

OTA Travel Player Workout Format

Workout 1:

20 min – Ballhandling

Fingertips

Around the head

Around the waist

Around the leg (right, left /with and w/o dribble)

Figure 8 (with and w/o dribble)

Front to back

Inside – out

2 Ball Dribbling (Simultaneously and Alternating)

Full-Court Ball Handling:

- Make a move at foul line, half-court and other foul line or make moves starting earlier and finish at rim or with pull-up
- Use your imagination when putting two moves together
- 2-4 times each move

- Hesitation
- Inside-out
- Cross over
- Between legs
- Spin
- Behind back
- Hesitation, second move
- Inside-out, crossover
- Between legs, crossover
- Double cross over (Hardaway)

20 min – Shooting

Working on proper footwork and form every time

1. Warm-up

- A. Form Shooting
 - a. 20 One-Hand Shots
 - b. 20 Floor Shots
 - c. 20 Form Shots
- B. Step-In Shots
 - a. 2 Sets of 15 from the Foul Line
 - 2 foul shots in between sets
- C. Prospect Hall Drill (Game Speed!)
 - a. 5 Shots from foul line, take one step back
 - b. 5 Shots from a step inside the three, take one step back
 - c. 5 shots from three, take one step back
 - d. 10 shots from a step behind the three point line, take one step in
 - e. 5 shots from three, take one step in
 - f. 5 shots from one step inside the three, take one step in
 - g. 5 shots from the foul line
 - 10 Foul shots after the completion of the drill

20 min – Free Throws

100 Free Throws (How many did we make)

30 min 1 v 1 Competition

20 min Transition Break using the Princeton Cut

20 min Shooting

Spot Shooting (5 Spots)

- A. 1 set of 15 from 15'
- B. 2 sets of 20 from 3-Pt. line (10 Regular and 10 Pump Fake, Side Dribble)
- C. 2 sets of 10, Pump Fake, One-Dribble Jumpers OR
- D. 2 sets of 10 from one step behind 3-Pt. Line
 - 2 Foul Shots in between each set

20 min – Free Throws

100 Free Throws (How many did we make)

Workout 2:

20 min - Ballhandling

Fingertips

Around the head

Around the waist

Around the leg (right, left /with and w/o dribble)

Figure 8 (with and w/o dribble)

Front to back

Inside - out

2 Ball Dribbling (Simultaneously and Alternating)

Full-Court Ball Handling:

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- Hesitation
- Inside-out
- Cross over
- Between legs
- Spin
- Behind back
- Hesitation, second move
- Inside-out, crossover
- Between legs, crossover
- Double cross over (Hardaway)

30 min - Ripping Through - Define Finishing

Rips

- Choose from these options- do at least 25 moves on each wing

- A. Rip and Go (Or Fake Rip) for lay-up
- B. Rip and Go (Or Fake Rip), One Dribble Jumper
- C. Rip and Go (Or Fake Rip), Two Dribble Jumper
- D. Rip and Go (Or Fake Rip), Two Dribble Step-Back

- E. Rip and Go (Or Fake Rip), Dougie Move
 - G. Rip and Go (Or Fake Rip), Make Move on Helpside Defender
 - H. Rip and Go (Or Fake Rip), Defender Cuts you off...Use hesitation and then 2nd move
- 2 foul shots when needed

20 min - Shooting

Working on proper footwork and form every time

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 - g. 5 shots from the foul line
 - 10 Foul shots after the completion of the drill

20 min - Free Throws

100 Free Throws (How many did we make)

30 min - Breaking down screens and handoffs

Screen and Roll

Screen and Pop

Blur Screens with ball

Fake Handoffs

30 min - 2 v 2 Competition

Workout 3:

20 min - Ballhandling

Fingertips

Around the head

Around the waist

Around the leg (right, left /with and w/o dribble)

Figure 8 (with and w/o dribble)

Front to back

Inside - out

2 Ball Dribbling (Simultaneously and Alternating)

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- Inside-out, crossover
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20 min - Shooting

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 - g. 5 shots from the foul line
 - 10 Foul shots after the completion of the drill

20 min – Free Throws

100 Free Throws (How many did we make)

30 min – Breaking down 5 v 0 Motion Offense

No Dribbles

Add Dribbles

30 min - 3 v 3 Competition

30 min – Ripping Through

Rips

- Choose from these options- do at least 25 moves on each wing

- A. Rip and Go (Or Fake Rip) for lay-up
- B. Rip and Go (Or Fake Rip), One Dribble Jumper
- C. Rip and Go (Or Fake Rip), Two Dribble Jumper
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- E. Rip and Go (Or Fake Rip), Dougie Move
- G. Rip and Go (Or Fake Rip), Make Move on Helpside Defender
- H. Rip and Go (Or Fake Rip), Defender Cuts you off...Use hesitation and then 2nd

move

- 2 foul shots when needed

20 min – Free Throws

100 Free Throws (How many did we make)

Workout 4:

20 min - Ballhandling

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30 min - Ripping Through

Rips

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20 min - Shooting

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 - g. 5 shots from the foul line
 - 10 Foul shots after the completion of the drill

20 min - Free Throws

100 Free Throws (How many did we make)

20 min Transition Break using the Princeton Cut Review

30 min - Breaking down screens and handoffs

Screen and Roll

Screen and Pop

Blur Screens with ball

Fake Handoffs

30 min - Breaking down 5 v 0 Motion Offense

No Dribbles

Add Dribbles