**Up & Comers Off-Season Program**

* Perform this program if you’re currently in high school, but NOT currently competing for a team
* Train five days per week, rotating between all five workouts, until 6 weeks before your first day of tryouts
* 6 weeks before your first day of tryouts, switch to the Up & Comers Pre-Season Program

**WORKOUT 1:**

One-Hand Touch Shooting  
Touch Shooting  
Pocket Lift/Balance Hand Stuff  
Trigger Step- Shooting Shoulder at Rim  
Trigger Step- Non-Shooting Shoulder at Rim  
Three-Step Approach, Shooting Shoulder  
Three-Step Approach, Non-Shooting Shoulder  
5 Spot Combo  
Corner Around Shooting  
Seven Drill  
Consequence Shooting  
3 Range Shooting  
Two Minute Dribble J  
Wing Straight Cut Shooting  
Free Throw Swishes

**WORKOUT 2:**

One-Hand Touch Shooting  
Touch Shooting  
Pocket Lift/Balance Hand Stuff  
Trigger Step- Shooting Shoulder at Rim  
Trigger Step- Non-Shooting Shoulder at Rim  
Inside Foot, R-L  
Inside Foot, L-R  
Three-Step Approach, Shooting Shoulder  
Three-Step Approach, Non-Shooting Shoulder  
Baseball Shooting  
Five Spot Combo Shooting  
71/75/100 Shooting  
Corner Lifts  
Corner Drifts  
5 Spot One-Dribble Shooting  
Corner Lifts, One-Dribble Middle  
Corner Drifts, One-Dribble Baseline  
FT Golf
WORKOUT 3:

One-Hand Touch Shooting Make 6
Touch Shooting Make 6
Balance Hand Shadow Make 6
Pound, Pocket Lift/Balance Hand Stuff Make 6
Pound, Shooting Hand Lift Make 6
Three-Step Approach- Dribble- Shooting Shoulder at Rim Make 6
Three-Step Approach- Dribble- Non-Shooting Shoulder Make 6
Two Minute Dribble J Make 12 on each side
37 Point Thriller Finish under 2 minutes
Five Spot One-Dribble Shooting Make 6 at each spot
Five Spot Combo Shooting *Mid-range Make under 2:48
Shift Dribble 3s Make 6 going each way
14/16 Make under 1:30
Seven Spot Four Streak Make under 3:30
FT Swishes Make 6 swishes

WORKOUT 4:

One-Hand Touch Shooting 0:00-0:45
Touch Shooting 0:45-01:30
Pocket Lift/Balance Hand Stuff 01:30-02:15
Shooting Hand Lift 02:15-03:00
Pound, Balance Hand Stuff 03:00-03:45
Pound, Shooting Hand Lift 03:45-04:30
Inside Foot J R-L 04:30-05:15
Inside Foot J L-R 05:15-06:00
Baseball Shooting Score 6 runs per inning
3 Range Shooting Make 3/4 from each range
Consequence Shooting Make 3 from each spot
Wide Curl Catch and Shoot Make 6
Wide Curl, One Dribble Jump Shot Make 6
Tight Curl, Catch and Shoot Make 6
Fade, Catch and shoot Make 6
Fade, One-Dribble Baseline J Make 6
Fade, One-Dribble Middle J Make 6
Championship Shooting Make 24 shots

WORKOUT 5:

One-Hand Touch Shooting 6 makes
Touch Shooting 6 makes
Pocket Lift/Balance Hand Stuff 6 makes
Shooting Hand Lift 6 makes
Pound, Balance Hand Stuff 6 makes
Pound, Shooting Hand Lift 6 makes
Inside Foot J  R-L  6 makes
Inside Foot J  L-R  6 makes
71/75/100 Shooting  Make in fastest time
Corner Lifts  Make 6
Corner Drifts  Make 6
5 Spot One-Dribble Shooting  Make 6 at each spot
Shift Dribble 3s  Make 6 going each way
14/16  Make under 1:30
Seven Spot Four Streak  Make under 3:30
Two Minute Dribble J  Make 12 on each side