

FVMS Boys' Basketball Summer Workout Drills

- **Dribbling drills:** alternate right hand and left hand (Dribble with one hand for 60 seconds then alternate) 60 seconds at a time for 6 minutes to build muscle memory
 - Crossover dribbles for two minutes straight (alternate simultaneously back-and-forth right hand to left hand)

Starting from the free throw line and beyond:

- **Make** 25 right-hand layups (2x)
- **Make** 25 left-hand layups (2x)
- Jab-step hesitation dribble layups (10 left wing, 10 right wing)
- Three sets of the Mikan Drill (Make 10 with left and right hand – 20 total for three sets = 60) Watch this link to understand what this drill is:
<https://www.youtube.com/watch?v=7Um2k6tmL1U>.
- **MAKE** 100 shots (Do not leave the gym or your goal until you have MADE at least 100 shots beyond 8 feet of the goal).
- Practice free throw routine and make 7 out of 10 before stopping
- Sprints or long-distanced run)
 - Sprints such as "suicide drill" or simple back-and-forth from one side to the other are good for basketball.
 - Lower body strength training such as squats and calf raises (no weights are required) will help with strength.
 - 50 push ups per day
 - 50 sit ups per day