

# 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 Sample

**LL Leslie**



**Basketball Training Program Sample:**

## Whispering the Secrets of Language: An Mental Journey through **Basketball Training Program Sample**

In a digitally-driven world wherever displays reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases often go unheard. Yet, set within the pages of **Basketball Training Program Sample** a interesting literary value pulsing with fresh emotions, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the emotional depths of the touching evaluation, we shall embark upon a sincere exploration of the book is core themes, dissect its charming publishing style, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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