footwork
- Catch, attack One Dribble Pull Up

- Running to your Right
 - Catch it on a Jump stop, EXPLODE into One Dribble Pull Up to your Left (Right/Left Footwork)
- Running to your Left
 - Catch it on a Jump stop, EXPLODE into One Dribble Pull Up to your Right (Left/Right Footwork)
- Catch, attack Into a Lay Up

Homework

-Balanced Form Shooting

- Make 5
- In each of the 5 Spots: Baseline, Both Wings and Top, 3ft from basket

-Cutting Into Shooting/Attacking off a curl

- Make 10 Catch and Shoots in both directions
- Make 10 Catch, attack Into One Dribble Pull UPS in both direction
- Make 10 Catch, attack into a Right and Left hand lay up

Make sure you do one homework on a daily basis!

Lesson 9

Workout Breakdown

-How to Create Space

- Put outside leg in between defenders legs, while putting shoulder into their chest
- Pop back quickly, and square up defender (Time to make the read for next move)
- Make sure opposite hand is protecting the ball, Eyes up at the rim
- Explode into move
 - "Chop Suey", One dribble pull up
 - In and Out, Pull Up
 - In and Out, Crossover Pull Up
 - "Chop Suey", Crossover, pull up
 - "Chop Suey", Double cross, pull up

-"Chop Suey" Breakdown

- Bring opposite up to the ball like you are going to stop and shoot
- Put eyes up to the rim

Homework

-Form Shooting

- Make 5 in 5 spots (Wings, baselines, and Top)
- 3 feet from basket

-Creating Space from defender

- "Chop Suey", One dribble pull up
- In and Out, Pull Up
- In and Out, Crossover Pull Up
- "Chop Suey", Crossover, pull up
- "Chop Suey", Double cross, pull up
 - Make 5 to the left and the right of each move
 - At 3 different spots on the floor

[Lesson 10](#)

Workout Breakdown

-Spacing and Timing

- Movement without the Ball series
 - Start at Wing, Slide Down to corner
 - Start at the Wing, Slide Up to the Top of Key
 - Catch and Shoot
 - Do this starting from the Left and Right Wing positions

Homework

-Movement without the Ball series

- Start at Wing, Slide Down to corner
- Start at the Wing, Slide Up to the Top of Key
 - Catch and Shoot
- Make 10 of each
 - On both sides of the Floor