

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

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## 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