

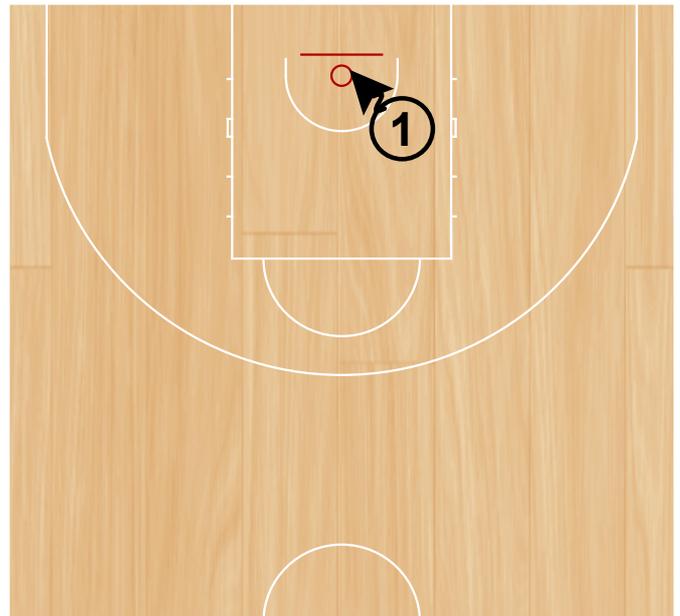
Coach Weldon - Individual Workouts

Thoughts

"Individual Workouts is not just for the younger players. Every serious players needs to work out individually to be in a position to achieve their best!" - Coach Weldon

"If you're not using the correct techniques, you may as well be home watching TV?!" - Coach Weldon

Mikan Drill

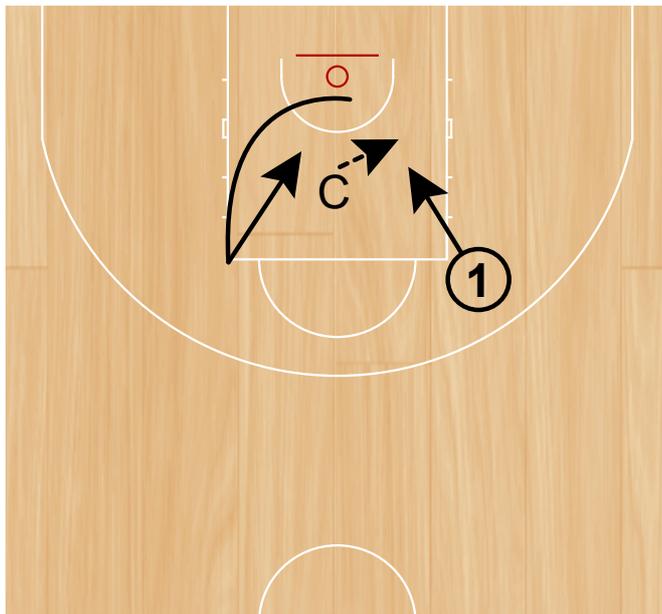


Standing under the basket, with shoulders facing the baseline, player will take a step on their left foot and take a right hand lay-up and rebound the ball. Ensuring the ball is kept over his shoulders, he will step off his right foot now and take a lay-up on the left side.

No dribbles needed. Time the drill and see how many players can make in a minute.

Variations: Reverse Mikan (shoulders facing opposite baseline); 2 Ball Mikan (one ball in each hand, ball in right hand shoots right hand lay-up, ball in left hand shoots left hand lay-up); 2 Ball Reverse Mikan (same as above with shoulders facing opposite baseline)

V Finishes

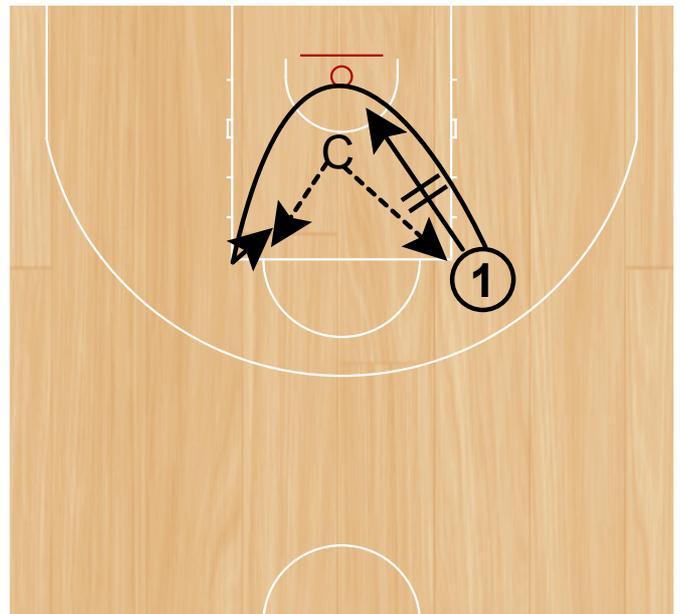


Player starts at the elbow and cuts to the basket. Coach passes the ball and player finishes a lay-up, he immediately cuts to the opposite elbow as the coach rebounds and passes the ball back.

Player continues going from elbow to elbow. No dribbles needed.

Use various finishes to work on what the player needs in their game.

V Pressure Finishes



Similar as last drill, but player now has three minutes on the clock and must make 10 lay-ups, 10 bank shots, 10 elbow jumpers and 10 3s to complete the drill.

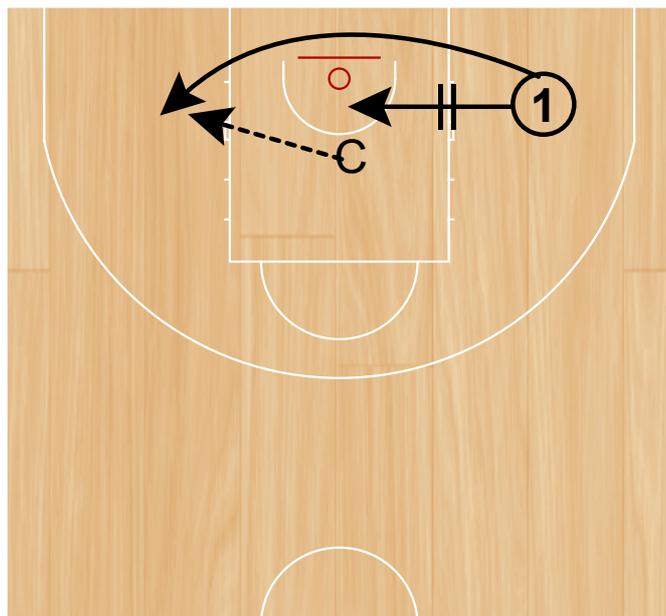
Progress the drill by increasing number of baskets, or reducing time.

Alternatively, player has to make 5 in a row before they move on to the next spot.

Use various finishes.

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Baseline Jumpers

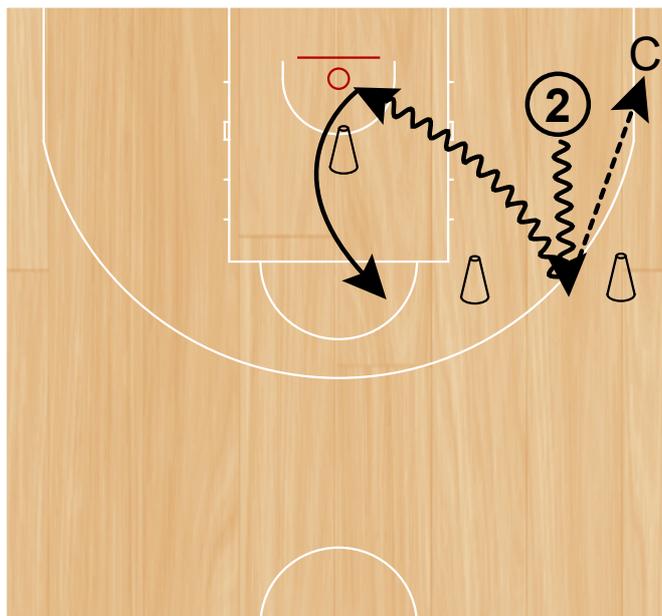


Player goes sideline to sideline now, taking baseline jumpers.

Focus on the details: how you want the player to pivot, shooting technique etc.

Finishes include: lay-ups, floaters, one dribble jumpers, pro-hops etc.

Push Pass Finishes



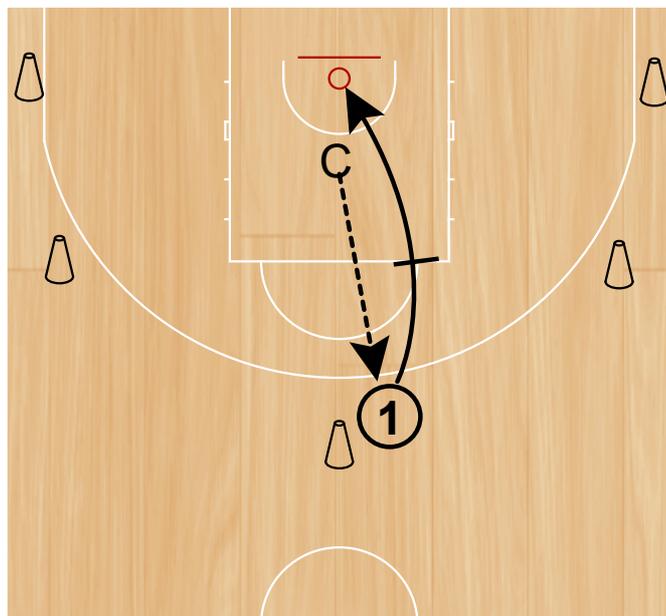
Player starts facing the baseline with two basketball. She dribbles both basketballs backwards towards the FT line extended and executes a one handed push pass to the coach with her right hand, keeping the dribble alive with her left. She then crosses over, drops her shoulder and attacks the basket and finishes. After scoring, she sets up and comes off a screen to catch and shoot, with the pass coming from the coach.

Repeat until a score, time or for several repetitions.

Work on moves that the player will need in the game.

<https://youtu.be/gBP6pUsBGNg>

8 Minute Drill



Player starts at one of five spots, receives a pass from the coach and shoots it. Coach rebounds and passes back.

Player must make 3 shots in a row and then make a pull up jumper going right and a pull up jumper going left to bank that score. If they miss the pull up jumper, they're back to zero.