

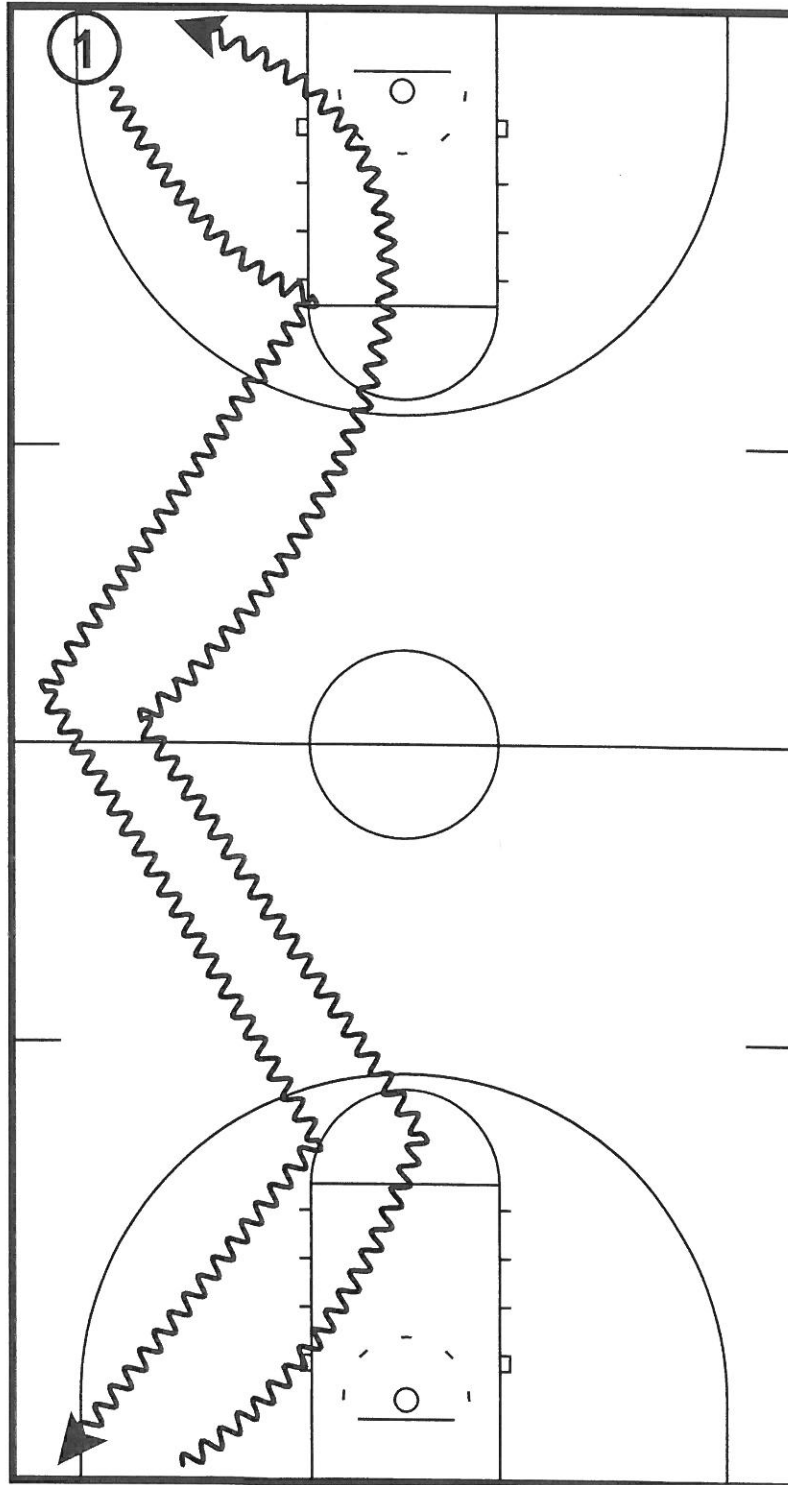
Florida State 2015 Post Season Workout



GUARDS

Summer 2015

36 Second 2 ball Simultaneous Full Court Dribble Zig Zag Individual Drills

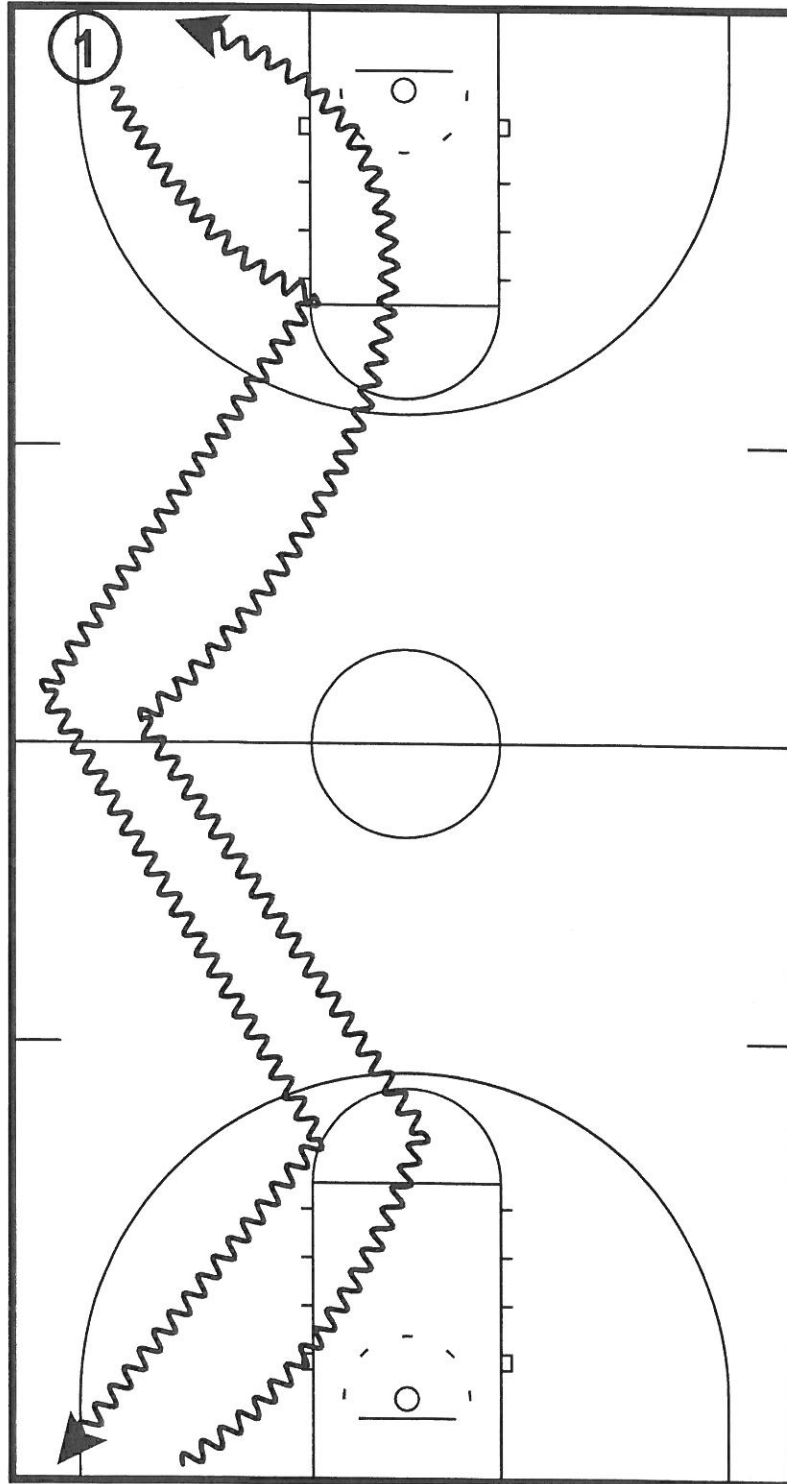


36secs 2 Ball (simultaneous) Full "Court Zig Zag:

Stay low, bend knees instead of back, pound ball **Violently** 10 dribbles per turn, Zig zab= ft line, 1/2 court, ft line, baseline & back

Summer 2015

36 Second 2 ball Alternating Full Court Dribble Zig Zag Individual Drills



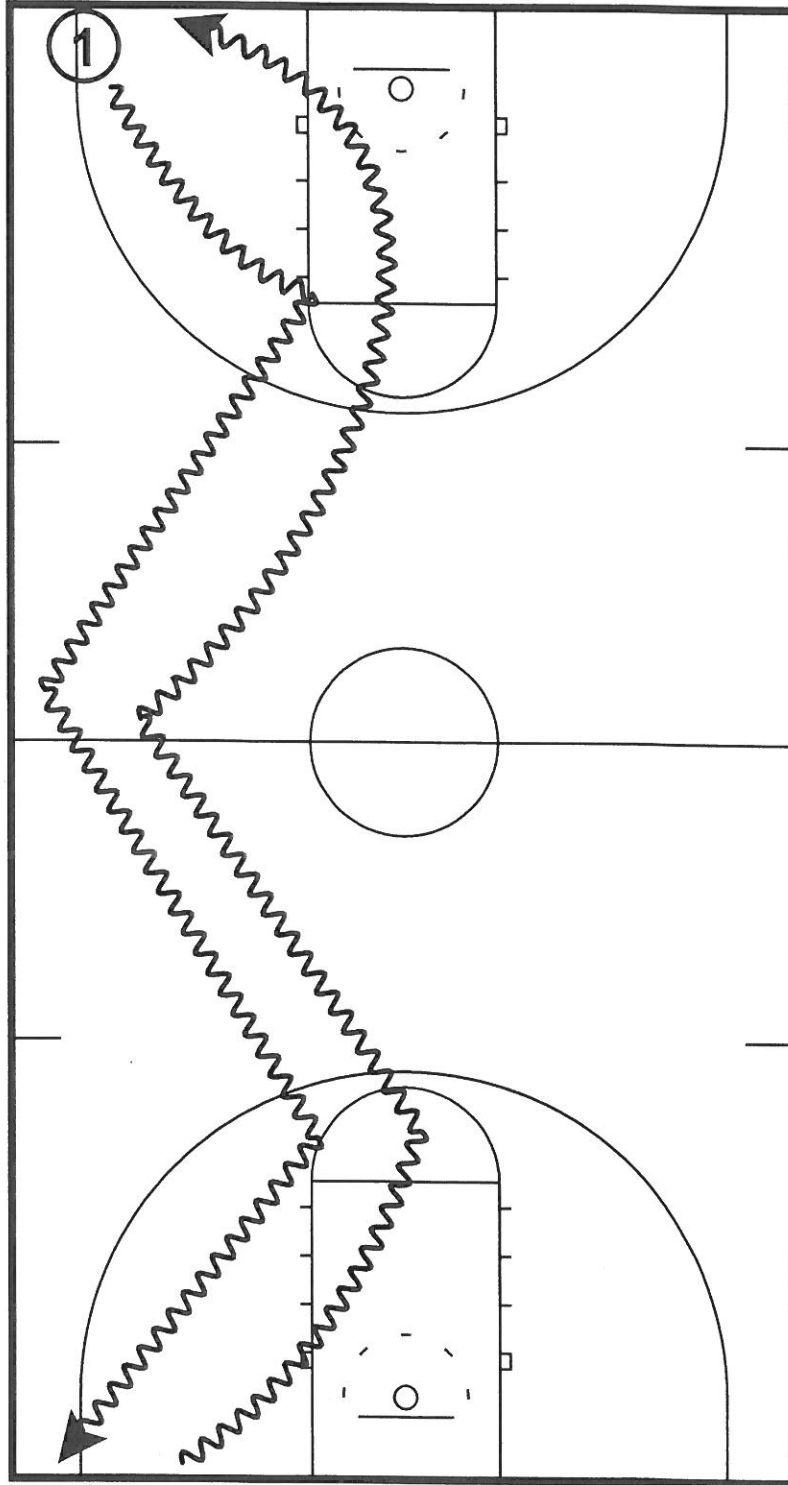
36secs 2 Ball (Alternating) Full Court Zig Zag:

stay low, bend knees instead of back, pound ball **Violently** 20 times per turn while alternating dribbles, Zig zag= ft line, 1/2 court, ft line, baseline & back

Summer 2015

20 Second 2 ball Cross & Push Full Court Dribble Zig Zag

Individual Drills

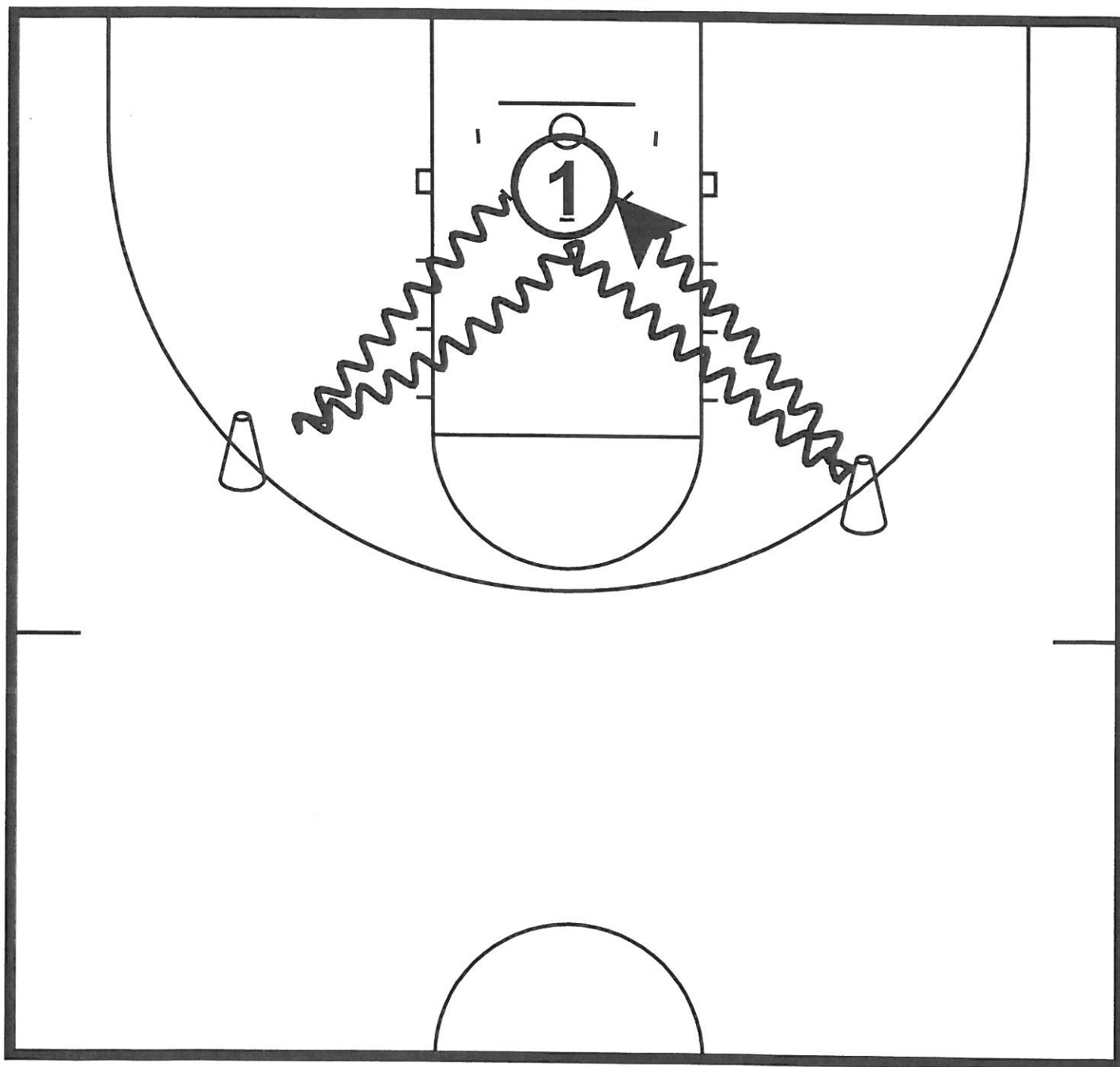


20secs 2 Ball (Cross Push) Full Court Zig Zag:

stay low, bend knees instead of back, pound ball **Violently** , Speed dribble to turn, cross & push and accelerate to next turn

Summer 2015

30 Second V Pullback Individual Drills

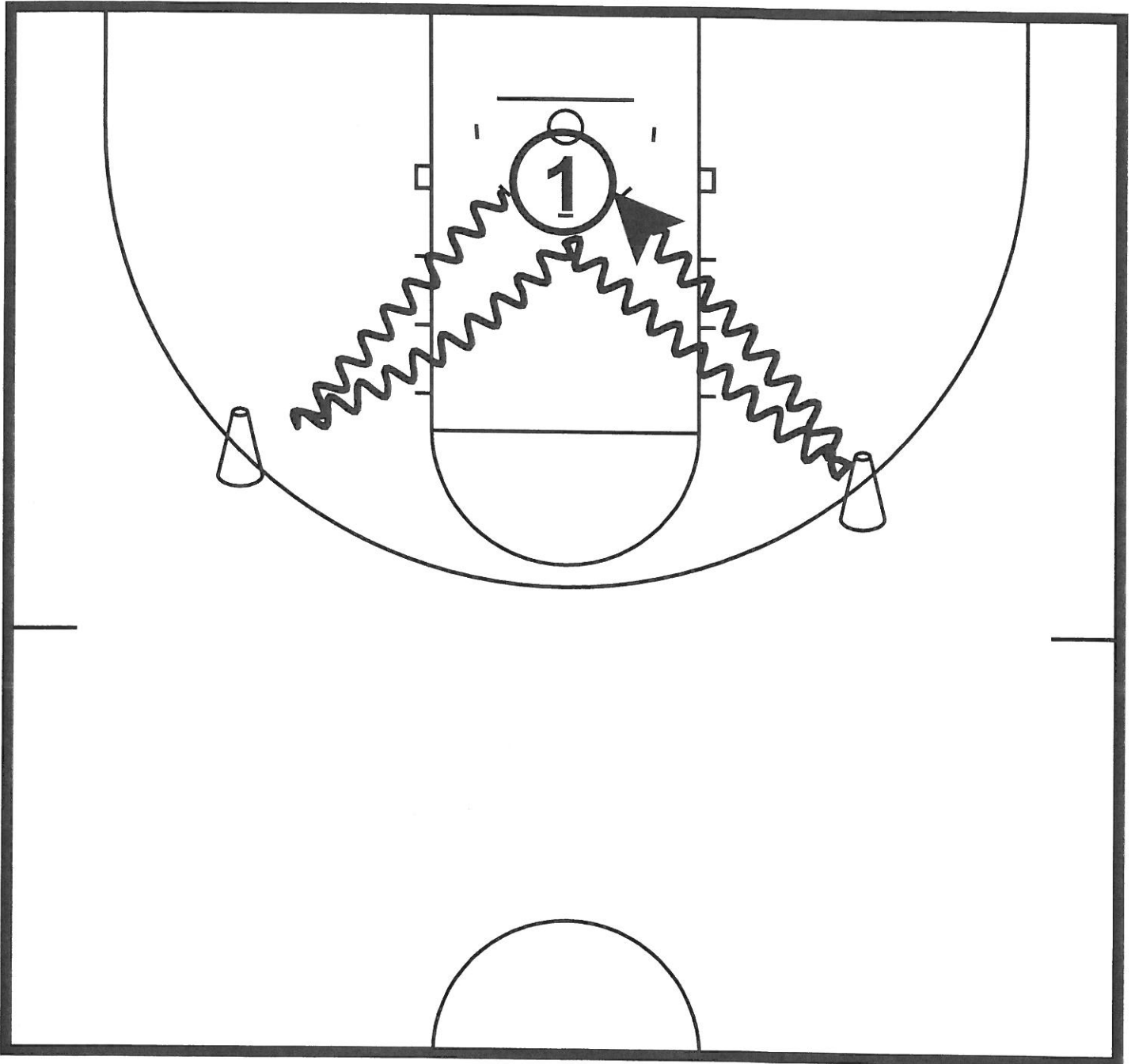


30secs V pullback:

Violent Retreat dribble from the trap, keep the ball on the outside of shoulder, keep chin on front shoulder, cross over low & back across your toes and push forward when underneath the rim, go full speed, get 6 reps in 30 seconds, Dribble with urgency and violently

Summer 2015

30 Second 2 ball V Pullback Individual Drills

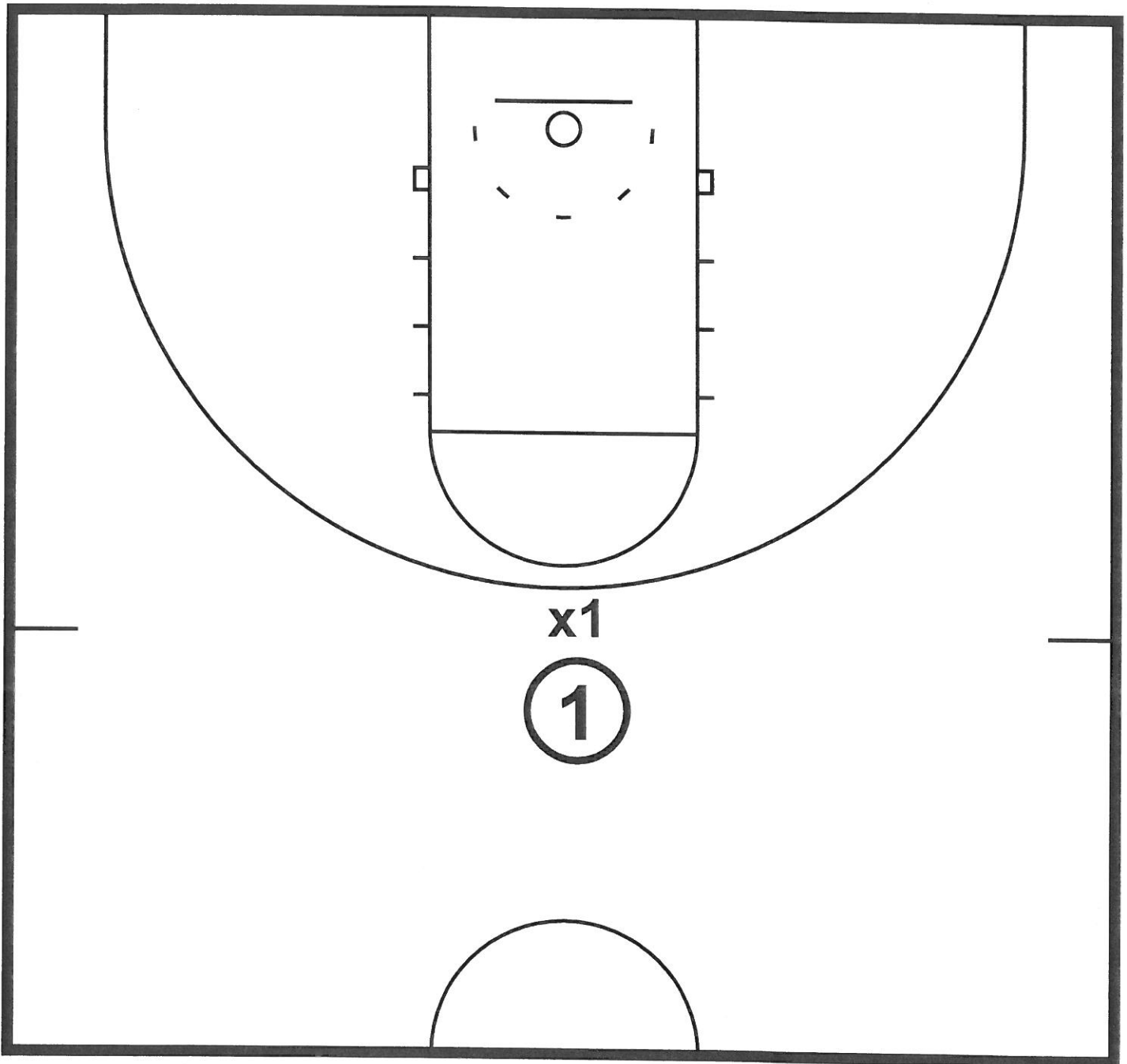


30secs V 2 Ball pullback:

2 Balls Violent Retreat dribble from the trap, keep the ball on the outside of shoulder, keep chin on front shoulder, cross over low & back across your toes and push forward underneath the rim, go full speed, get 6 reps in 30 seconds, Dribble with urgency and violently

Summer 2015

30 Second Pivot Series (2 Times) Individual Drills

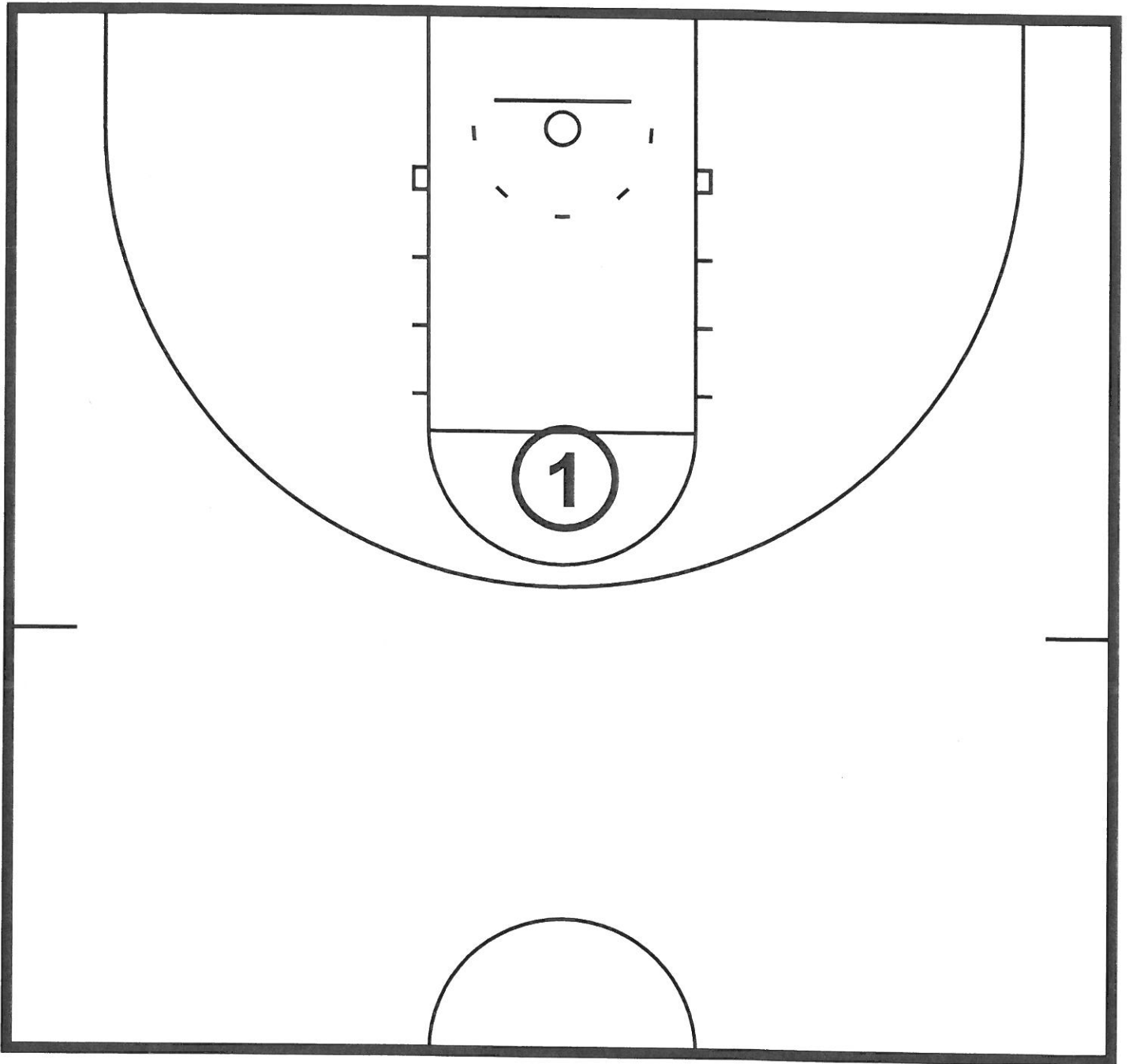


30sec Pivot Series (go 2 times):

front pivot, reverse pivot, rip ball low or across your chest, Violent rips, 30 seconds not stop. Ball Never goes above your head!

Summer 2015

Nash FT's Individual Drills

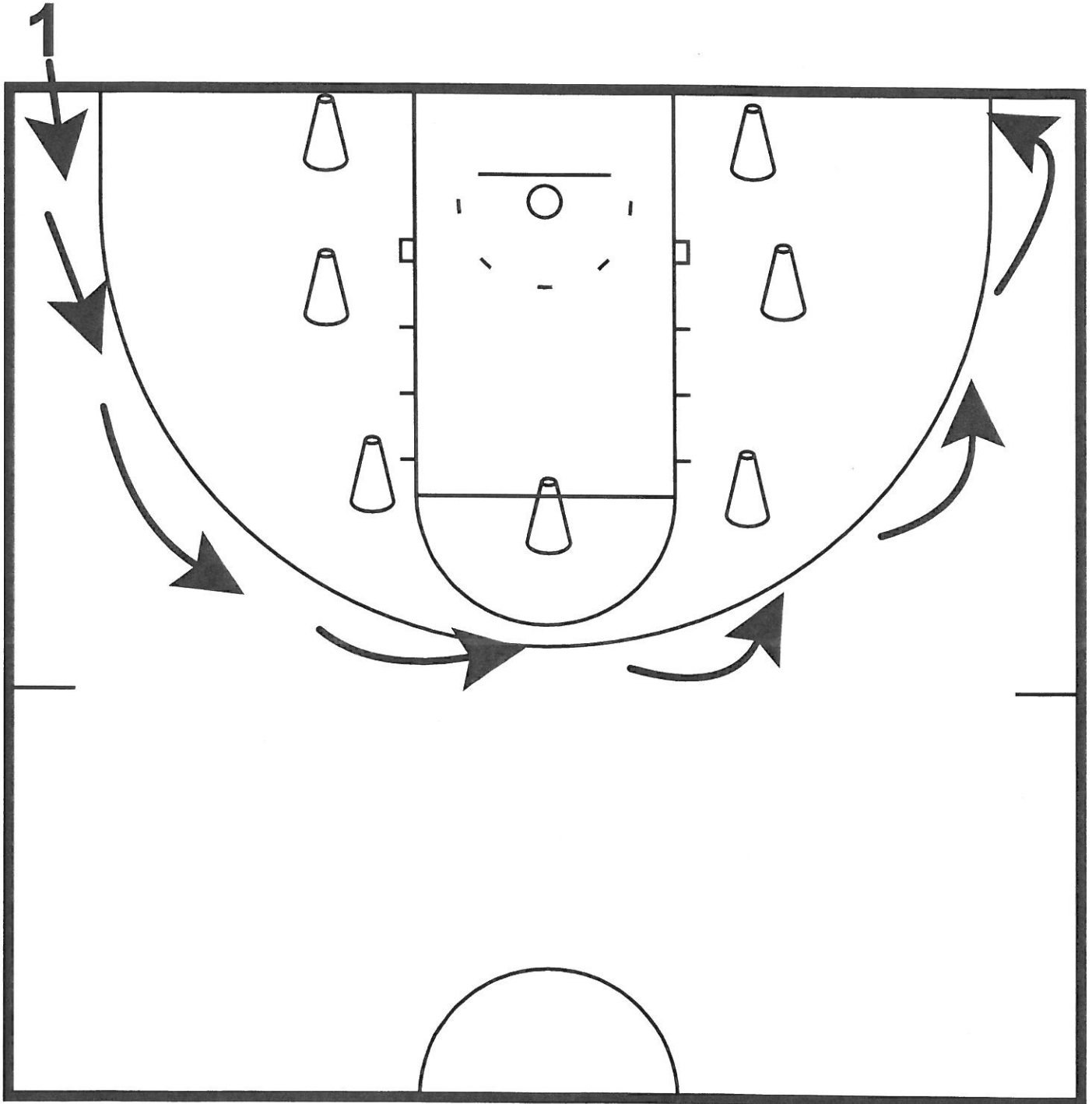


Nash Free Throws:

hit as many free throws as you can in 60 seconds, keep count of makes and misses. Goal is 17 makes

Summer 2015

5 Shots 7 Spots Individual Drills

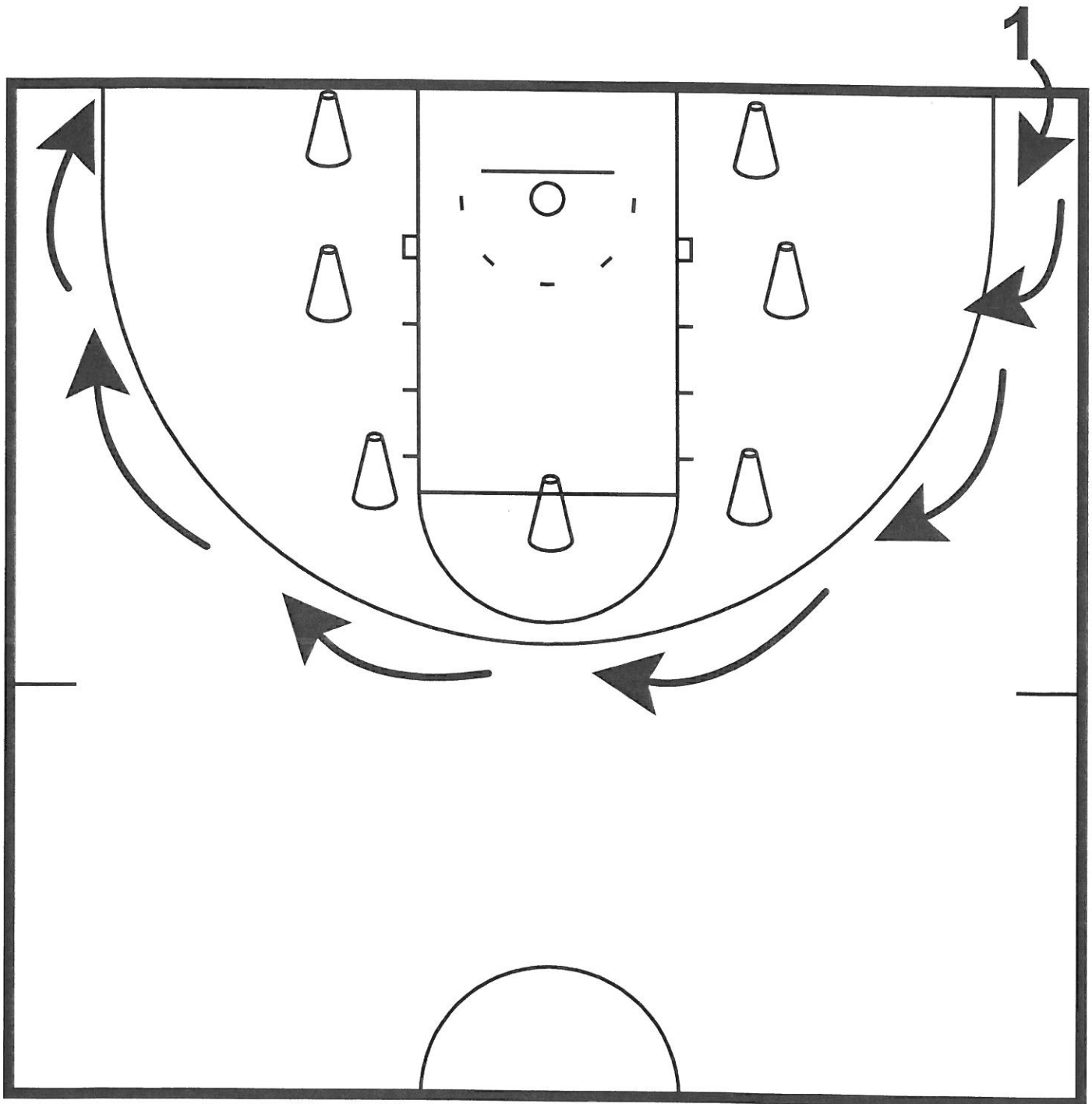


5 Shots 7 Spots:

First shot at each spot inside pivot, then shoot continuous until you reach 5 shots in a spot, 10 seconds at each spot to get off the 5 shots. Step into everyshot w/ 1-2 footwork, back pedal after each shot to step into next shot. **Go twice starting from different corners each time**

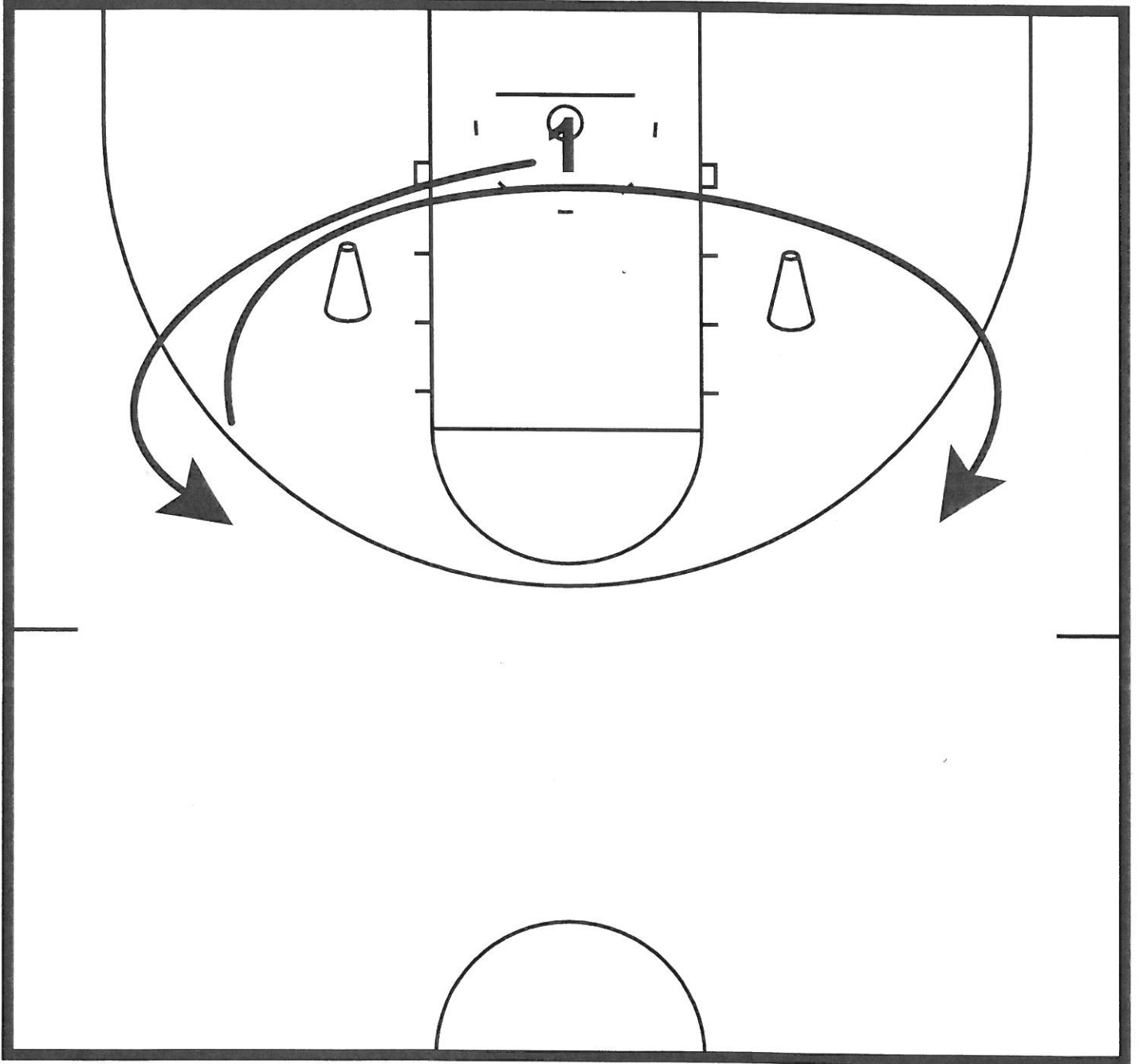
Summer 2015

5 Shots 7 Spots
Individual Drills



Summer 2015

Chase Action Shooting 1 Minute Individual Drills

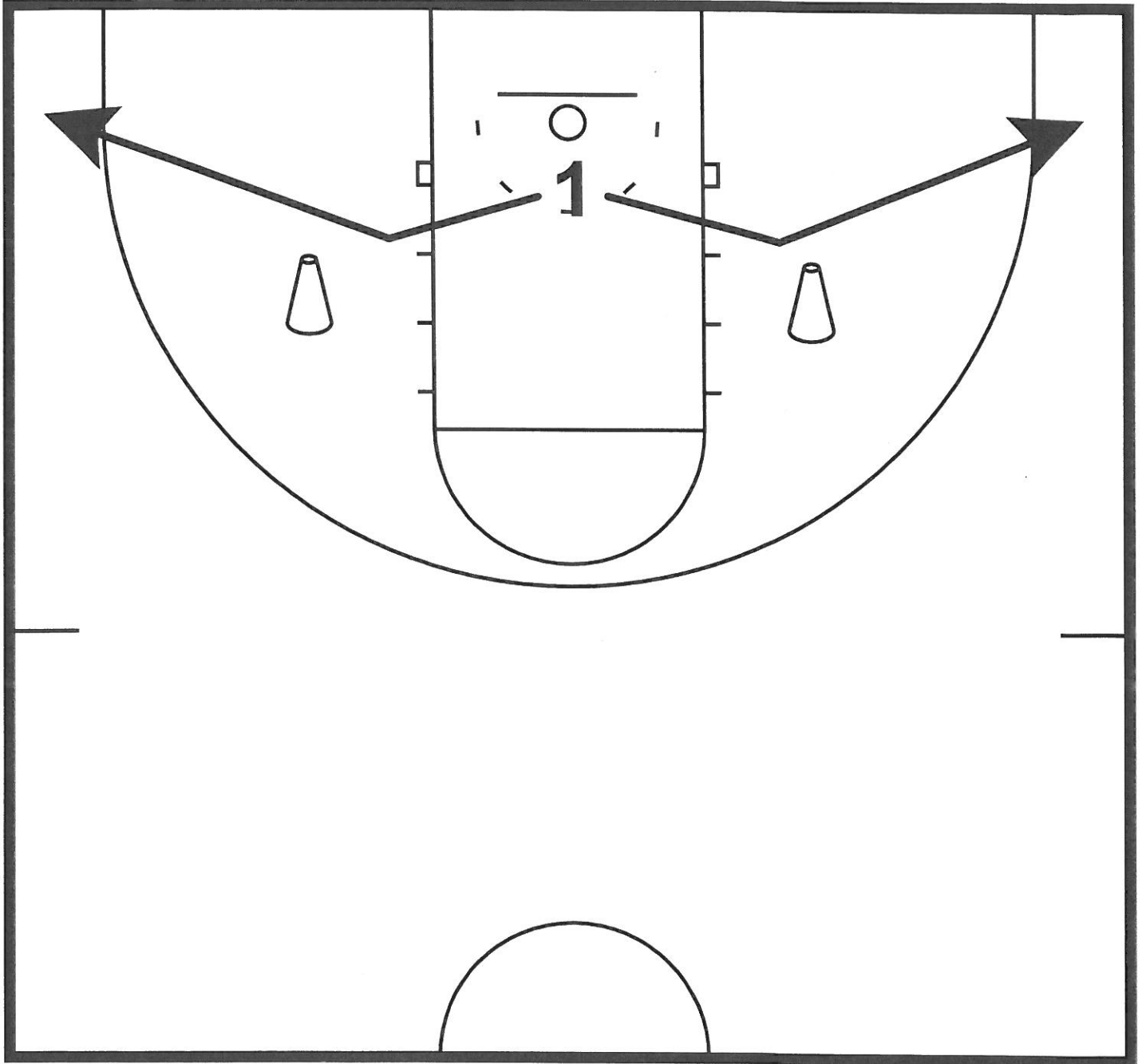


Chase Action Shooting:

Suicide touch opposite block, change of speed to set your man up, full speed in to shot, Step Catch & Shoot, inside pivot, 10 shots in one minute while alternating wings, make sure you have a low center of gravity

Summer 2015

Corner Fade Shooting 1 Minute Individual Drills

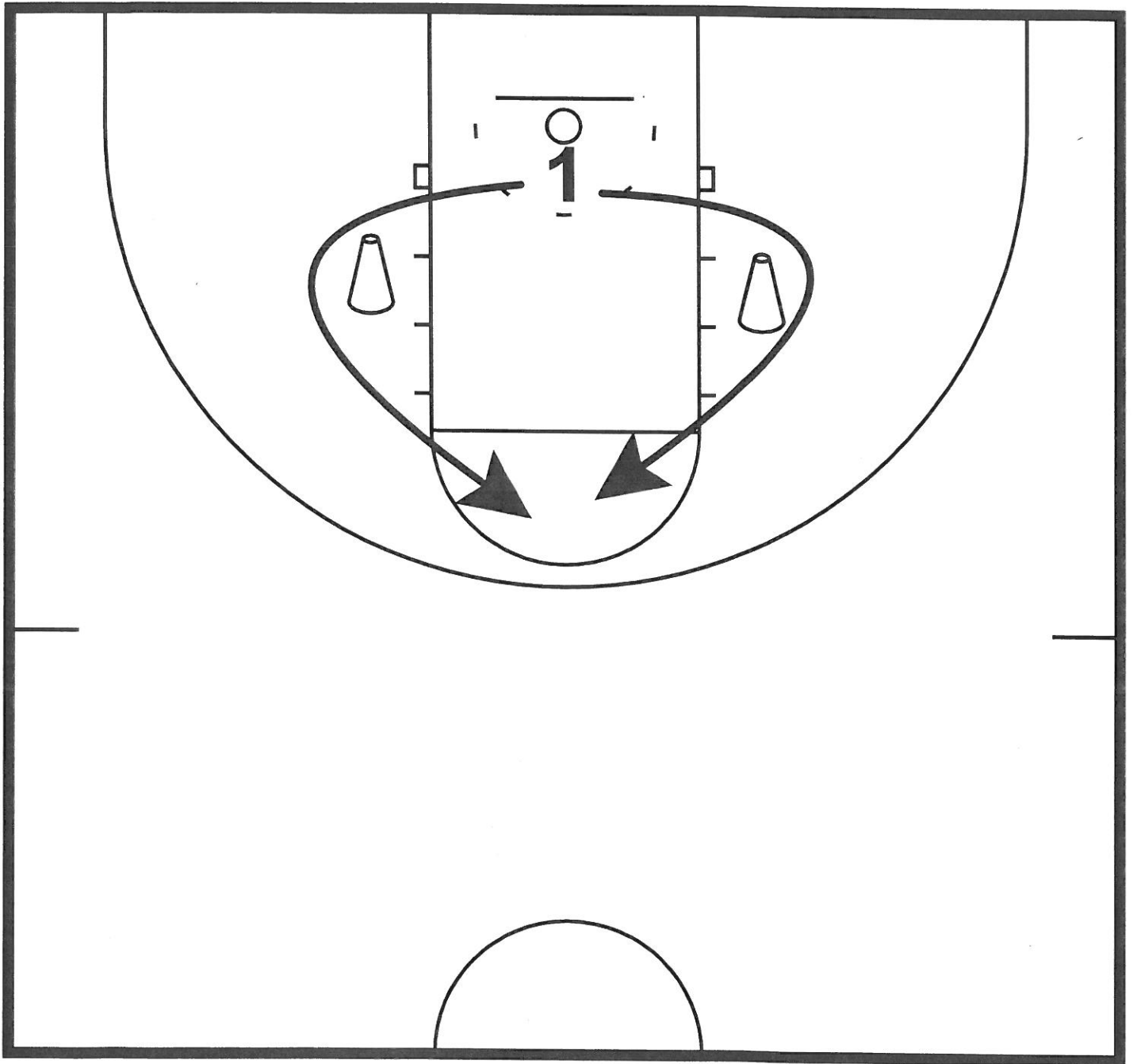


Corner Fade Shooting:

Change of speed to set your man up, full speed in to shot, plant off of inside foot as you reach the screen imagine the defender shooting the gap, fade to your shot with 1-2 footwork, 10 shots in 1 min

Summer 2015

Curl Shooting 1 Minute Individual Drills

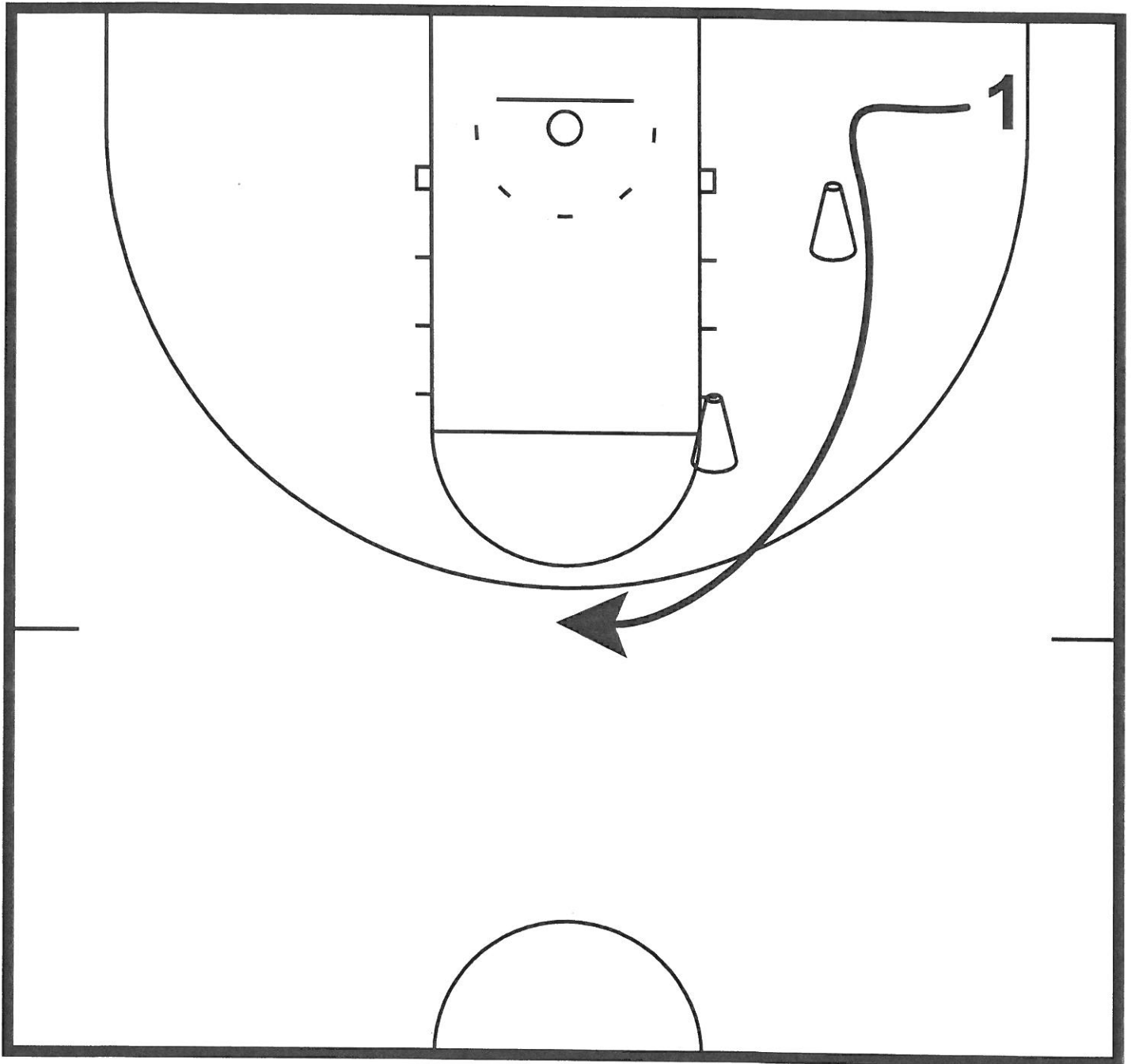


Curl Shooting:

change of speed to set your man up, full speed in to shot, Step Catch & Shoot, inside pivot, stay low, 10 shots in one minute while alternating wings

Summer 2015

Stagger Shooting 1 Minute Individual Drills

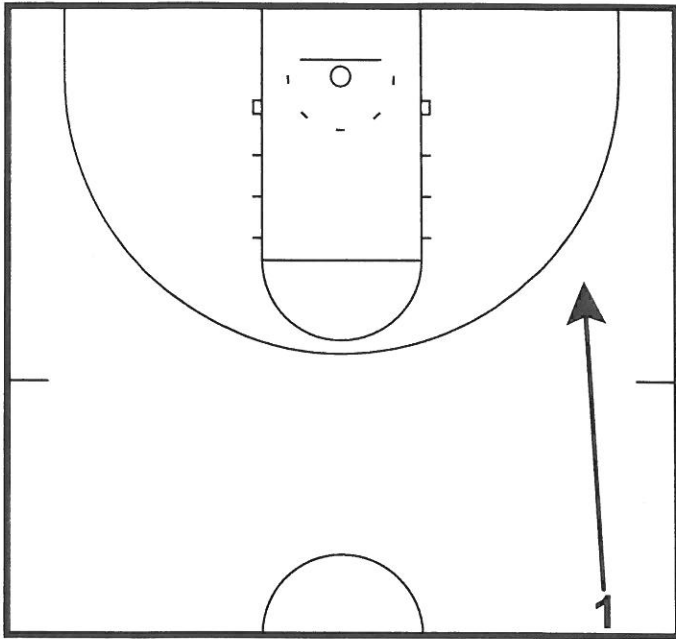


Stagger Shooting:

change of speed to set your man up, full speed in to shot, Step Catch & Shoot, inside pivot, stay on one side, walk back, 6 shots in 1 min

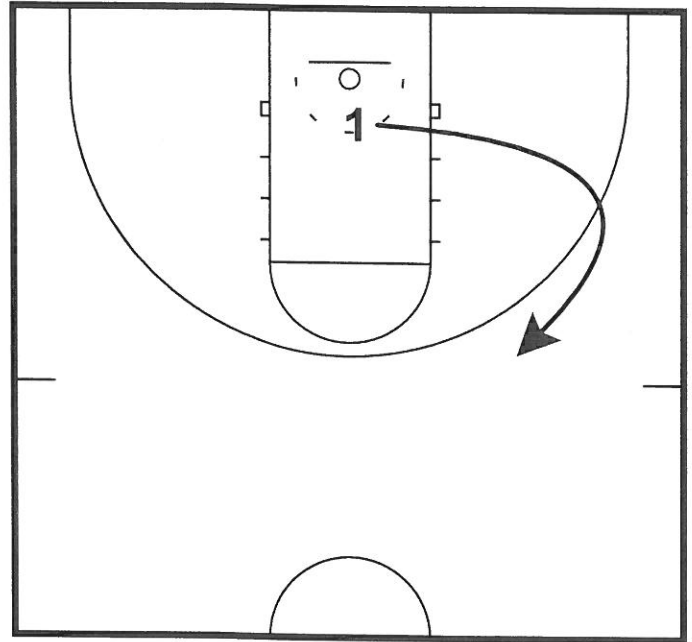
45 Second Crazy 8

45 Seconds Crazy 8 Shooting
Individual Drills



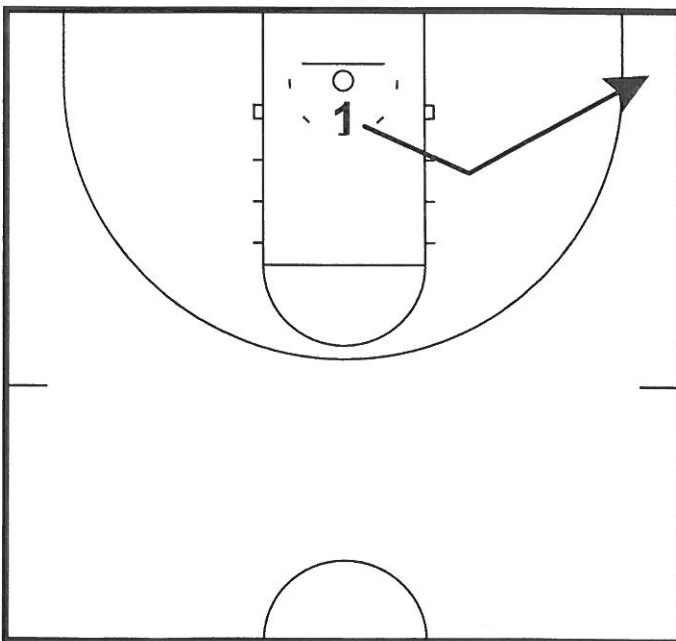
45secs Crazy 8 Shooting:
start at half court, all 8 shots full speed, transition 3 inside pivot, chase 3 inside pivot, fade 3 plant off inside foot when you reach screen, stagger 3 inside pivot, then go to half court on the other side and do the same thing, 45 secs to complete both sides

45 Seconds Crazy 8 Shooting
Individual Drills



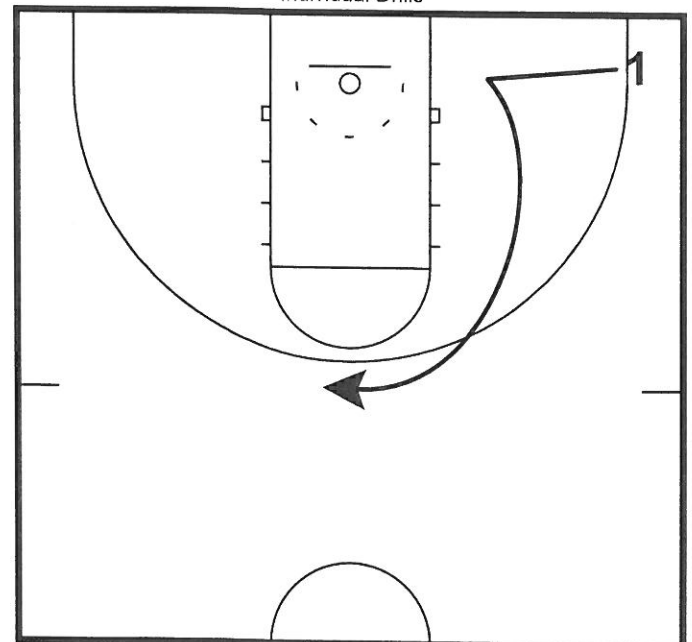
45secs Crazy 8 Shooting:
start at half court, all 8 shots full speed, transition 3 inside pivot, chase 3 inside pivot, fade 3 plant off inside foot when you reach screen, stagger 3 inside pivot, then go to half court on the other side and do the same thing, 45 secs to complete both sides

45 Seconds Crazy 8 Shooting
Individual Drills



45secs Crazy 8 Shooting:
start at half court, all 8 shots full speed, transition 3 inside pivot, chase 3 inside pivot, fade 3 plant off inside foot when you reach screen, stagger 3 inside pivot, then go to half court on the other side and do the same thing, 45 secs to complete both sides

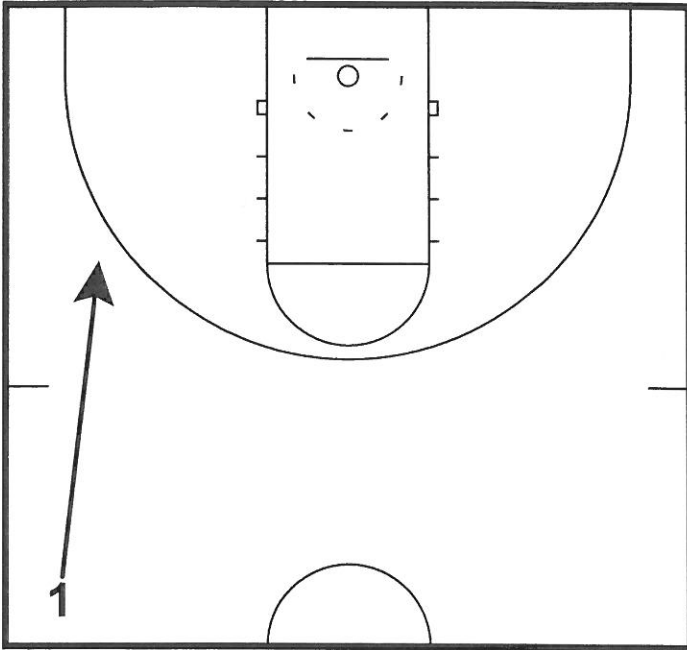
45 Seconds Crazy 8 Shooting
Individual Drills



45secs Crazy 8 Shooting:
start at half court, all 8 shots full speed, transition 3 inside pivot, chase 3 inside pivot, fade 3 plant off inside foot when you reach screen, stagger 3 inside pivot, then go to half court on the other side and do the same thing, 45 secs to complete both sides

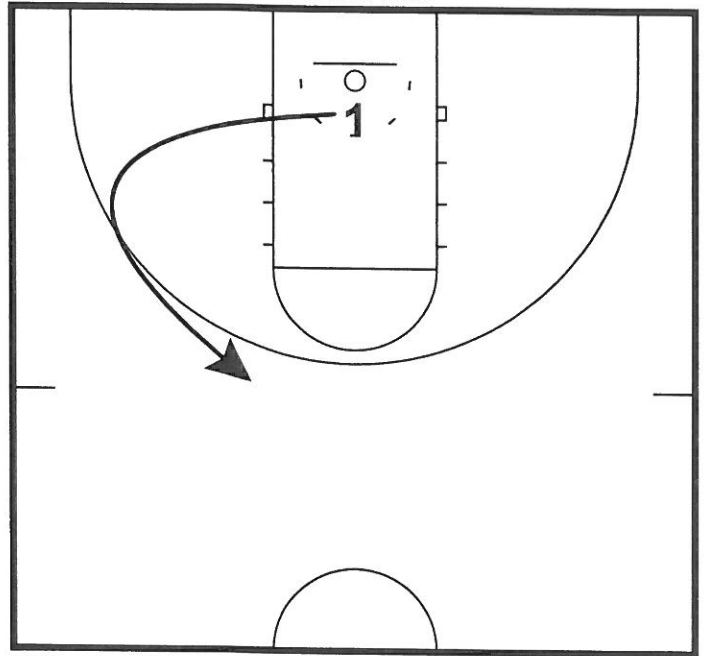
45 Second Crazy 8

45 Seconds Crazy 8
Individual Drills



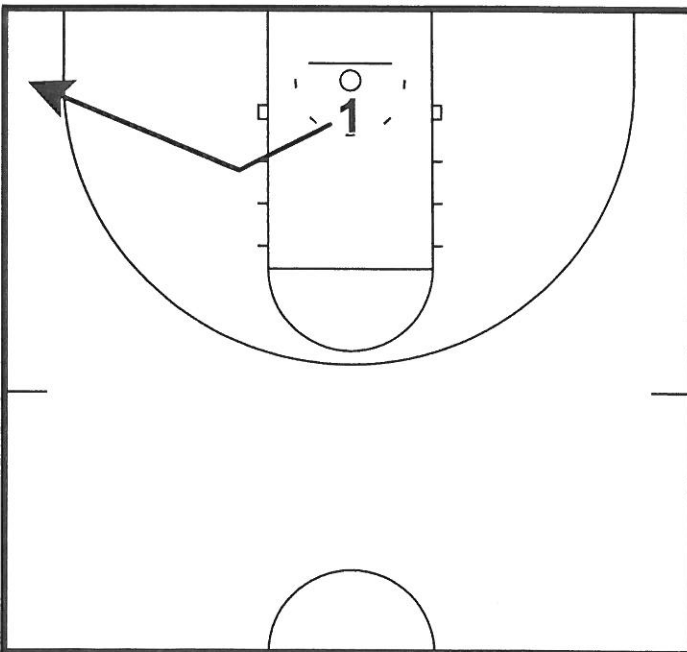
Transition 3

45 Seconds Crazy 8
Individual Drills



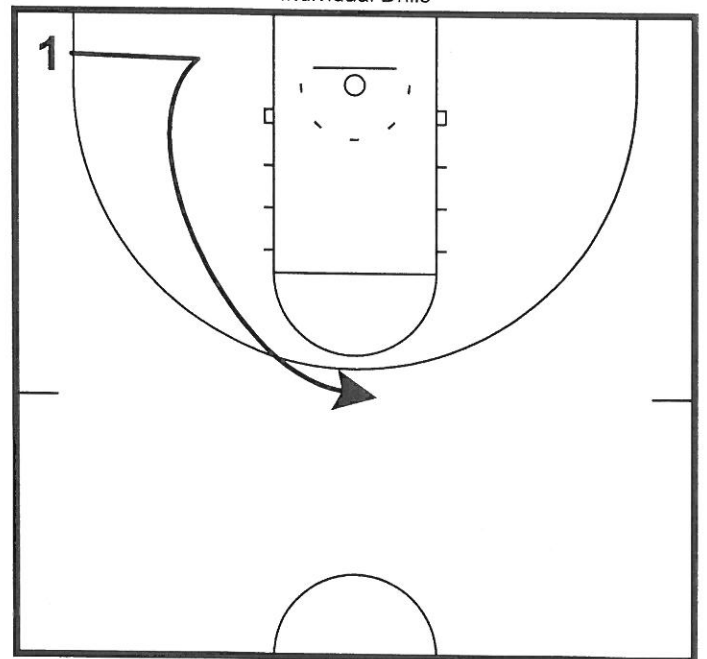
Chase 3

45 Seconds Crazy 8
Individual Drills



Fade 3

45 Seconds Crazy 8
Individual Drills



Stagger 3