

## LADY TOADS

“Basketball teams are made in the winter, Basketball players are made in the summer!”

### **BALL HANDLING** (no dribble)

Ball slaps- Pound ball with both hands

Ball circles around waist

Ball circles around legs, both and single

Figure eight through and around legs

Toss over head then catch behind your back

Ball drop between legs switch arms front to back around legs and catch ball

Crab Walk

### **BALL HANDLING** (with dribble)

Right hand high dribble/low dribble (kill the grass)

Left hand high dribble/low dribble (kill the grass)

Left hand side to side

Right hand side to side

Left hand front to back

Right hand front to back

Both hands cross over back and forth (low dribble)

Figure 8 dribble

Spider dribble

Scissor dribble (between legs stationary)

Scissor dribble walk (between legs moving)

### **BALL HANDLING** (on the move)

Crossover

Fake crossover (inside/out)

Spin move

Between the legs

Around the back

Retreat dribble to crossover

Retreat dribble then blow by

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- \* Explode on each change of direction
  - \* Keep head up
  - \* Dribble low
  - \* Work your right and left hand

### **PERIMETER MOVES**

Jump shot off pass (use spin toss)  
Jump shot off of dribble (1 or 2 dribbles)  
Shot fake to jump shot off dribble (1 or 2 dribbles)  
Shot fake to drive to the basket (lay up or jump stop shot)  
Jab step jump shot  
Jab step Drive to the basket (lay up or jump stop)  
Jab step jump shot off dribble (1 or 2 dribbles)  
Rip/swing ball below knees to jump shot off dribble (1 or 2 dribbles)  
Rip/swing ball below knees to drive to the basket (lay up or jump stop shot)  
Jump shot or drive to basket using dribble moves (cross over, retreat etc....)

## **LOW POST**

Mikan drill  
Rebound put backs (toss the ball off backboard, rebound and score)  
Turn around jump shot  
Drop step  
Drop step with power dribble  
Pump fake step through, going up and under  
Jump hook (work on both right and left hand)

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\* You may use a spin toss to simulate a pass

## **HIGH POST**

Turn around jump shot  
Face up to jump shot of the dribble ( 1 or 2 dribbles)  
Face up to strong drive to basket (lay up or jump stop shot)  
Face up with shot fake to jump shot  
Face up with shot fake to jump shot off dribble ( 1 or 2 dribbles)  
Face up with shot fake to strong drive to basket (lay up or jump stop shot)  
Face up with jab step to jump shot  
Face up with jab step to jump shot off dribble (1 or 2 dribbles)  
Face up with dribble to drive to the basket ( lay up or jump stop shot)  
Face up rip/swing ball below knees to jump shot off the dribble (1 or 2 dribbles)  
Face up rip/swing ball below knees to strong drive to basket(lay up or jump stop shot)

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\* Use a spin toss to simulate pass

\* Work to both strong side and weak side, going to your left and right

## **SHOOTING**

Shot builder- Start 3 feet from basket

Use one hand, work on release and rotation

Make five in a row then move back 3 more feet

Stop drill when you have reached 15 feet (free throw line is 15ft)

Stop drill if time is up

Try to swish the shot, working on your arch

Stationary shooting-

Work on form by checking stance, release and rotation

Feet shoulder width apart

Shoot ball above head just out in front of you

Hold form until ball hits the ground

Add spin toss to shot and rip/swing dribble to shot

Relaxing release-

Lay on your back, and practice shooting release with one hand

Work both hands

Work on solid rotation, aim for a target on ceiling or in air

When comfortable increase height of your shot

Free throws- Shoot at least 50 at max 100

Three point shot Shoot at least 25 at max 50 (if your form changes no 3 pointers!)

## **FITNESS**

Quickness/Endurance

Jump Rope

Hills/Stairs

Square jumps

Sprints 30/40 yards

Line jumps

Mile run

Strength

Push ups

Chair squats

Chair arm dips

Sit Ups

Lunges

Curls (milk jug filled with water)

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- \* Mile should be run at least 3 times per week
  - \* Strength exercises two days a week 30 to 45 minutes
  - \* Push ups/sit ups every day (start with ten, and add 5 each week after, try to reach 100)
  - \* Basketball drills 4 to 5 days a week 45 minutes to an hour
  - \* Don't over do it, switch up routines, keep charts on shots made, listen to music, work out with a partner, reward yourself, record mile times, take a day off.....to avoid Fatigue and boredom.