

Players Training Plan

Training Type: Small Forwards Training Plan

Video Live Here: <https://youtu.be/TrHDKTWuRt8>

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Reps/sets	Exercise	Description	Video link	Items You Might Need
10 minutes	(Warmup/Cool Down) Run/Jog	Start in a walk for 1 minute, move into a jog, then finish with a walk.		
5 minutes	Dynamic Stretch	Warmup	https://www.youtube.com/watch?v=0xpBR0mgRIk	
3 sets each side	Pylon Stack Dribbling	You will have a stack of pylons and unstack and stack them 1 foot apart down the court while dribbling. On the way back switch hands	https://youtu.be/cwxY5ed2voo	Pylons 8-10 https://amzn.to/2lgRs4a
3 lengths of the court with each hand	Medicine Ball Roll	dribble the Basketball with one hand and roll the medicine ball down the court with the other hand. On the way back switch hands. You can also do this by rolling the medicine ball through your legs.	https://youtu.be/vOUteSndaKA	Hard Medicine ball https://amzn.to/2XBJuMz
3 sets each side for 15 shots	Put Back Drill	Throw the Basketball off the backboard, jump up and catch the Basketball. Land and go back up for a layup. If you would like you can use a heavy Basketball for a better workout.	https://youtu.be/BLS2E2OU4U0	The Heavy Basketball I use in this video: https://amzn.to/2Wvk5Ua

Reps/sets	Exercise	Description	Video link	Items You Might Need
3 sets on each side of 15 shots	1 Dribble Shot	<p>Have a pylon or anything else that can be used as a marker. Do a Ball fake and take 1 dribble and take a shot, do step in shots, jump stop shots, and mix in off balance shots. Do the same amount of shots on both sides.</p> <ul style="list-style-type: none"> - Drive fake 1 dribble step back - 1 dribble jump stop - 1 dribble shot fake and shot 	https://youtu.be/ZOJR3ZxaHOo	
5 minutes	Static/Stationary Stretch	Cool Down		

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