

Hoop Dynamic Workout (6 of 10)

Everyone,

Here is a great workout you can do at home without a basket and very limited space! What I want you to do is pick 6 of these drills within your skill set and do them every single day right now! Don't be afraid to push yourself and challenge your skillset right now! Remember WE WANT mistakes... Lets Get It!!

Tyler Relph

1. Pocket Exchanges with Cone

- 3 Sets (30 Reps Each Set) <https://www.hoopdynamic.com/training-videos/pocket-exchanges-with-cone/>

2. Punch Through In and Out Cross Pace Breakdown

- 3 Sets (20 Reps Each Set) <https://www.hoopdynamic.com/training-videos/frank-ntilikina-break-down-a-punch-through-in-out-cross/>

3. Figure 8 Dribbling

- 2 Sets (1 Set = 10 Each Way) <https://www.hoopdynamic.com/training-videos/figure-8-dribbling-beginner-ball-handling-3/>

4. Stationary Cross Jab

- 3 Sets (20 Reps) <https://www.hoopdynamic.com/training-videos/stationary-cross-jabs/>

5. Load Steps (Footwork) Advanced!

- 3 Sets (8 Reps Each Way = 1 Set) <https://www.hoopdynamic.com/training-videos/load-step-series/>

6. Pre Game Ball Handling (Use your own space with this, space dictates how tight your change of directions are)

- 3 Sets (20 Reps Stationary / 20 on the move) <https://www.hoopdynamic.com/training-videos/pre-game-ball-handling-drill/>

7. 3-2-1 Ball Shifts

- 2 Set (20 Total Each Set) <https://www.hoopdynamic.com/training-videos/3-2-1-ball-shifts/>

8. Pocket Dribble Through Exchange (Two Ball)

- 2 Sets (25 Each Set) <https://www.hoopdynamic.com/training-videos/two-ball-drill-pocket-dribble-with-through-exchange/>