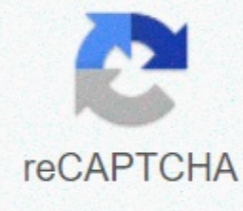




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Individual basketball workouts for guards pdf

The best basketball guards are highly skilled in specific areas of the game. They are capable of shooting from the sidelines at a high percentage (medium and three-pointer), they can beat any opponent with their dribble and they can finish in the basket. Below, I've put together 10 basketball exercises for guards that will improve these important skills. Use them during your next workout. The player repeatedly attacks the rim for 2 minutes, finishing in the basket with a float. On each drive, they have to vary the distance and angle of the shot. Purpose: This exercise allows players to practice their float. The move every player has to constantly try to develop - especially the guards. You'll need one basket. One basketball. Instructions: Choose a starting position somewhere outside the three-point. Drive to the basket and finish with the float. This includes pushing the basketball in the air on a higher arc than usual, about 5 to 10 feet from the hoop. Immediately bounce the basketball, retreat anywhere outside the three-point line, then attack and finish with floating again. The exercise continues this way for 2 minutes. Drilling time - If you want to go for more than two minutes, go for it. If you want to reduce the time to just one minute, go for it. Angle and Distance - As long as you retreat to random spots behind the three-point line, the angle and distance you release the shot from will change naturally. Floater type - Switch between one leg trim and 2-foot contact. Coaching Points: Make sure you release the basketball high into the air to get over the quarterback's arm. Exercise should be done at a fast pace. For advanced players, practice using a weak hand to finish. Two players play one-on-one from the assigned spot on the court. An offensive player can use a maximum of 2 or 3 dribbles before taking their shot. Goal: This is one of the key basketball drills for guards to improve both offensive and defensive development. The player with the ball works to create a good shot with limited dribbling, and the defender practices staying between the opponent and the basket and contesting the shot without a foul. You'll need one basket. One basketball. Two players. Instructions: Exercise starts with one player on offense and one player in defense. The offensive player starts on the free-throw line facing the basket, with the quarterback guarding them tightly in a defensive position. The exercise begins when a defensive player passes the basketball offensive player. As soon as the pass on the pass, the player in attack can attack the basket and try to score, while the defender tries to get a stop. An offensive player can only take two dribbles at most. After the offensive player had 5 possessions, two players change roles. continues in this this Dribbles - For less experienced players, limit the number of drips to 3 instead of 2. Advanced players can even perform this exercise with a maximum of 1 dribble. Starting position - Players can start from the three line instead of the free throw line, and can also move the starting position to the wing rather than right in front. Scoring System - If switching every 5 possessions, there will be a winner/loser. But if players decide to switch each possession, you can play up to 7 or 11 points. Coaching points: If a defender commits a foul, players start again with a free throw. To get the most out of the exercise, make sure you adjust the rules of the game depending on the age and skill level of the players. To do this, refer to the Variations section. An offensive player must use fakes (shot fake, kick pitch, etc.) to create space. A maximum of 10 seconds of each possession. The player moves between two elbows, performing pull-up shots, using one or two dribblings. This continues until they have made a certain number of shots. Goal: This exercise works on the shot all the guards should have - pull up the middle shot in the elbow area. This is a dangerous area of the floor for guards to be in, and a shot can be used on a quick break or in half-court play. What you need: Instructions: Start at the top of the key with the basketball. Take one or two drips on one of the elbows and lift on the shot. If you have a rebounder, backpedal at the top of the key, get a pass and then execute the same shot from the other elbow. If you don't have a rebounder, collect basketball, return to the top of the key and then execute the same shot on the other elbow. This continues until you have made a total of 20 shots. Shot Fake - Before you attack your elbow, use a fake shot in practice to get your opponent in the air or out of position. Number of shots taken - Instead of 20 shots, you can make the number higher or lower depending on your current skill level. Coaching Points: Make sure you don't travel on the first step to your elbow. If you add a fake shot, stay down and just bring the basketball to eye level. Make sure you retreat to the three-point line after each shot. Remaining behind the three-point line, the player will pump a fake, take one dribbling left or right, and then shoot three-pointers. Goal: A key coaching tactic against the big three-point shooters is to run them from the three-point line, jumping out and jumping to block/distract the shooter. This exercise works for the sideline stepping defender and then shooting an open three-point shot. You'll need instructions: Start behind the three line at the top of the key. Spin basketball for yourself Get a pass from the stall, catch it, pump it fake, and then take one side step to drip either left or right before shooting three-point shot. If you take a picture, repeat the process and take a drip to the other side. If you miss a shot, repeat the same shot again. Once you've made both shots, move on to the next shooting location. The goal is to make one shot dribbling on each side with each of the 5 seats - at the top of the key, each of the wings and each angle (10 shots in total). Seven spots - If you want extra reps, shoot two slots as well. Shot Distance - Young players can perform this exercise from a medium distance, about 15 feet from the basket (free throw range). Number of shots taken - If 10 is not enough for you, double the number of shots fired and make two shots on both sides at each location. Coaching Points: Make sure you are balanced on every shot. You don't want to die in a shooting. When performing a fake pump, stay low and bring the basketball to your eye level. And make sure to quickly look at the rim to get used to selling fake. Of course, this exercise is easier with a partner to bounce back for you. So if you have a friend, teammate, parent or coach ready to help you - use them! The player starts under the basket and makes layups using a backboard. After each layup, they rebound basketball and alternate sides score a number of baskets. Purpose: This is not usually considered a key basketball exercise for guards, but it is important for everyone. Mikan exercise helps to develop coordination, rhythm and feel around the basket. You'll need one basket. One basketball. Instructions: Start under the basket with the basketball, facing the baseline. On the right side of the basket, make a layup with your right hand from the back jumping from the left foot (inside the leg - outside the arm). Quickly rebound the basketball and then make a layup on the left side of the basket with your left hand, jumping from the right foot (again, inside the foot - from the outside). Continue this way by alternating the sides with each shot until you've made 20 layups. After 20 shots, start under the basket again, but before half-court line this time instead of the baseline. Now repeat everything by making reverse layups until you do 20.Regular and Reverse - make sure you practice in front of both directions when starting the Mikan exercise. This will work on regular layups and reverse layups. One Dribble - When working with young players, allow them to take one dribble until the end of the layup. Coaching points: As you get more comfortable, increase speed, rebound basketball from the net and finish on the opposite side as quickly as possible. Do your best to keep the basketball at shoulder height for the duration of the drill. As you improve, the practice is adding some twist to the basketball by your wrist. The player starts shooting from the spots close to the basket and then progresses further. A certain number of committed must be made out of each place before returning. Purpose: This is a great exercise to start each practice/workout with. He focuses on developing the right shooting technique (especially the arc), taking shots close to the rim. You need: Instructions: From 3 feet from the basket, shoot until you've made 10 perfect whistles. From 5 feet from the basket, shoot until you've made 7 perfect whistles. From 10 feet from the basket, shoot until you've made 5 perfect whistles. From 15 feet from the basket (free throw line), shoot until you've made 3 perfect whistles to complete the perfect drill. Shooting Positions - You can start in the middle of the key and progress along the middle to the free throw line, or change the shooting position with each shot, as long as you are about the same distance as the number of shots is set. Made Shots - Instead of counting perfect whistles, young and inexperienced players can count regular shots. Coaching Points: The goal is to have a picture of the perfect shot for each shot. Make sure you are completely extending your shooting arm, shaking off your wrist, and lifting your hands on each shot. A great exercise to learn how to shoot with great technique! Starting with 3 points, the player shoots free throws in this fun drill. When they make a free throw, they earn a point. But when they miss a free throw, they lose two points. Goal: Free throws are arguably the most important shot in basketball. This drill forces players to focus on making free throws and mimics the pressure of the game. You'll need instructions: Player shooting starts the game by 3 points. Start shooting free throws, making sure to complete a full free throw routine before taking each shot. For every shot made, they get one point added to their total. For every missed throw they lose two points. The goal is to reach 10 points before falling

to zero points. Starting points - Vary the starting number of points depending on skill and age level. Plus/Minus - Vary the number of points added or deducted to the shot and missed shot depending on the skill level and age of the player. Target Points - Change the number of points they shoot depending on age and skill level. Coaching Points: Feel free and make sure to complete a full free throw routine on every shot. Just like you would during a real game. Focus on your shooting routine. Do your best not to focus on the pressure of each shot. The player performs several two basketball dribbling exercises for a total of 5 minutes. Goal: These two-ball dribbling exercises will improve hand-eye coordination, dribbling and feel for basketball. Great for pre-game or training. You will need: A small area. Either a basketball court, driveway at home, etc. Instructions:Choose exercises from the list below and and Each exercise for 30-45 seconds: a. Double pound on the ankle of HeightDribble both basketballs as hard as you can at the height of the ankle.b. The double pound on Height WaistDribble is both basketballs as hard as you can at waist height.c. Double pound on the shoulders of HeightDribble both basketballs are as hard as you can on the shoulder height.d. Double pound AlternatingWith balls at a comfortable height, alternative dribbling each basketball.e. One tall/one LowDribble one of the basketballs at the height of the ankle and one of them on the shoulder height.f. The double wall of DribblingDribble is both basketballs to the wall simultaneously on the shoulder height.g. The double V-Dribble in FrontDribble is both basketballs from side to side in front of you simultaneously.h. The double V-Dribble on SideDribble both basketballs from the back to the front next to you simultaneously.i. 3 Dribble Double CrossoverPound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform 3 more drips before going again.j. 3 Dribble through the legs / CrossoverPound dribble like basketballs 3 times and then cross one ball in front of you and one ball through your legs at the same time. 3 Dribble behind your back / CrossoverPound dribble like basketballs 3 times and then cross one ball in front of you and one ball behind your back at the same time. Two balls Drawing EightKeeping ball close to the ground, use your right hand to dribble one ball around the right foot and use your left hand to dribble the other ball around your left foot.m. KillsPound as basketballs are higher and higher, starting with the height of the ankle. When you reach shoulder height, kill both balls stopping them a few inches off the ground before dribbling both balls back again. Work on these exercises for a total of about 5 minutes. Variations: Time - You can change the duration of your workout and the amount of time you spend on each individual dribbling drill. Stationary Dribbling drills - If two-ball drills are too advanced for a player's skill level, consider performing similar exercises with just one ball. Coaching Points: Do your best to keep an eye on throughout the exercise. More dribbling drills here. Dribble the ball hard into the ground. Don't get upset when you make mistakes. That's nice! It means you're pushing yourself out of your comfort zone. The player will run suicidal conditioning with basketball and must make a free line throw to pull up a shot on each trip down the floor. Purpose: This exercise is mainly used to improve fitness levels, but also work on shooting, dribbling, and making shots when tired and under pressure. You will need: a full-size basketball court. Instructions:Rules: You have to make a pull up shot from the free throw line after each trip down the floor: free line throw, half-court, free-throw line, and opposite the baseline. Start with the baseline with to the free throw line, then turn around and make a jump shot. If you make a shot, rebound the basketball, dribble on the next line (halfway) and then go back to the free throw line for another shot. If you miss a shot, you have to bounce off the basketball and shoot again. The exercise continues this way until 4 shots are fired (one after each of the different trips down the floor). Variations: Don't need to take a shot - If you only count does, a drill can cause a player running about 15 floor lengths if they are a bad shooter. To make things easier so they move on to the next line, even if they miss a shot. Shot Distance - Instead of using the free throw line, use the three-point point to position the shot. Coaching Points: To work on your ball handling, only use a weak arm dribble during your workout. It is a fast-paced and highly intensive drill. Players have to work on the floor hard when they move between the lines. Keep your focus and try not to get upset after missed shots. The player makes three different shots from 5 places on the floor. From each position, the player must make three shots before moving on to the next place. Purpose: This exercise works on different shots from the perimeter. This includes shooting from the dribble from any direction and away from the catch. You'll need one basket. One basketball. Player/coach/parents to bounce back if possible. Instructions: Start in the corner, on the 3rd line, with basketball. You have to make 3 shots out of this position before you move on to the next one. Three shooting spots:a) left one dribbling pull up) right one drop pull up) catch and shoot jump shotThere 5 places on the court (corner, wing, top of key, opposite wing, and opposite angle) and you have to make those 3 shots out of each one. Ending a total of 15 shots. Distance - Young players can start from a medium distance, about 15 feet from the basket (free throw range). Coaching Points: Pay attention to your shooting form on each shot. Avoid drifting sideways when one dribbling pull up shots. Although I have put together these basketball exercises for the guards in particular, there is no reason why players in other positions can't use them either. As basketball becomes more positional, it's common to see the highest players on the court handling the ball and firing with range. This is a new era! No matter what position you play on the court, use these exercises. Drill.

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