

Steve Alford's All-American Workout

Challenge yourself in the off-season with this great basketball workout created by legendary Indiana guard Steve Alford. This workout is guaranteed to help you improve your game performance if you do it religiously and work hard each time you step into the gym.

Drill—10 Freethrows—Record—Repeat

The workout is simple. Push yourself hard on a particular drill that lasts 1-2 minutes, then shoot 10 freethrows. Record your results. Repeat. Ideally each workout will consist of ten different drills and 100 freethrows. It will take 45 minutes to an hour.

Goals & Accountability

At the beginning of your workout you should set a goal for your total freethrow percentage, and then at the end of the workout run or do drills if you come up short. (For example, if your goal is to make 95/100 freethrows, and you only make 90 freethrows you do 5 sprints, ladders, etc at the end.) This helps create some pressure and makes your workout more game-like. You can also reward yourself with something when you reach your workout goals. You should set goals for particular drills along with your freethrow percentage goal. Self-evaluation is critical, and if you hold yourself accountable you will see much better results.

Keep Track of Your Workouts

You will need to bring your workout chart and a pen when you come to the gym. At the conclusion of your workout, write down your total number of freethrows made on the tracking sheet posted on the wall at Skyline, along with the date of your workout.

At the end of the summer, all players will turn in their individual workout charts. The players who have completed a minimum of 3 skills workouts and 3 weights workouts/week will be in the Grizz All-American Club and receive a shirt.

The recommended drills are explained on the next two pages, followed by the workout charts.

Skyline Basketball Summer Workout Drills

DRILL ONE: **Ball Handling**:(12 cones/chairs)

1. Weave
2. Crossover
3. Behind back
4. Between legs
5. Double move
6. Two Ball weave same
7. Two ball weave alternate
8. Two ball cross over
9. Two ball behind back
10. Two ball double move

10 FREE THROWS

DRILL TWO: **Fast Break Shooting**: (8 cones/chairs)
(1-5 right side right hand, 6-10 left side left hand)

1. Speed layups
2. No left hand at all layup
3. Cross over at cones to layup
4. Cross over last cone to shot
5. Speed dribble to 3 point shot
- 6-10. Repeat on left side

10 FREE THROWS

DRILL THREE: **1 on 1 moves** : (9 cones/chairs)
(from 3 spots wings and top of key)
(1-5 Go right, 6-10 go left)

1. Jab fake, go right hand layup
2. Jab fake, make move at each cone to layup
3. Jab fake, make move at each cone pull up jumper last cone
4. Shot fake, cross over cones to pull up jumper
5. Shot fake, one dribble 3 pointer
- 6-10. Repeat on left side

10 FREE THROWS

DRILL FOUR: **Attacking Ball Screens** (3 cones/chairs)
(from 3 spots wings and top of key)
(1-5 Go right, 6-10 go left)

1. Use ball screen to layup
2. Use ball screen to 2 dribble pull up jumper
3. Jab fake go opposit 2 dribble pull up jumper
4. Split hedge to floater
5. Use ball screen to 3 pointer
- 6-10. Repeat going left

10 FREE THROWS

DRILL FIVE: **Shooting Off Screens** (2 cones/chairs)

(set cones each side 15 feet)

(passer if possible top of key, get own rebound, no passer spin to self)

(always get to midline, MAKE 7 shots, one for each skill, 7th shot game winner)

1. Tight curl to layup alternate sides
2. Tight curl to jumper no dribbles
3. Pop to catch and shoot
4. Pop to catch and sweep dribble to shot
5. Fade to shot

10 FREE THROWS

DRILL SIX: **Combo Shooting** (3 cones/chairs)

(passer can help on wing always get to midline)

(make combination all 3 shots in a row and do it on both sides of the floor)

1. Start wing Ball screen one dribble jumper ht curl, up the gut for 3)one dribble shot from wing, tight curl on opposite side and up the gut 3 pointer
2. Tight Curl jumper opposite side of the floor
3. Sprint up the middle catch and shoot 3
- 4-6 Other side of the floor

10 FREE THROWS

DRILL SEVEN: **Post Moves** (2 cones/chairs)

(put ball on chair or spin to self on each side, MAKE 3 shots for each move at every spot)

1. Direct moves going right from each spot (Drop Step)
2. Fake then counter move left/right each spot (Up and Under, fake and reverse)
3. Turn and face each spot shot
4. Turn and face each spot shot fake move
5. Mican 1 minute

10 FREE THROWS

DRILL EIGHT: **3-Pointers**

MAKE 7 one each drill mixing up locations from the 3 point line

(make a layup on misses)

(rotate spots each shot)

1. Spin to self facing basket
2. Spin to self facing away from basket, catch, pivot shoot
3. Spin to self, fake, dribble, step back 3 pointers

10 FREE THROWS

DRILL NINE: **Pick a drill** OR if partner 1 on 1 straight line attacks (1 cone/chair at 3point F.T. lane line extended)

(Offense: start at baseline corner with ball dribble to timeline go)

(Defense start F.T.lane line baseline go around chair and defend

1. Make it take it to 3 (If by self use imagination on attacks, make 7 shots)
2. Validate win with Free Throw 0-2 lose, 1-2 ball again, 2-2 win

10 FREE THROWS

DRILL TEN: **"21"** (no chairs)

(Start at timeline extended up top)

1. 3 spots layup worth 1point, free throw worth 2 point, 3 point worth 3 point. Once get to 18 must end on 3

10 FREE THROWS

Done: Record/Lift

