



Player's Name: _____

Parent's Name: _____

1. FORM (With or Without Obstacle Course)

P. _____
 R. _____
 E. _____
 P. _____

SHOOTING GAME SCORING

- 1pt - Make Shot
- 1pt - Perfect Form
- 1pt - Rotation Spin
- 1pt - Follow Trough
- 1pt - BONUS - All 5
- 5pt - Perfect Swish

DAY #	1	2	3	4	5	6	7	8	9	10	TOTAL
CHILD											
PARENT											
TOTAL											

2. LAYUPS (With or Without Obstacle Course)

Basic "Euro"

	1	2	3	4	5	6	7	8	9	10
CHILD										
PARENT										
TOTAL										

Over the Top

	1	2	3	4	5	6	7	8	9	10
CHILD										
PARENT										
TOTAL										

Reverse Layups

TDBA 10 Day Workout Plan

	1	2	3	4	5	6	7	8	9	10
CHILD										
PARENT										
TOTAL										

3a. CATCHING

- Catch with Your EYES
- Fingers to the Sky
- Butt Down
- Meet the Pass

DRILLS TIPS & ANALOGIES

- Make the "T"
- "Hands Ready Shot Ready"
- Sounds in a Dark Room



3b. TRIPLE THREAT

- Aggressive Catch - "Best Move is No Move"
- Rip Through - Hand in the Blender
- Whistle Magic Trick
- Jump Stops & Pivots
- Load + Ball Fakes - "Fake a Pass, Make a Pass"

4. JAB SERIES (Pick 3 Favorites) Make 10 of Your Three Favorite

- 1/2 Step
- Rock The Baby
- Super Step Back
- Jack in The Box
- Freeze / Teeter Totter
- Go No-where FAST
- Relocate 1/2
- Relocate 2/1
- Domination Combination - (Think Boxing)

DAY #	1	2	3	4	5	6	7	8	9	10	TOTAL

5. Ball Handling

- Wall Dribbles
- Figure 8s
- 1 foot on the Boat / 1 foot on the Dock
- Kill the Grass

TDBA 10 Day Workout Plan

6. GAMES

- In The Bucket
- Roll Out 3 Passes
- Make 2 Miss 2
- “Championship” Knockout