

# 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

**Annelies Wilder-Smith**



## **Basketball Training Program:**

## Adopting the Tune of Appearance: An Mental Symphony within **Basketball Training Program**

In some sort of consumed by monitors and the ceaseless chatter of instantaneous transmission, the melodic beauty and emotional symphony created by the written term usually fade into the back ground, eclipsed by the relentless sound and distractions that permeate our lives. However, located within the pages of **Basketball Training Program** a charming fictional treasure filled with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this charming masterpiece conducts readers on an emotional journey, well unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving examination, we shall investigate the book is main harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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