



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 – Facing the Basket

NAME: _____

EXERCISE / DATES →										
Onside Jab Baseline, Power Move x 10 L & R										
10 Free throws										
Onside Jab Middle, X-Over step middle, Jump Hook x 10 L & R										
10 Free throws										
Onside Jab Baseline, Jump Shot x 10 L & R										
10 Free throws										
Onside Jab Baseline, Shot Fake, Power Layup x 10 L & R										
10 Free throws										
Onside Jab Baseline, Shot Fake, X-Over step middle, Jump Stop, Jump Hook x 10 L & R										
10 Free throws										
Onside Jab Baseline, Shot Fake, Jump Stop, Pump Fake, Power Layup x 10 L & R										
10 Free Throws										
Onside Jab Baseline, Shot Fake, X-Over step middle, Jump Stop, Pump Fake, Jump Hook x 10 L & R										
10 Free Throws										
Onside Jab Baseline, Shot Fake, Jump Stop, Step Through, Power Layup x 10 L & R										
10 Free throws										
Onside Jab Baseline, Shot Fake, X-Over step middle, Jump Stop, Step Through, Backboard Layup x 10 L & R										
10 Free throws										
Onside Jab Baseline, Shot Fake, X-Over step middle, Jump Stop, Jump Shot & Step Back Jump Shot 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/>