



Self Improvement Program

Basketball players are MADE in the off season. What separates you from other players is how hard you are willing to work in the off season. The following are some things to consider this off season to challenge you to become a better basketball player. Do you accept the challenge?

1. Set goals

- Write your goals down on paper (example: I want to be able to make 10 left handed layups in a row)

2. Work on your weaknesses

- Spend time working on the things you struggle with (example: ball handling, free throw shooting, jump shots, etc.)

3. Play, play, play

- Find other people to play with – play against kids that are bigger and older than you – this will make you better. 1-1, 2-2, 5-5 whatever you can find.

4. Watch good basketball

- Find good high school teams or college teams on TV to watch and learn. Pick a player you admire and watch him on both ends of the floor.

5. Play other sports out of season

- You can learn so many great things by playing other sports as well as get some great conditioning. Out of season, play soccer, baseball, swim, etc... It will also keep you fresh and excited once basketball season starts and its FUN!

6. Things to remember:

- Success is the end product of hard work and dedication
- The only place success comes before work is in the dictionary
- The road to success is always under construction
- The harder you work, the luckier you get
- Discipline yourself so others won't have to
- Failing to prepare is preparing to fail
- Take pride, be committed, and make no excuses



The following are drills you can do right in your driveway or down the street at a local school by yourself:

Stationary Ball Handling

- 5-10 minutes of stationary ball handling drills
- Right hand dribble, left hand dribble, figure eight dribble, switches, spider, crossover dribble in front, crossover dribble behind
- Try and get quicker and quicker each day
- Remember to keep your head up

Full court/driveway Dribbling Drills

- 5-10 minutes of full court/driveway dribbling drills
- Right hand speed dribble, left hand speed dribble, figure eight walking or running, reverse dribble and crossover, zig zag with cross over – in front, between legs, around the back
- Try and get quicker and quicker each day
- Remember to keep your head up

Passing

- 5-10 minutes of passing
- Find a wall or a friend – chest pass, bounce pass, one hand push pass (right and left), use pass fakes, push thumbs at the floor and follow through to target

Shooting

- 20-25 left handed layups
- 20-25 right handed layups
- 20-25 free throws
- 20-25 shots off the dribble
- 20-25 shots off the pass (if you do not have a partner, spin it out back to yourself)