

Weekly basketball workout checklist – 201 (Age 15-18)

Day 1

Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Ups and down	5 times 10 seconds	100%. Do it as quickly as possible
Ladder	10 down and backs	100%
Lateral steps	5 times 20 seconds	100%

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Run around shooting	5 minutes	60%
Triple threat to one dribble attack (layup)	20 lay-ups (10 each hand)	100%
Triple threat to two dribble attack (power layups – pro hop)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Euro step)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
Triple threat to one dribble attack (Step back shot)	20 shots made (10 each side)	100%
Triple threat to jab and shoot a 3pts	20 shots made (10 each side)	100%

Notes: The triple threat to attack must be done from the two wings and the point guard spot. 140 shots will be taken

Day 2–

Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Hills dash	5 times 10 seconds	100%. Do it as quickly as possible. Find a good hill
One legs squats from bench	4 times ten rep on each leg	Go slowly on the way down. Do not touch the bench, and explode up.
Push up to vertical blasts	10 jumps	100%
Giant step	5 trips to half court and back	

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Full court dribble with two balls	4 trips	60%
Dribble with two hands stationary	5 minutes	100%
Post up moves	80 shots	100%
50 3pts shot from each spot (2 wings, 2 corners, face)		
50 3pts shot from each spot (2 wings, 2 corners, face)		

Notes: The triple threat to attack must be done from the two wings and the point guard spot.
 140 shots will be taken

Day 3–

Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Sit ups	5 times 50	
Ups and down	5 times 10 seconds	100%. Do it as quickly as possible
Ladder	10 down and backs	100%
Lateral steps	5 times 20 seconds	100%

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Triple threat to one dribble attack (layup)	20 lay-ups (10 each hand)	100%
Triple threat to two dribble attack (power layups – pro hop)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Spin moves)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
One on One (only two dribbles)	From each spot	

Notes: The triple threat to attack must be done from the two wings and the point guard spot. 140 shots will be taken

Day 4 – Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Hills dash	5 times 10 seconds	100%. Do it as quickly as possible. Find a good hill
One legs squats from bench	4 times ten rep on each leg	Go slowly on the way down. Do not touch the bench, and explode up.
Push up to vertical blasts	10 jumps	100%
Giant step	5 trips to half court and back	

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Full court dribble with two balls	4 trips	60%
Dribble with two hands stationary	5 minutes	100%
Post up moves	80 shots	100%
50 3pts shot from each spot (2 wings, 2 corners, face)		
50 3pts shot from each spot (2 wings, 2 corners, face)		

Notes: The triple threat to attack must be done from the two wings and the point guard spot.
 140 shots will be taken

Day 5–

Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Sit ups	5 times 50	
Ups and down	5 times 10 seconds	100%. Do it as quickly as possible
Ladder	10 down and backs	100%
Lateral steps	5 times 20 seconds	100%
Suicides	4 suicides in less than 28 seconds with 90 seconds rest	120%

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Triple threat to one dribble attack (layup)	20 lay-ups (10 each hand)	100%
Triple threat to two dribble attack (power layups – pro hop)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Spin moves)	20 lay-ups (10 each hand)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
Triple threat to one dribble attack (Pull up jump shot)	20 shots made (10 each side)	100%
50 3pts shot from each spot (2 wings, 2 corners, face)		

Notes: The triple threat to attack must be done from the two wings and the point guard spot. 140 shots will be taken

Day 6

Physical

Drill	Sets and repetitions	Intensity
Jump rope	5 minutes	Warm up – 70%
Sit ups	5 times 50	
Ups and down	5 times 10 seconds	100%. Do it as quickly as possible
Ladder	10 down and backs	100%
Lateral steps	5 times 20 seconds	100%

Basketball

Drill	Sets and repetitions	Intensity
Form shooting	5 minutes	
Play full court basketball (5 on 5)		100%

This is your only Basketball day. Use the scrimmage to practice on your weaknesses.

DAY 7 REST