

Mustang Basketball Individual Workout Plan—Let us see how high we can RISE
Travis Crain—Head Basketball Coach

Around the Key Shooting—Begin on the Block

9 Spots—Block, 1st mark, 2nd mark,
Elbow, FT Line, Elbow, 2nd mark, 1st mark, Block
--Off Dribble shots
--Spin Out shots
--Spin Out and Drive—2nd mark, Elbow,
FT Line, Elbow, 2nd mark
--for Spin out and Drive do 5 on a
straight dribble and then 5 on a crossover

Around the Inside of the Arc

7 Spots—Short Corner, 45 degree angle,
Elbow, FT Line, Elbow, 45 degree angle, Short
Corner
--Straight shots
--Spin Out shots
--Crossover and Pull Ups

Around the 3 point line

Same 7 Spots
--Straight Shots
--Spin Out Shots
--Side Steps

Shot Fake, Dribble, Step Back

5 Spots, 4 Shots at each

Jab Step with Behind the Back Dribble

5 Spots, 4 Shots at each

Jab Step with Spin

5 Spots, 4 Shots at each

Shot Fake, Step Back, Hesitation, and then Go

5 Spots, 4 Layups

Catch and Shoot from 3

5 Spots, 6 Shots at each

Free Throws

50 makes

Full Court Ball Handling

Full Speed “Blast” Dribble
Front Crossover
Behind the Back
Spin
2 Shots at every spot
Inside “X”, FT Line Area, Inside “X”

25 Shots

5 Inside the Arc, 5 Layups, 5 1-Dribble, 5
2-Dribbles, 5-3's

25 Swish

From the FT Line
Shoot 5 consecutive shots—points are
awarded as follows: 5 for a swish, 3 hit rim
once, 1 multiple on rim/ board, 0 miss