

# **DELTA STATE**

## **BASKETBALL**

### **THE STATESMEN SIXTY MINUTE WORKOUT**

- **Warm-up:** Jump Rope, Ball Slaps, Stationary Ball Handling
- **Ball Handling:** Kentucky Catch  
Stationary Two Ball Dribbling  
Full Court Two Ball Dribbling  
Kill the Grass and Bull in the Ring
- **Grooving Your Shot:** Tray Drill, Form Shooting, Chair Shooting  
Finish with Jumpers off the Glass
- **Mid Range Jumpers:** Make 10 from each Position
- **Three Point Shots:** Make 10 from each Position
- **Shot Builders:** Use Your Legs & True Shot Motion  
Make 3-5 From 3-4 Positions
- **Three Point Shots:** Back to the Three Point Line
- **Chair Drill/Shots:** Make 5-10 off Direct Drive and Cross Over Moves  
Hop Back Jumpers  
Add Drive from the Wing & Step-Thru Move
- **Chair Drill Jumpers:** Shooting on the Move - 5-10 from each Position  
Shots off the Escape Dribble
- **The Okra Drill:** Make 50 Threes - Less than 5:00 is goal
- **Free Throws:** Shoot Two FT's between all Drills  
Close with 100 FT's - Set Goals

***"There Comes a Time When Winter Asks,  
What Have You Done All Summer ?"***

