



Dawn Baller home training

By Coach Peachman

Basketball home workout plan

This is a set of basketball workouts and trainings athletes can do on their own. Videos of all the skills will be available on Dawn Ballers YouTube Channel for reference and explanation. This is a starting point for getting into training at home. This is not everything you need to do. Listen to your coaches for more advice on exactly where you need to get better.

How to use this:

Each section is divided into different skill levels to progress through. Don't be scared of the harder stuff. If you practice and work through the levels, they will become easier.

Start at the first level of each at the beginning. Progress through the levels slowing making sure you master the drill set before moving on. Remember you can go back to basic at any point. **THE BASICS ARE ALWAYS IMPORTANT!**

I recommend you pick 2-4 plans and do them 6 days a week for 2 weeks. Then if you think you are ready move onto the next level. You can move on sooner or take longer it's up to you.

To get the most out of these **do everything at 100%!!** Make big mistakes, we all do. Its how you learn from them and get better. You should finish your training sweating and tired!

Note: I haven't put a lot of shooting stuff in this because you should get shots up in large quantities in addition to this training. This includes team trainings and privates.

Videos for most of drills : <https://www.youtube.com/channel/UCyuVB75r3ZQFXa2plx7-Y7A/featured>

There are playlists for each training plan to help you through the first few times and as a reference point.

SHARE yourself doing these training with the Hashtag #DawnBallers and tag DawnBallers on tiktok and Instagram.

Basic Ball Handling

- 5 mins walk whilst dribbling ball with weaker hand
- Pound dribbles x 30
- Guard dribbles x 30
- Basic crossover x 50
- Pound crossovers x 50
- Behind back x 50
- Lunge through the legs x 30
- Ankle dribbles x 30
- Reverse pivot rips x 30
- Retreat dribbles x 20
- Side to side dribble x 30

Stage 2 Ball Handling

- Pound dribbles x 30
- Pound crossovers x 50
- Behind back x 50
- Pocket dribbling x 30
- Drive Dribble x 30
- In and out dribble x 30
- Over cone dribbles x 30
- Odd timing dribbles x 30
- Throw down dribble x 30
- Beginner through legs x 30
- Half spin fake x 30
- Retreat dribbles x 20

Stage 3 Ball Handling

- Pound dribbles x 30
- Pound crossovers x 50
- In and out dribble x 30
- Drag Dribbles x 30
- Drop, drive dribble x 30
- Drop, throw down dribble x 30
- On spot through legs continuous x 50
- Through legs, drive dribble x 30
- In and out, cross x 30
- Pull back through x 30
- Hezy cross x 30

Stage 4 Dribbling

- Pull Back through, Switch x 50
- Drag dribble, drop, drive dribble x 30
- Drag dribble, through legs, drive dribble x 30
- Retreat dribble, Drop, drive dribble x 30
- Retreat dribble, Drop, through down dribble x 30
- Backward, hip swivel, drop, drive dribble x 30
- Forward, hip swivel, drop, drive dribble x 30
- Double cross, through legs, behind back, hezy cross x 30
- Advanced over cone dribbles

<p>Basic Basketball Movements (20 per side of each)</p> <ul style="list-style-type: none"> - 90° rotate Jump stop - Rip-over front pivot - Rip under reverse pivot - Rip over reverse pivot - 180° seal pivot - Jab step, mid rip - Lateral jumps - Knee jumps - Defence slides, contest shot - Individual stretches 	<p>Basketball Fit 1</p> <ul style="list-style-type: none"> - Lateral jumps - Knee jumps - Defence slides, contest shot - 3 mins of skipping rope - Knee Highs x 100 - Push ups between 15-50 - Individual stretches
<p>Basketball Fit 2</p> <ul style="list-style-type: none"> - Lateral jumps - Knee jumps - Defence slides, contest shot - 4 mins of skipping rope - 1km jog - Push ups between 15-50 - Individual stretches 	<p>Intense Fit</p> <ul style="list-style-type: none"> - Individual stretches - 10 short sprints (between 20-30m) - 2-4km jog - 5 mins of skipping rope - Push ups between 15-50 - Individual stretches

<p>Rim Finishes 1 (make 10 each hand)</p> <ul style="list-style-type: none"> - Jump stop, cross step, outside hand - Jump stop, cross step, outside hand (From side of ring) - Basic layup at sprint speed - Cross step, Reverse layups - Lateral jump, outside hand - 2-foot power layup 	<p>Rim Finishes 2</p> <ul style="list-style-type: none"> - Jump stop, cross step, inside hand - Lateral jump, outside hand - Lateral jump, inside hand - In the air layups - Reverse layups right hand both sides - Reverse layups left hand both sides - Basic layup at sprint speed
<p>Basic Low Post Moves (Jump stop catch to start each, make 10 each side)</p> <ul style="list-style-type: none"> - Drop step middle finish - Drop step baseline finish - Power dribble jump stop middle, front of rim finish - Power dribble jump stop middle, reverse pivot, backboard finish - Reverse pivot, throwdown dribble, reverse layup 	<p>Basic Mid Post Moves (Jump stop catch to start each, make 10 each side)</p> <ul style="list-style-type: none"> - Reverse pivot rip jab, shot - Reverse pivot rip, shot fake, drive - Reverse pivot rip jab, cross step drive - High front pivot, rip over with cross step, finish with power layup - Power dribble jump stop middle, reverse pivot, backboard finish

Form Shooting 1

One handed form shots

Middle of shooting hand under ball (set point)

Elbow up, wrist out.

Feet hip width apart both in line with each other.

Aim for swishes, no backboard or rim ideally.

Make at least 30 then,

Add left hand (or right) to side of ball

Add a jump stop in before you shoot from same distance

Make at least another 30

Form Shooting 2

Form shots starting from waist with hands already set up on ball.

Combine elbow up, wrist out action with bringing ball up from waist.

Start with shooting wrist bent

Keep ball close to body and moving in a straight line up to set point and through to follow through.

Don't stop at set point. Just make sure you pass through it

Make at least 30

Add a jump stop in before you shoot and move back 1 meter

Range Finder

Take 2 hand form shots (Form shooting 2)

If you make 3 in a row, move 1 step back.

If you miss 3 in a row move forward.

Will show you where you are a reliable shooter from.

Do this for 10 – 20 mins

Taking controlled thoughtful shots