

# TUSCULUM

## BASKETBALL

### *THE PIONEER SIXTY MINUTE WORKOUT*

- *Warm-up:* Jump Rope, Ball Slaps, Stationary Ball Handling
- *Ball Handling:* Stationary Two Ball Dribbling  
Full Court Two Ball Dribbling  
Kill the Grass and Bull in the Ring
- *Grooving Your Shot:* Tray Drill, Guide Hand Release, Form Shooting  
Finish with Jumpers off the Glass
- *Mid Range Jumpers:* Make 10 from each Position
- *Three Point Shots:* Make 10 from each Position
- *Shot Builders:* Use Your Legs & True Shot Motion  
Make 3-5 From 3-4 Positions
- *Three Point Shots:* Back to the Three Point Line
- *Chair Drill/Shots:* Make 5-10 off Direct Drive and Cross Over Moves  
Hop Back Jumpers  
Add Drive from the Wing & Step-Thru Move
- *Chair Drill Jumpers:* Shooting on the Move - 5-10 from each Position  
Shots off the Escape Dribble
- *Jimmy Boone Drill:* Make 50 Threes - Less than 5:00 is goal
- *Free Throws:* Shoot Two FT's between all Drills  
Close with 100 FT's - Set Goals



*"There Comes a Time When Winter Asks,  
What Have You Done All Summer?"*

