



BMBA Individual Training Program

- All drills are to go for two minutes
- Complete all drills as quickly & with as much intensity as you can. Note do not sacrifice proper body & ball fundamentals for extra speed though.
- Record results in appropriate boxes.
 - For example during a shooting exercise, you would record this - 13/20. This means that you have hit 13 shots out of 20 shots taken that day. If you are doing dribbling record how many times you lost control of the ball. For passing record how many successful passes you made in the two minutes.

Post Moves – Back to the Basket

NAME: _____

EXERCISE / DATES →										
Drop Step Baseline, Power Move x 10 L & R										
10 Free throws										
Drop Step Middle, Hook Shot x 10 L & R										
10 Free throws										
Drop Step Baseline, Jump Shot x 10 L & R										
10 Free throws										
Drop Step Middle, Jump Shot x 10 L & R										
10 Free throws										
Drop Step Baseline, Shot Fake, X-over Step, Power Layup x 10 L & R										
10 Free throws										
Drop Step Middle, Shot Fake, X-over Step, Power Layup x 10 L & R										
10 Free Throws										
Drop Step Baseline, Shot Fake, X-over Step, Pump Fake, Power Layup x 10 L & R										
10 Free Throws										
Drop Step Middle, Shot Fake, X-over Step, Pump Fake, Jump Hook x 10 L & R										
10 Free throws										
Drop Step Baseline, Shot Fake, X-over Step, Jump Stop, Step Throughs x 10 L & R										
10 Free throws										
Drop Step Middle, Shot Fake, X-over Step, Jump Stop, Step Throughs x 10 L & R										
10 free throws										

IDP VIDEO DRILL LINKS

Ball-handling Stage One: <https://bmba.net.au/ball-handling-stage-one/>

Ball-handling Stage Two (advanced): <https://bmba.net.au/ball-handling-stage-two-advanced/>

Ball-handling Stage Three (NBA Drills): <https://bmba.net.au/stage-three-ball-handling-nba-moves/>

Post Moves Back to the Basket Drills: <https://bmba.net.au/postmoves-backtothebasket/>

Post Moves Facing to the Basket Drills: <https://bmba.net.au/post-moves-facing-the-basket/>