

BUCKNELL BASKETBALL

Perimeter Workouts Outline

Fall 2012

1. Ballhandling
 - a. ½ court progression
 - b. 2 ball handling/ passing
 - c. Partner Passing—bounce curl, 2 hand over head skip pass, feeding post
 - d. Lucky 7 drills (1 on 1 pivot and sweep, 1 on 2, taking a trap, 1 on 2 ballhandling)
 - e. Half-court Dribble moves:
 - 3 dribbles
 - Hesitation move
 - Stepback
 - Inside out
 - Crossover
 - Between legs
 - Between legs/cross-over
 - Inside-out cross-over
2. Shooting (warm-up)
 - a. 8 minute shooting
 - b. Money Ball
 - c. Celtic 50
 - d. Calipari
 - e. Pitino
 - f. Kentucky Shooting—3:00 2 balls, goal is 50
3. Driving Closeouts—knee-knee—wing drives, alley drives, middle drives
 - a. Shot
 - b. 1 or 2 dribbles, get ball to rim—1 foot or 2—explain differences—inside hand finishes
 - c. 1 dribble pull-up
 - d. Slice
 - e. Split 2
 - f. Glide
 - g. 2 dribbles, 2 feet—shot fake (pivot to score, up/under, get fouled, kick for 3, hit big)
 - h. Individual emphasis:
 - Ryan Hill(get to rim, inside hand finish)
 - Kaspar (get to rim, inside hand finish, floater?, up and under game)
 - Frazier (pull-up game, jump stop to pivot and score or distribute)
 - Bryson (step-back, jump stop to pivot and score or distribute)
 - Ayers (pull-up, floater, step back, BC move)
 - Brackney (pull-up, floater, step back, up and under)
 - Singleton (get to rim, jump stop to pivot to jump hook, up and under)

BUCKNELL BASKETBALL

Forwards/Centers Workout

Fall 2012

1. Ballhandling:

- full-court, 2 ball dribbling, half court dribble moves
- 3 dribbles
- Hesitation move
- Stepback
- Inside out
- Crossover
- Between legs
- Between legs/cross-over
- Inside-out cross-over

2. Passing

3. Warm-up Shooting

- a. 3 minute jump hooks (R/L from block, middle, block)
- b. 8 minute
- c. Celtic 50
- d. Calipari
- e. Pitino
- f. Money Ball
- g. Kentucky Shooting: 3:00, 2 balls, goal is 50 makes

4. Work U/Wedge—Holding Seals, Catching Securely

- a. V entry (Baseline Runner)—Bury
- b. High/Low—Off V entry, off Alley Ballscreen or 4 out High Ballscreen
- c. Punch
- d. Spread Pick and Roll—bury—find your own guy coming back in, find “X” guy rotating over
- e. Off Cross-Screen-- Oklahoma
- f. Diagonal backscreen-- nose
- g. Upscreen-- shoulder
- h. “Utah”

5. Advantage Moves

6. Post Moves

7. Lunge Moves