

VOLUME
12



WEEKLY WORKOUT

CHALLENGES

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
POGO HOPS: Hop on 1 leg down and back. 3 x 10 yards each leg.							
2 BALL BEHIND BACK: Dribbling 2 balls, do behind back dribble. 1 min							
V-SHOOTING: Go from elbow to elbow shooting jumpers. 1 minute.							
UP & UNDER: In post, pump fake, step through, finish layup. 1 minute.							
REVERSE PLANK: With back facing floor, hold body up for 1 min.							

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BOUNDING RUN: Exaggerated running motion. Repeat 3 x 10 yds.							
POWER DRIBBLE: 3-5 power dribbles, crossover, repeat. 1 min.							
5 SPOT STEPBACK 3'S: Stepback 3s at 5 spots around arc. 25 shots.							
STEPBACK HESI GO: Attack, stepback, hesitation, layup. 1 min.							
V SIT UPS: Start flat on back, contract into v-shape. 3 x 20 reps.							

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STEPBACK HESI GO: Attack, stepback,							

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
ot on box jump							
layer in & out							
Dribble off							
les basket							
nd, clap							

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
k jump							
out							

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INTRODUCTION

Welcome to the Weekly Workout Challenges!

As a coach, you know that team practice time is rarely enough for players to become truly exceptional. Real improvement happens when players are consistently working on their skills outside of the gym.

These Weekly Workout Challenges provide the perfect solution by giving players a structured way to put in extra work on their own. Over time, these daily sessions will accumulate into significant gains in their skill level, confidence, and physical conditioning.

HERE IS HOW IT WORKS

Each challenge is a simple, 5–10-minute workout that focuses on a combination of athletic development, ball handling, and shooting. You can print out as many copies as you need for your team.

Hand them out during practice, and ask the kids to complete the workouts on their own and keep track using the checklist.

Then, the following week, collect the completed checklists and reward the players who were the most consistent.

You can also use these workouts as part of team's daily warmup before practice. Spend the first 10 minutes of your session going through the drills together. Players get extra repetitions in while also establishing good habits for working on individual skills.

Or, distribute the workouts to players before a vacation or holiday break. This will help maintain their progress and ensure they return to the gym in great shape, ready to continue building on their skills.

These challenges are easy to distribute and follow, making them a simple yet effective tool to elevate your team's overall performance. By encouraging your players to take ownership of their improvement outside of practice, you'll help instill discipline and a growth mindset that will serve them well on the court and beyond.

Whether it's adding these to your daily routine or using them as homework during breaks, the Weekly Workout Challenges will be a key part of your team's development strategy.

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
LATERAL QUICK SKIPS: Skip 10 yards side to side. 3 x 10 yds.							
PUSH-PULL DRIBBLE: 1 minute each hand, push the ball forward, then pull it back.							
FLOOR SHOOTING: 1 minute, lie on your back and shoot, emphasize wrist snap and follow through.							
PUMP, RIP & GO: Pump fake, Rip ball, drive, finish. 30 secs each side.							
WALL SITS: 1 minute, hold in a squat position against a wall.							

WEEKLY WORKOUT #1

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	MON	TUE	WED	THU	FRI	SAT	SUN
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WALL SITS: 1 minute, hold in a squat position against a wall.							

WEEKLY WORKOUT #1

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
FOOTFIRE: 2 x 20 seconds, from a defensive stance, quickly tap feet in place.							
2 BALL BEHIND BACK: Dribbling 2 balls, do behind back dribble. 1 min							
BANK SHOTS: Make 10 shots from each wing.							
DROP STEP & FINISH: Post up, drop step, finish. 30 secs each side.							
PLANK TO PUSH-UP: Hold high plank for 30 seconds, then do 10 push-ups.							

WEEKLY WORKOUT #2

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
FOOTFIRE: 2 x 20 seconds, from a defensive stance, quickly tap feet in place.							
2 BALL BEHIND BACK: Dribbling 2 balls, do behind back dribble. 1 min							
BANK SHOTS: Make 10 shots from each wing.							
DROP STEP & FINISH: Post up, drop step, finish. 30 secs each side.							
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WEEKLY WORKOUT #2

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
JUMP ROPE: 2 foot jumping rope. 2 x of 30 secs.							
YO-YO DRIBBLE: 1 minute each hand, dribble side to side in front of your body using one hand.							
JUMP HOOKS: 10 makes with each hand.							
HOP THROUGH: Drive from wing, hopstep, finish. 30 secs each side.							
SIDE PLANK: Hold body off oor sideways. 30 secs each side.							

WEEKLY WORKOUT #3

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
JUMP ROPE: 2 foot jumping rope. 2 x of 30 secs.							
YO-YO DRIBBLE: 1 minute each hand, dribble side to side in front of your body using one hand.							
JUMP HOOKS: 10 makes with each hand.							
HOP THROUGH: Drive from wing, hopstep, finish. 30 secs each side.							
SIDE PLANK: Hold body off oor sideways. 30 secs each side.							

WEEKLY WORKOUT #3

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
TUCK JUMP: Jump and tuck your knees into your chest. 3 x 15 reps.							
2-BALL MACHINE GUN DRILL: Rapidly dribble 2 balls at knee height. 1 minute.							
5 SPOT 3-POINTERS: Shoot 3s at each of 5 spots on arc. 25 shots.							
Y LAYUPS: Dribble downhill to paint then adjust around imaginary defender. 1 minute.							
FIGURE 8: Do a gure 8 with med. ball before slamming it. 3 x 10 reps.							

WEEKLY WORKOUT #4

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
TUCK JUMP: Jump and tuck your knees into your chest. 3 x 15 reps.							
2-BALL MACHINE GUN DRILL: Rapidly dribble 2 balls at knee height. 1 minute.							
5 SPOT 3-POINTERS: Shoot 3s at each of 5 spots on arc. 25 shots.							
Y LAYUPS: Dribble downhill to paint then adjust around imaginary defender. 1 minute.							
FIGURE 8: Do a gure 8 with med. ball before slamming it. 3 x 10 reps.							

WEEKLY WORKOUT #4

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
DOUBLE UNDERS: Jump rope passes under 2x every jump. 1 min.							
CONDITION DRIBBLE: Dribble baseline to elbow & back. 1 minute.							
OFF THE DRIBBLE JUMPERS: Make 10 shots.							
AGILITY TO FINISH: Jump back & forth over 3pt line, attack rim. 1 min.							
PISTOL: Lower self on 1 foot as you keep other leg extended. 4 x 5 reps.							

WEEKLY WORKOUT #5

Name: _____ Team: _____ Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
DOUBLE UNDERS: Jump rope passes under 2x every jump. 1 min.							
CONDITION DRIBBLE: Dribble baseline to elbow & back. 1 minute.							
OFF THE DRIBBLE JUMPERS: Make 10 shots.							
AGILITY TO FINISH: Jump back & forth over 3pt line, attack rim. 1 min.							
PISTOL: Lower self on 1 foot as you keep other leg extended. 4 x 5 reps.							

WEEKLY WORKOUT #5