Blugolds Basketball Weekly Workout Plan
Week #1
Word of the Week: COMMITMENT

Shooting/Finishing Daily Workout

		SAT	SUN	MON	TUES	WED	THUR
12	Right Hand Power Layup						
12	Left Hand Power Layup						
24	Mikan Layup, alternating sides ** Chest to baseline*						
12	Right Hand Layup						
12	Left Hand Layup						
24	Reverse Mikan Layups, alternate sides ** Chest to free throw line*						
25	5 Makes from 5 Spots (10ft) ** Baseline, 45', top key*						
15	Free Throws						
20	One pound pull up top of key * Alternate sides, 1-2 step						
12	Get to the other side, Right						
12	Get to the other side, Left						

Blugolds Basketball Weekly Workout Plan
Week #2
Word of the Week: DRIVE

Shooting/Finishing Daily Workout

		SAT	SUN	MON	TUES	WED	THUR	FRI
12	Right Hand Power Layup (Jump stop on 2)							
12	Left Hand Power Layup (Jump Stop on 2)							
12	Right Hand Layup - Stride In							
12	Left Hand Layup - Stride In							
12	Right Side - Left Hand Layup							
12	Left Side - Right Hand Layup							
12	Get to the other side, Right							
12	Get to the other side, Left							
12	One pound pull up top of key * Alternate sides, 1-2 step							
12	Mid Paint Floater - Strong Hand							
12	Right Corner, Drive Middle, Pull Up							
12	Left Corner, Drive Middle, Pull Up							
12	Free Throws							

Blugolds Basketball Weekly Workout Plan
Week #3
Word of the Week: CONFIDENCE

Shooting/Finishing Daily Workout

		FRI	SAT	SUN	MON	TUES	WED	THUR
12	Right Hand Power Layup (Jump stop on 2)							
12	Left Hand Power Layup (Jump Stop on 2)							
12	Right Wing, Shot Fake -> 1 dribble pull up * Alternate left/right (middle/baseline)							
12	Left Wing, Shot Fake -> 1 dribble pull up * Alternate left/right (baseline/middle)							
12	Right Elbow Jumper							
12	Left Elbow Jumper							
12	Rebound & Put Back Right Side ** Highest point, catch high keep high*							
12	Rebound & Put Back Left Side ** Highest point, catch high keep high*							
12	One pound pull up top of key * Alternate sides, 1-2 step							
12	Mid Paint Floater - Strong Hand							
12	Right Corner, Drive Middle, Pull Up							
12	Left Corner, Drive Middle, Pull Up							
12	Free Throws							

Blugolds Basketball Weekly Workout Plan
Week #4
Word of the Week: VISION

Shooting/Finishing Daily Workout

		FRI	SAT	SUN	MON	TUES	WED	THUR
12	Drop Step Baseline, Right Side use one two handed power dribble							
12	Drop Step Baseline, Left Side use one two handed power dribble							
12	Right Wing, Shot Fake -> 1 dribble pull up * Alternate left/right (middle/baseline)							
12	Left Wing, Shot Fake -> 1 dribble pull up * Alternate left/right (baseline/middle)							
20	Elbow to Elbow, Catch & Shoot Cut to top of key between shots (V)							
10	Rebound & Put Back Right Side ** Highest point, catch high keep high*							
10	Rebound & Put Back Left Side ** Highest point, catch high keep high*							
10	One pound pull up top of key * Alternate sides, 1-2 step							
10	Mid Paint Floater - Strong Hand							
10	Right Corner, Drive Middle, Pull Up							
10	Left Corner, Drive Middle, Pull Up							