



Breakout Basketball

★ Daily Workout #1

Warmup/Dribbling

- [6 min] **Stationary Dribbling** [1 min each]
 - Pound, Pound, Cross
 - Cross, Cross, Cross
 - Push, Pull, Cross
 - Back, Back, Back
 - Legs, Legs, Legs (Scissor Dribble)
 - Cross, Legs, Back

These 3 workouts are each 43 minutes long. Feel free to break them into smaller chunks if that's a lot for you! I have also included a simplified one-page version at the end and a printout for writing down your personal best scores in the drills. Have fun with this & let's see just how good we can get with a little effort!






Click on the YouTube icons to see a video from Coach Bretsch that explains each drill.

Moves on the Catch

- [15 min] **2-Cone Attacking Moves with a Partner Passing** - Make 5 of each.
 - **Rip and go baseline** (catch with outside hand and get the feet lined up toward baseline)
 - **Rocker and go middle** (low foot is the pivot foot. Load this foot as you shake the man and then drive middle for a pullup/floater.)
 - **Flash to the nail** (not curling) – catch a chest pass then turn tight and drive hard (passer should move from one wing to the other)
 - **Curl cuts** – passer should lead the cutter so they don't have to dribble.
 - **Back cuts** (passer up top) – cutter pops out on balance then quickly back cuts to rim. Throw the lead pass over the top.
 - **Back cuts with a dribble-at** (passer up top) – dribble at the wing guard, they pop back toward sideline then quickly cut behind. Reach around bounce pass to lead them to a layup without the need to dribble.
 - **Shot fake and go** (can drive baseline or middle – ball up, butt down – make it look real!)

Shooting

- [4 min] **Form Shooting (B.E.E.F.)** – start with 1 hand, then add the guide hand without moving the ball, then slow-motion shooting. Work up to shooting with a 1-2 step rhythm. 
- [12 min] **Shooting on the Move** 
 - Elbow to Elbow – catch & shoot with a 1-2 rhythm. Then pop back and circle toward the other elbow. We want to catch the ball on balance, stepping toward the hoop (not drifting sideways). Footwork and timing lead to balance which leads to buckets! Hit 20, then move to...
 - Wing to corner. Hit 20 more, then opposite wing to corner.
- [6 min] **FT Golf** 
 - 18 shots (like 18 holes of golf)
 - A make is 0 pts (think of this as “par” in golf), a miss is +1, and a swish is -1. The goal is to get the lowest score possible.






Breakout Basketball

★ Daily Workout #2




Warmup/Dribbling

- [8 min] **2-Ball Dribbling (30 seconds stationary, then 30 seconds on the move)**
 - 2- Ball Pound together
 - Alternate
 - High Pound – Low Pound
 - Double Windshield Wipers
 - Double Walk the Dog
 - 2-Ball Crossovers
 - 2-Ball Behind the Back (or between the legs)

Scoring Near the Hoop

- [3 min] **Mikan Drill** – Shoot 20 (or set timer for 45 seconds). 2 sets. Remember that this is a layup/hook, not a jumper. Keep the ball high & get into a rhythm. Keep track of makes & shoot for personal bests! 
- [4 min] **Stick-Back Drill** – Toss it off the glass, grab it high, knees bent and athletic when you land, and pogo-stick back up for a powerful protected finish. Make 20 on both sides. 
- [8 min] **Post Moves** [Start by spinning the ball out for a self-pass then do each one 4 times] 
 - Quarter turns both directions for protected finish (jump hook). Only right hand for beginners.
 - Drop step – first with no dribble, both sides, both ways, then add a power dribble.
 - McHale Move (up & under) – quarter turn middle into shot fake (don't step too far!). High rip & step through into a power-dribble drop-step move for a layup. This is a fun one once you get the hang of it.

Shooting & Moves on the Catch

- [4 min] **Form Shooting (B.E.E.F.)** – start with 1 hand, then add the guide hand without moving the ball, then slow-motion shooting. Work up to shooting with a 1-2 step rhythm. 
- [8 min] **Reverse Pivot Series** – Do this at 3-5 differ spots on the floor 
 - Spin the ball out high, then step to it, catch with the outside hand and reverse pivot on the outside foot. Stay on balance with booty back and shoulders down ready to shoot or attack.
 - Shoot (x5), then rip (3x), then rocker or double rip (3x), then shot fake & drive (x3)
- [8 min] **Baseball Shooting** – 9 spots on the perimeter (like 9 innings). Shoot at the first spot until you miss 3 total (like 3 outs), then move on to the second spot. Game's over when you get 3 outs in the 9th inning. To score, you need to load the bases by hitting 3 shots. All makes after that drive in runs. Keep track of how many runs you can score! 



Breakout Basketball

★ Daily Workout #3

Layups [8 min] **Octopus Layups** – 4 cones set up in a half-circle 12 ft from the hoop (2 wing, 2 elbow).


Dribble around the cone turning the corner as tight as possible and attack the hoop for a layup with the proper hand. Protect the ball at all times. The ball handling and footwork are really challenging in such a simple drill. Go around the 4 cones one way then come back the other way (8 legs of the octopus!). Make 20 layups then rest and do it again. As you get better, to make it competitive, keep track of how many you can make in 2 minutes (not recommended the first time you do the drill).

Moves on the Move & Zig Zag Cone Dribbling [12 min]

[5 cones in a zig-zag pattern on the left side & 1 cone just above the elbow on the right side]

- **Moves on the Move** – Start on the right side of half-court lined up with the elbow. From half-court, attack the cone or a chair (dummy defender) at 80% speed, when you are 2 steps away, hitch and slow to half-speed, then explode with an attacking move to 100% going *by* the defender (not around!) and attacking the hoop for a finish.
 - 1st move is a hesitation move or “hitch & go”
 - 2nd move is a “push cross” crossover move. Hitch then push the ball from right to left with the right hand forcing the right shoulder ahead of the defender, then go by hard with the left hand. Again, this is a fast break/attacking simulation, so you must push the ball out front at a 45-degree angle and then go get it “downhill” at full speed.
 - 3rd move is the “in-and-out” move – this is a fake crossover move and then come back to the right
- **Zig-Zag Cones** – After you make your layup, return to the top by executing a crossover move at each of the five cones arranged in a zig-zag pattern. Do each of the following 3 times.
 - Crossovers, behind the back, between the legs, in & out crossovers, triple moves at each cone

Shooting

- [4 min] **Form Shooting (B.E.E.F.)** – start with 1 hand, then add the guide hand without moving the ball, then slow-motion shooting. Work up to shooting with a 1-2 step rhythm. 

- [11 min] **10 Spots, 10 Shots**
 - 2 corners, 2 wings, 2 elbows, FT line jumper, 2 blocks, end with free throws

[8 min] **“Around the World” Shooting**

- 7 spots around the perimeter (2 corners, 2 wings, 2 elbows, and FT line)
- Game starts when you make your first, then shoot at that spot until you miss two in a row. Once that happens, you move on to the next spot. Game ends when you miss 2 in a row at the final spot. Keep track of how many points you score!



★ Daily Workout: Quick Reference Sheet



Workout #1

[6 min] **Stationary Dribbling** [1 min each]

- [Pound, Pound, Cross], [Cross, Cross, Cross], [Push, Pull, Cross], [Back, Back, Back], [Scissor Dribble], [Cross, Legs, Back]

[15 min] **2-Cone Attacking Moves on the Catch** - Make 5 of each.

- Rip and go baseline, Rocker and go middle, Flash to the nail drives, Curl cuts, Back cuts, Shot fake & go

[4 min] **Form Shooting (B.E.E.F.)** – Start with 1 hand, then add guide, then slow-motion shooting

[12 min] **Shooting on the Move** - Elbow to Elbow, Wing to corner. Opposite wing to corner [20 of each]

[6 min] **FT Golf** - 18 shots (make is 0, miss is 1, swish is -1)

Workout #2

[8 min] **2-Ball Dribbling (30 seconds stationary, then 30 seconds on the move)**

- Pound together, Alternate, High– Low, Windshield Wipers, Walk the Dog, Crossovers, Behind the Back

[3 min] **Mikan Drill** – Set timer for 45 seconds. 2 sets.

[4 min] **Stick-Back Drill** – Make 20 on both sides.

[8 min] **Post Moves** [self-pass then do each one 4 times on both sides of the floor]

- Quarter turns both directions, McHale Move (up & under), Drop step

[4 min] **Form Shooting (B.E.E.F.)** – Start with 1 hand, then add guide, then slow-motion shooting

[8 min] **Reverse Pivot Series** – Do this at 3-5 differ spots on the floor

- Shoot (x5), rip (3x), rocker or double rip (3x), shot fake & drive (x3)

[8 min] **Baseball Shooting** – 9 spots/innings. Shoot until you get 3 misses/outs. To score, load the bases by hitting 3 shots. All makes after that drive in runs.

Workout #3

[8 min] **Octopus Layups** – [4 cones] Make 20, then repeat, or keep track of how many you make in 2 min.

[12 min] **Moves on the Move & Zig Zag Cones** [5 cones in a zig-zag on the left & 1 cone at elbow on the right]

- Moves on the Move: hitch & go, hitch to push cross, in-and-out

- Zig-Zag Cones – Crossovers, behind the back, between the legs, in & out crossovers, triple moves

[4 min] **Form Shooting (B.E.E.F.)** – Start with 1 hand, then add guide, then slow-motion shooting

[11 min] **10 Spots, 10 Shots** - [2 corners, 2 wings, 2 elbows, FT line jumper, 2 blocks, end with free throws]

[8 min] **“Around the World” Shooting** - 7 spots around the perimeter (miss 2 in a row you move to next spot)



MY PERSONAL BESTS

Consecutive Behind-the-Back Dribbles
Consecutive Scissor-Dribbles
Octopus Layups (# of makes in 2 minutes)
Mikan Drill (# of makes in 45 seconds)
FT Golf
Baseball Shooting
10 spots, 10 shots
Around the World Shooting

"Champions do not become champions when they win an event,
but in the hours, weeks, and months... and years they spend preparing for it.
The victorious performance itself is merely a demonstration of their championship character."

- Michael Jordan



Add your name to
the Wall of Fame!