

Players and parents, we are dedicated to making the players in our program the best player that they can be. A big part of this is getting players to understand the importance of trying to make themselves better on their own. We have linked several different out of class workouts to our website. These are a collection of workouts created by some of the best coaches and players in basketball. Many of them have video demonstrations that go along with the downloadable documents. Most of these workouts can be completed in around 30 minutes. Some require a rebounder or partner, while some can be done totally independently. We would like player to try to complete at least 2 per week while we are in the session.

On the back of this sheet is a table for players to keep track of the workout they did, the date they did it, and the time it took them to complete it. We are simply asking that players keep track of this on the sheet, and parents to sign the sheet upon completion. This can be returned to your instructor at the end of your 8 week program.

Below is a list of the workouts. These workouts can all be found on our website: [www.strictlyskillsbasketball.com](http://www.strictlyskillsbasketball.com). Go to the tab all the way on the right that is titled “Out Of Class Workouts”. At that spot you will find all of the workouts listed below.

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| **Ball Handling Workouts Only** | **Shooting and All Around Workouts** |
| Breakthrough Basketball 2 Ball Stationary Dribbling Workout | Steve Nash 20 Minute Shooting Workout |
| Breakthrough Basketball 2 Ball Dribbling On The MoveDrills | Ray Allen 2:00 Shooting Challenge |
| Rick Pitino Dribble Move and Offensive Development Workout | 100 Shot Workout |
| Ty Lawson’s Dribbling Drills  (do all 5 drills at least twice for a workout) | VCU Goal Oriented Shooting Games / Workouts |
|  | Steve Alford Shooting Workout |
|  | Reggie Miller Off The Dribble Shooting Workout |
| **Passing and Rebounding Drills**  (do all the drills in this section at least twice for a workout) | JR Smith Shooting Drills  (rotate through all 4 for at least 15 minutes for a workout) |
| Rajon Rondo Passing Drills |  |
| Blake Griffin Rebounding Drills |  |
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Out Of Class Workout Form

Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_