

# MVP Offseason Workouts - Basketball #1

Time	Activity	Notes
0-5 min 5 minutes	Warm up -Jog around the block for five minutes or run in place	-Start as slow as walking and gradually speed up to allow the body to warm up
6-15 min 10 minutes	Dribbling drills -Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over -6 of each, with each hand	-Change direction with purpose as if blowing by a defender or "breaking ankles" -Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction.
16-20 min 5 minutes	Speed/Explosion -15 Drop and jump	-Focus on spending as little time on the ground as possible from the drop
21-25 min 5 minutes	Rebounding Backboard toss: -10 defensive, 5 on the left and 5 on the right -10 offensive, 5 on the left and 5 on the right	-Defensive rebounding: keep ball up by chin with elbows out to protect the ball from defenders -Offensive rebounding: do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away
25-36 min 10 minutes	Post moves -20 drop steps from each side of hoop *Water break*	-Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed. -Do 10 to the baseline and 10 to the middle on each side of the hoop.
36-40 min 5 minutes	Speed/Explosion -6 Drop and sprint forward, left, and right	-Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half

# Basketball Training Program

**Yan Bai**



## **Basketball Training Program:**

This book delves into Basketball Training Program. Basketball Training Program is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Basketball Training Program, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Basketball Training Program
- Chapter 2: Essential Elements of Basketball Training Program
- Chapter 3: Basketball Training Program in Everyday Life
- Chapter 4: Basketball Training Program in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Basketball Training Program. This chapter will explore what Basketball Training Program is, why Basketball Training Program is vital, and how to effectively learn about Basketball Training Program.

3. In chapter 2, this book will delve into the foundational concepts of Basketball Training Program. The second chapter will elucidate the essential principles that need to be understood to grasp Basketball Training Program in its entirety.

4. In chapter 3, this book will examine the practical applications of Basketball Training Program in daily life. The third chapter will showcase real-world examples of how Basketball Training Program can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Basketball Training Program in specific contexts. This chapter will explore how Basketball Training Program is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Basketball Training Program. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Basketball Training Program.

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