



Beginner Drills & Workout Schedule



5-Phase Workout Plan for Beginners

Beginner Plan to Master the Fundamental Skills of Basketball

This program is designed for beginners or experienced players that want to master the fundamentals!

All great players master the fundamentals.

We removed the guesswork for you by giving you a step-by-step program to develop your fundamental skills.

We recommend that you workout 3-5 days a week. Each workout takes about 20-30 minutes.

You can of course modify this workout -- but below you'll find a suggested schedule to follow.

Logic Behind the Order of the Phases

To help you prioritize, we organized drills into 5 phases...

Phase 1 - Dribbling

Phase 2 - Defense

Phase 3 - Layups

Phase 4 - Shooting

Phase 5 - Passing

Why did we start with dribbling?

There are many reasons we chose dribbling as the first phase to start with...

1) Dribbling sets up your other offensive skills.

If you can't dribble, you won't be able to shoot many layups.

And if your team can't advance the ball up the court, you'll never be able to run your offense.

2) Dribbling can be learned quickly... which develops confidence and fun!

Unlike many other skills, dribbling takes advantage of gravity. This makes it easier for young kids to use gravity to their advantage!

Very young players, even as young as 2 years old, can learn to dribble with competence.

Other skills can take longer. We have found dribbling can be learned quickly, which gives young players confidence and helps foster a love for the game!

3) Dribbling is a fundamental skill required for ALL levels of basketball

Coaches want players on the floor that can take care of the basketball. They know limiting turnovers is key to success. So they want players that can handle the ball.

Why is defense 2nd on the list?

Here are a few reasons defense is so high on the list...

1) Practicing defense improves your fundamental movement skills & agility

To become a great basketball player, you must have sound movement skills and coordination! There just isn't a way around it. If you can't efficiently run, jump, shuffle, get on balance, and so on... you're going to struggle. This is why the best players in the world are usually first class athletes. Athleticism is an important factor and young players should develop these foundational movement skills.

One of the best ways to improve athleticism is by focusing on defense. It improves your foot speed, balance, foot coordination, and more!

2) Defense can be learned quickly

Just like dribbling, very young players can get very good at defense. And it can be learned fairly quickly, thus building confidence.

Why are layups 3rd on the list?

It just made sense to include layups next. If you can dribble all over the place and lock down on defense, that won't matter if you can't put the ball in the basket.

Layups are one of the most important fundamental skills. Once you develop some dribbling and defensive skills, we suggest you focus on layups next.

Why is shooting 4th??

Shouldn't shooting be higher on the list? Isn't shooting arguably the most important skill in basketball?

Conventional wisdom would tell us to put shooting at the first thing on the list because it's one of the most important skills. But shooting takes a long time to develop!

It's a skill that takes years of dedicated practice to master.

Not to mention, young players struggle to shoot with proper technique.

Since shooting requires you to propel the ball AGAINST GRAVITY, it takes quite a bit of strength to get the ball to the hoop using proper technique.

Most young players have to CHUCK the ball up to the basket using bad technique.

So we want to wait until players get old enough and strong enough to shoot properly. In the meantime, we suggest staying very close to the basket, lowering hoops, and using a smaller/lighter basketball to avoid developing bad habits.

Why is passing last??

Honestly, there's no reason...

In hindsight, passing could probably be higher on the list. And you might want to move it anywhere higher up on the list. Maybe even #1 on the list.

But in the end, after working with young players for many years, we have found it doesn't really matter whether it's #1 or #5.

Bottom line, passing needs to be practiced. Everything on this list is important.

We have found passing to be a wild card that can be done in any order that you prefer.

Stage 1

Follow this workout for 1-2 weeks or until you feel confident and competent with all the drills. Then you can move to stage 2. You can workout 3-5 times per week.

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps forward, 10 reps reverse
Drill 2	Single Leg Wraps	10 reps forward, 10 reps reverse
Drill 3	Figure 8 Pounds	10 reps forward, 10 reps reverse
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Defense Drills		
Drill 1	Quick Stance	5-10 reps
Drill 2	Push Steps	5-10 reps
Drill 3	Drop Steps	5-10 reps
Drill 4	Closeouts	5-10 reps

Stage 2

After completing stage 2, work on the following for 1-3 weeks or until you feel confident and competent with all the drills. Alternate workouts each day.

Workout 1

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps forward, 10 reps reverse
Drill 2	Single Leg Wraps	10 reps forward, 10 reps reverse
Drill 3	Figure 8 Pounds	10 reps forward, 10 reps reverse
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Defense Drills		
Drill 1	Quick Stance	5-10 reps
Drill 2	Push Steps	5-10 reps
Drill 3	Drop Steps	5-10 reps
Drill 4	Closeouts	5-10 reps
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side

Workout 2

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps forward, 10 reps reverse
Drill 2	Single Leg Wraps	10 reps forward, 10 reps reverse
Drill 3	Figure 8 Pounds	10 reps forward, 10 reps reverse
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Pivoting Drills		
Bonus Drills	Jump Stops w/ Pivoting	2 reps for each variation
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side

Repeat for 1-3 weeks, alternating workouts each day.

Stage 3

After completing stage 2, work on the following for 1-3 weeks or until you feel confident and competent with all the drills.

Workout 1

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps forward, 10 reps reverse
Drill 2	Single Leg Wraps	10 reps forward, 10 reps reverse
Drill 3	Figure 8 Pounds	10 reps forward, 10 reps reverse
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Shooting Drills		
Drill 1	Shooting Footwork	5-10 reps
Drill 2	Shadow Shooting	5-10 reps
Drill 3	Form Shooting	5-10 reps
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side

Workout 2

Defense Drills		
Drill 1	Quick Stance	5-10 reps
Drill 2	Push Steps	5-10 reps
Drill 3	Drop Steps	5-10 reps
Drill 4	Closeouts	5-10 reps
Shooting Drills		
Drill 1	Shooting Footwork	5-10 reps
Drill 2	Shadow Shooting	5-10 reps
Drill 3	Form Shooting	5-10 reps
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side

Repeat for 1-3 weeks, alternating workouts each day.

Stage 4

After completing stage 3, work on the following for 1-3 weeks or until you feel confident and competent with all the drills.

Workout 1

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps forward, 10 reps reverse
Drill 2	Single Leg Wraps	10 reps forward, 10 reps reverse
Drill 3	Figure 8 Pounds	10 reps forward, 10 reps reverse
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Shooting Drills		
Drill 1	Shooting Footwork	5-10 reps
Drill 2	Shadow Shooting	5-10 reps
Drill 3	Form Shooting	5-10 reps
Passing Drills		
Drill 1	Wall Passing: Right Step	20 reps
Drill 2	Wall Passing: Left Step	20 reps

Workout 2

Defense Drills		
Drill 1	Quick Stance	5-10 reps
Drill 2	Push Steps	5-10 reps
Drill 3	Drop Steps	5-10 reps
Drill 4	Closeouts	5-10 reps
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side
Passing Drills		
Drill 1	Wall Passing: Right Step	20 reps
Drill 2	Wall Passing: Left Step	20 reps

Repeat for 1-3 weeks, alternating workouts each day.

Stage 5

After you complete stage 4, you can move to this final stage...

Workout 1

Dribbling Drills		
Drill 1	Full Body Wraps	10 reps each side
Drill 2	Single Leg Wraps	10 reps each side
Drill 3	Figure 8 Pounds	10 reps each side
Drill 4	Pound Dribble Series	1 minute with each hand
Drill 5	Half Circles	10 reps each hand
Drill 6	1-Step Crossovers	10 reps each direction
Drill 7	Zig Zag Crossovers	10 reps
Drill 8	Speed Dribbling	10 reps
Pivoting Drills		
Bonus	Jump Stops w/ Pivoting	2 reps for each variation
Defense Drills		
Drill 1	Quick Stance	5-10 reps
Drill 2	Push Steps	5-10 reps
Drill 3	Drop Steps	5-10 reps
Drill 4	Closeouts	5-10 reps

Workout 2

Dribbling Drills		
Bonus Drill	2 Up, 2 Back Dribbling	10 reps (1 rep = down and back)
Bonus Drill	Stationary Progression	See video instructions
Layup Drills		
Drill 1	Isolated Layups	10 reps each side
Drill 2	X Layups	10 reps each side
Drill 3	Wing Layups	10 reps each side
Shooting Drills		
Drill 1	Shooting Footwork	5-10 reps
Drill 2	Shadow Shooting	5-10 reps
Drill 3	Form Shooting	5-10 reps
Passing Drills		
Drill 1	Wall Passing: Right Step	20 reps
Drill 2	Wall Passing: Left Step	20 reps

Repeat, alternating workouts each day.

Make Sure To....

You should work on Stage 5 until you have MASTERED all of the skills! Then you can consider moving onto a more advanced workout program (like the [Sequential Scoring Program](#) which I highly recommend).

But even after you progress to a more advanced program, you should continue practicing the fundamental skills in this program for the rest of your basketball career.

Enjoy the success that follows.