

Haarlow's Hoops Academy "Pre-Practice Admissions Ticket"

These are drills that can be done at home and by yourself. I have a lot of people ask about things they can do when not at a "clinic" or with a coach. It is all about having a ball in your hand and getting used to the feel of the ball. If you are on a team or not...these should be the drills you do on your own prior to the start of each practice...these are your "admissions ticket!"

Stationary Ball Handling Workouts

Power 200 – (1 hand / 1 ball)

- Right hand pound – waist – 20
- Left hand pound – waist – 20
- V's Right hand – knee – 20
- V's Left hand – knee – 20
- PP's – Right hand – knee – 20
- PP's – Left hand – knee – 20
- I/O – Right hand – knee – 20
- I/O – Left hand – knee – 20
- Cross overs – inside knees – 10
- Cross overs – outside knees – 10
- Right foot forward btw legs – 10
- Left foot forward btw legs – 10

Maravich Drills:

- 10 ball slaps
- 5 squeezes (above head/below waist)
- 5 around head / reverse it
- 5 around waist / reverse it
- 5 right leg / reverse it
- 5 left leg / reverse it
- 5 figure 8 / reverse it
- 5 right leg / right hand circles dribbles (low) / reverse
- 5 left leg / left hand circles dribbles (low) / reverse
- 5 Figure 8's (low) - reverse
- 10 - PP / V – right hand
- 10 - PP / V – left hand
- 10 - PP / cross

2 Ball Power 160 - (2 hands / 2 balls)

- Same time – 20
- Alternate - 20
- Same V's – 20
- Same PP's – 20
- Right low / Left high – 20
- Left low / Right high – 20
- Right drop / left pass – 20
- Left drop / right pass - 20

Tennis Ball workout: (20 dribble / catches each)

- Right hand dribble / left hand catch
- Left hand dribble / right hand catch
- Left hand toss / crossover / catch
- Right hand toss / crossover / catch
- **Be creative on crossover / catch
- Traveling – Right hand dribble / left hand snatch (10 catches each)
- Traveling – Left hand dribble / Right hand snatch (10 catches each)
- ***You could also do same workout with balloons***



Haarlow's Hoops Academy - Shooting Workouts

First 50: these are taken 4-6 feet in front of rim

- 10 - 1 hand form shots
- 10 - Add Guide hand
- 10 – Tuck / set / release
- 10 – Right hand pound – shot
- 10 – Left hand pound - shot

Ball Spins – this one is “creative” – start close!

- 10 - 8'-10' bank shots – right and left
- 10 – 15' spins – front / reverse pivots – shot
- 10 – 18' spins – front / reverse pivots – 1 dribble right hand pull ups
- 10 – 18' spins – front / reverse pivots – 1 dribble left hand pull ups
- 10 – 20' spins – front / reverse pivots – 1 dribble crossover – pull up jumper – be creative

Finishing Shots:

- Mikan – make 10
- Reverse Mikan – make 10
- From right side
 - Drop Step right – make 5
 - Drop Step left – make 5
- From left side
 - Drop Step right – make 5
 - Drop Step left – make 5
- X lay-ups –
 - Off 1 leg - 5 each side
 - Off 2 feet - 5 each side
- Short Corner Finishes –
 - Off 2 feet – 5 each side



Ray Allen Shooting:

- 5 lines / 4 spots per line, spots start at 3' from under rim, and 1 big step back from there per spot.
- 5 lines – right corner, right wing, middle, left wing, left corner
- 2 min. –
- You must make 4 in a row (1 at each spot) to go to next line. Make, step back one spot, make step back to next spot, etc...
- If you miss, you start over on that line.
- How many lines can you get to???

Make 6 of 10 and move back: You need partner and ball...

- You have 5 “lines”. 4 spots on each line.
- You must make 6 of 10 at each spot to move to the next spot.
- Your partner rebounds and passes back / switch after 10 shots
- Each line you will shoot 40 total shots.
- As you advance, do 1 dribble pull ups / make 7 of 10, etc...
- Right corner, right wing, middle, left wing, left corner
- 1st spot should be about 3' in front of rim, 1 big step back each spot. 4th spot should be about 18'

Haarlow's Hoops Academy - Competitive Shooting Drills

Competitive shooting drills are a great way to work on your game / all of these drills can be done individually as well!

"Make 20" – Spin yourself a pass anywhere on the perimeter / catch and shoot / every make is worth 1 point / if you miss more than 2 in a row you must start over

"+10 / - 10" – Spin yourself a pass on the perimeter / catch and shoot / every make is worth +1, every miss is worth -1 / the goal is to get +10 before you get to -10

"99 Wins" - You must make 33 3's to win the game / you must start over if you miss more than 3 in a row...great game with "the Gun." If you have a partner do it on 2 ends and loser runs...

"Beat the Pro" – Play the game to 21...You get +1 for each made shot and the "pro" gets +3 every time you miss...start taking 15' shots to get in a rhythm. Move out to the 3 if you are feeling good

"32 Point Game" – 5 spots on floor, each spot you have a 1 dribble layup (worth 1 pt), 1 dribble pull up (worth 2 pts) and a 3 (worth 3 pts)...so 5 spots X 6 points = 30 total points then finish with 1&1 FT's to get to 32. Set a number that is good for you...Start in corner and make the 3 moves, then move to the wing, top of key, wing, corner...keep score and challenge yourself.

