

# BUILD REAL GAME

The complete training guide — drills, tips, and systems for every level. Put in the work, track the gains, and watch it show up on the floor.

4 PILLARS • 30+ DRILLS • ALL LEVELS • BEGINNER to ADVANCED

## READ THIS FIRST

# The Rules That Turn Reps Into Results

### 1 TRAIN WITH PURPOSE

Every rep has a target. "Get up shots" is a warm-up; "make 8 of 10 from the elbow" is training. Give yourself a number to beat.

### 2 PROGRESSIVE OVERLOAD

Skills grow like muscles. Once a drill feels easy, add speed, a defender, fatigue, or reps. Always nudge the difficulty up.

### 3 QUALITY OVER QUANTITY

100 game-speed, locked-in reps beat 500 lazy ones. Perfect practice makes permanent — sloppy reps train sloppy habits.

### 4 GAME SPEED, GAME SPOTS

Practice the shots and moves you'll actually use, at the speed you'll use them. Train how you want to play.

### 5 CONSISTENCY WINS

45 focused minutes, 4–5 days a week beats one three-hour grind on Sunday. Stack days. The calendar is undefeated.

### 6 TRACK EVERYTHING

Write your numbers down and re-test monthly. What gets measured gets better — and seeing progress keeps you in the gym.

## ALWAYS WARM UP FIRST (5–8 MIN)

Before any session: light jog or skips (2 min), then leg swings, walking lunges with a twist, high knees, butt kicks, and 10 bodyweight squats. Finish with a few build-up sprints. Warm muscles move faster, jump higher, and stay healthy. Cool down after with easy stretching.

# 0 1 SKILL WORK

The stuff that shows up every possession: handles, shooting, finishing, and passing. This is where confidence is built—one clean rep at a time.

## BALL-HANDLING

## 1 POUND DRIBBLE SERIES

**BUILDS:** Control · Hand strength

**ALL LEVELS**

Dribble hard and low—below the knee. Run right hand, left hand, front-to-back V-dribble, then alternating crossovers. Pound the ball like you mean it.

**DO THIS:** 30 sec each variation × 2 rounds. Beginner: eyes down OK. Advanced: eyes up, on the move.

## 2 TWO-BALL DRIBBLING

**BUILDS:** Coordination · Weak hand

**ALL LEVELS**

Two balls at once: together, then alternating, then high-low. Forces your weak hand to keep up with your strong hand.

**DO THIS:** 3 × 30 sec. Advanced: add in-and-out and crossover patterns while walking baseline to baseline.

## 3 CONE CROSSOVER GAUNTLET

**BUILDS:** Change of direction · Moves

**ALL LEVELS**

Set 5 cones in a line. At each cone hit a move—crossover, between-the-legs, behind-the-back, in-and-out—then explode to the next.

**DO THIS:** 4 trips, full speed. Finish each trip with a layup or pull-up.

## 4 STATIONARY TO ATTACK

**BUILDS:** First-step burst

**BEGINNER**

From triple-threat, make one hard dribble move and explode two steps past an imaginary defender. Sell the move, then go.

**DO THIS:** 8 each direction. Keep the first step low and long.

# SHOOTING

## 5 FORM SHOOTING (ONE HAND)

**BUILDS:** Clean mechanics · Arc

**ALL LEVELS**

Stand 3–5 ft from the rim. Guide hand off. Shoot one-handed, snap the wrist, and freeze the follow-through. Chase a soft, high swish.

**DO THIS:** 2 × 25 makes. Remember B.E.E.F.—Balance, Eyes, Elbow, Follow-through.

## 6 FREE-THROW ROUTINE

**BUILDS:** Routine · Pressure reps

**ALL LEVELS**

Same routine every time—dribbles, breath, shoot. Build a habit your body repeats under pressure in the 4th quarter.

**DO THIS:** 10 sets of 2. Must hit 8 of 10 to win the drill—or restart the last 5.

## 7 5-SPOT CATCH & SHOOT

**BUILDS:** Game shooting · Footwork

**ALL LEVELS**

Two corners, two wings, top of the key. Catch ready, feet set, rise and fire. Pick a range you can shoot with good form.

**DO THIS:** 5 makes at each spot before you move. Track total makes vs. attempts.

## 8 OFF-THE-DRIBBLE PULL-UP

**BUILDS:** Self-creation · Balance

**ADVANCED**

One or two hard dribbles into a balanced pull-up jumper. Go both directions and off both the cross and the hesitation.

**DO THIS:** 10 makes each direction from 3 spots. Land on two feet, squared to the rim.

# FINISHING

## 9 MIKAN DRILL

**BUILDS:** Touch · Both hands at the rim

**ALL LEVELS**

Under the basket, alternate right-hand and left-hand layups in a rhythm—catch your own ball off the net and go right back up.

**DO THIS:** 2 × 60 sec. Count makes, beat your number next time.

## 10 TOUGH FINISHES

**BUILDS:** Finishing through contact

**ADVANCED**

Cycle reverse layups, inside-hand finishes, and floaters off two feet. Add a pad or pool noodle to finish through contact.

**DO THIS:** 8 makes of each type, both sides of the rim.

## PASSING & VISION

### 11 WALL PASSING

**BUILDS:** Crisp hands · Both sides

**BEGINNER**

Face a wall: chest pass, bounce pass, then one-hand push pass with each hand. Snap it and catch it ready—keep your head up.

**DO THIS:** 3 × 30 sec. Step into every pass.

### 12 DRIBBLE-INTO-PASS READS

**BUILDS:** Passing on the move · Vision

**ALL LEVELS**

Attack off the dribble and fire an accurate pass on the move—to a spot, a chair, or a partner cutting. Pass with either hand.

**DO THIS:** 10 each direction. Keep your eyes up the whole time.

### QUICK FIX: FLAT SHOT?

If your misses are line-drives clanking the back rim, you need more arc. Picture dropping the ball into the hoop from above (aim for about 45 degrees) and shoot up, not out. Higher arc = a bigger target = more makes.

# 0 2 ATHLETICISM

Jump higher, move faster, change direction quicker. Power work is high-effort and low-volume—every rep is max intent, then full rest. Warm up first, always.

## POWER & VERTICAL

### 13 BOX JUMPS

**BUILDS:** Explosive take-off

**ALL LEVELS**

Jump onto a sturdy box, landing soft and quiet in an athletic stance. Step down—don't jump down—to protect your knees.

**DO THIS:** 4 × 5. Pick a height you land cleanly. Full rest between sets.

### 14 BROAD JUMPS

**BUILDS:** Horizontal power

**ALL LEVELS**

From a two-foot stance, swing your arms and jump forward as far as you can. Stick the landing—no extra hop.

**DO THIS:** 4 × 4 for distance. Mark your best and chase it.

## 15 SINGLE-LEG BOUNDS

**BUILDS:** One-foot spring · Balance

**ALL LEVELS**

Bound forward leaping off one leg and landing on the other, like exaggerated running leaps. Most layups take off one foot—train it.

**DO THIS:** 3 × 6 per leg. Control the landing each time.

## 16 DEPTH JUMPS

**BUILDS:** Reactive explosiveness

**ADVANCED**

Step off a 12–18 in box, land on both feet, and instantly explode straight up as high as possible. Minimize ground time. Build a strength base first.

**DO THIS:** 3 × 4, fully rested. Stop if landings get sloppy.

# SPEED & AGILITY

## 17 ACCELERATION SPRINTS

**BUILDS:** First-three-steps speed

**ALL LEVELS**

Explode from a stance and sprint 20 yards at 100%. Basketball is won in the first three steps—train the burst, not the marathon.

**DO THIS:** 6 × 20 yds. Walk back slowly for full recovery between reps.

## 18 5-10-5 PRO AGILITY

**BUILDS:** Change of direction

**ALL LEVELS**

Three cones, 5 yds apart. Start in the middle: sprint 5 right, touch; 10 left, touch; 5 back through the middle. Sharp, low cuts.

**DO THIS:** 4–6 reps. Time it—this is a benchmark you'll re-test.

## 19 LATERAL SKATER BOUNDS

**BUILDS:** Side-to-side power

**ALL LEVELS**

Leap side to side off one leg, landing and stabilizing on the other like a speed skater. Builds the lateral push you need on defense.

**DO THIS:** 3 × 8 each side. Land balanced before the next bound.

## 20 DEFENSIVE SLIDE MIRROR

**BUILDS:** Lateral quickness · Stance

**ALL LEVELS**

Get in a low stance and slide side to side without crossing your feet. Mirror a partner or react to a count. Stay low the whole time.

**DO THIS:** 4 × 30 sec. Chest up, butt down, quick feet.

## COACH'S NOTE: STICK EVERY LANDING

Power training is about quality, not exhaustion. Land soft and controlled every rep—that control IS the athleticism, and it keeps your ankles and knees healthy. If your jumps get sloppy, the set is over. Rest fully, then go again at 100%.

# 03 STRENGTH & CONDITIONING

The engine and the armor. A strong, well-conditioned body finishes through contact, holds position, and lasts four quarters. No gym? The bodyweight options build a real base.

# CORE & FOUNDATION

## 21 PLANK SERIES

**BUILDS:** Core stability

**ALL LEVELS**

Front plank, then left and right side planks. A braced core transfers power from your legs into every shot, drive, and box-out.

**DO THIS:** 3 rounds × 30–45 sec each position. Straight line head to heels.

## 22 DEAD BUGS

**BUILDS:** Core control · Coordination

**BEGINNER**

On your back, opposite arm and leg extend while your low back stays pinned to the floor. Slow and controlled beats fast and floppy.

**DO THIS:** 3 × 10 per side.

# LOWER BODY

## 23 SQUATS

**BUILDS:** Leg drive · Jump base

**ALL LEVELS**

Bodyweight or goblet-style holding a weight. Sit back and down to at least parallel, chest up, drive through the floor. The base for jumping and sprinting.

**DO THIS:** 3 × 8–12. Add weight as it gets easy.

## 24 WALKING LUNGES

**BUILDS:** Single-leg strength

**ALL LEVELS**

Step forward into a lunge, front knee over the ankle, back knee toward the floor. Single-leg strength balances you and protects your knees.

**DO THIS:** 3 × 10 per leg. Hold dumbbells to progress.

## 25 ROMANIAN DEADLIFT (RDL)

**BUILDS:** Hamstrings · Hips · Speed

**ALL LEVELS**

Hinge at the hips with a flat back, lowering a weight down your legs, then squeeze your glutes to stand. Strong hamstrings = faster and injury-resistant.

**DO THIS:** 3 × 8. Feel it in the back of the legs, not the low back.

## 26 CALF RAISES

**BUILDS:** Spring · Ankle resilience

**BEGINNER**

Rise onto your toes with control and lower slowly. Strong calves add bounce and protect your ankles from rolls.

**DO THIS:** 3 × 15. Try single-leg to progress.

# UPPER BODY & INJURY-PROOFING

## 27 PUSH-UPS

**BUILDS:** Pressing strength

**ALL LEVELS**

Full range, body in a straight line. Push-ups build the upper-body strength to absorb contact and finish strong. Drop to your knees if needed.

**DO THIS:** 3 sets, as many clean reps as possible.

## 28 ROWS

**BUILDS:** Back · Posture · Balance

**ALL LEVELS**

Band rows, dumbbell rows, or inverted rows under a bar. Pulling balances all that pushing and keeps your shoulders healthy.

**DO THIS:** 3 × 10. Squeeze the shoulder blades.

## 29 ANKLE & BALANCE WORK

**BUILDS:** Injury prevention

**ALL LEVELS**

Single-leg balance (30 sec each), then add eyes-closed or a wobble. Pair with band ankle work. The cheapest insurance against rolled ankles.

**DO THIS:** 2–3 rounds. Do it on rest days too.

## 30 NORDIC / HAMSTRING CURLS

**BUILDS:** Hamstring durability

**ADVANCED**

Anchor your feet, lower your torso forward slowly fighting gravity, catch with your hands. The gold standard for preventing hamstring and knee injuries.

**DO THIS:** 3 × 4–6 slow reps. Use a band to assist at first.

## CONDITIONING

### 31 SUICIDES / LINERS

**BUILDS:** Game conditioning

**ALL LEVELS**

Baseline to free-throw line and back, half-court and back, far free-throw and back, full court and back. Touch every line. Game-shaped cardio.

**DO THIS:** 5 reps, 45 sec rest. Time your first and last—don't fade.

### 32 30/30 INTERVALS

**BUILDS:** Recovery between bursts

**ALL LEVELS**

30 seconds hard (sprint, slides, or jump rope), 30 seconds easy. Trains the exact stop-start engine basketball demands.

**DO THIS:** 8 rounds. Add rounds as you get fitter.

### COACH'S NOTE: TRAIN, DON'T DRAIN

Lift 2–3 days a week and leave 1–2 reps in the tank on each set—you're building a basketball body, not chasing soreness. Good form beats heavy weight every time. Your muscles grow on the rest days, so eat, sleep, and let them.

# 0 4 BASKETBALL IQ

Skills win you a 1-on-1. IQ wins you the game. These reps are for your brain—read them, drill them in pickup, and you'll be a step ahead of more athletic players.

### 33 SPACING

**BUILDS:** Floor reads · Team offense

**ALL LEVELS**

Stay 12–15 feet from your nearest teammate. Spread the floor so one defender can't guard two players. When a teammate drives, lift or relocate to an open spot—never crowd the ball.

**TRAIN IT:** In pickup, ask every possession: "Am I in a passing lane and out of the driver's way?"

### 34 THE 0.5-SECOND RULE

**BUILDS:** Decisiveness

**ALL LEVELS**

On every catch, decide in half a second: shoot, drive, or pass. Catch ready to score and the defense has to react to you. Holding the ball lets the defense reset.

**TRAIN IT:** Catch on the move with a plan already in mind. No "thinking" catches.

### 35 READ THE HELP

**BUILDS:** Passing reads · Decision-making **ALL LEVELS**

When you drive and a help defender steps up, someone is open—find them. Attack closeouts: if the defender flies at you, shot-fake and drive; if they sag, shoot.

**TRAIN IT:** Drive with your eyes up. Reward the help-defender's man with a pass.

### 36 MOVE WITHOUT THE BALL

**BUILDS:** Off-ball offense **ALL LEVELS**

The ball finds players who move. Cut hard when your defender turns to watch the ball. Set and use screens. After you pass—relocate, don't admire it.

**TRAIN IT:** Make one purposeful cut or relocation every possession in pickup.

### 37 DEFENSIVE AWARENESS

**BUILDS:** Team defense · Positioning **ALL LEVELS**

See your man and the ball at all times (point at both). Be in a stance before the catch. Close out with short, choppy steps and a high hand. Talk—ball, help, screen.

**TRAIN IT:** Pick the best offensive player in pickup and make their night miserable.

### 38 FILM & MENTAL REPS

**BUILDS:** Pattern recognition **ALL LEVELS**

Watch a pro who plays your position and steal one habit. Watch your own film and find one fixable mistake. Visualize making plays before you sleep—your brain reps it too.

**TRAIN IT:** 15 min of film, 1 takeaway, each week.

## THE ONE HABIT THAT BEATS EVERYONE

After every pass, MOVE. A player who stands still after passing is the easiest player in the world to guard. Pass-and-cut, pass-and-screen, or pass-and-relocate. Constant movement makes you impossible to ignore—and gets you easy buckets.

### PUT IT TOGETHER

## A Sample Off-Season Week

Mix all four pillars so nothing gets neglected. Scale it to your time—even 45 focused minutes a day works. In-season? Cut strength to 2 light maintenance days, keep shooting daily, and prioritize rest and recovery.

| DAY | FOCUS                  | THE WORK                                                                |
|-----|------------------------|-------------------------------------------------------------------------|
| Mon | Skill + Strength       | Ball-handling + shooting (45 min), then lower-body strength + core      |
| Tue | Athleticism            | Warm up, jumps + acceleration sprints, finish with core work            |
| Wed | Shooting + Film        | High-volume shooting (5-spot, free throws), light handles, 15 min film  |
| Thu | Skill + Strength       | Finishing + pull-ups (45 min), then upper-body + injury-prevention work |
| Fri | Agility + Conditioning | Pro-agility + lateral bounds, then suicides or 30/30 intervals          |
| Sat | Play Live              | Pickup or a scrimmage—apply the IQ habits in real games                 |
| Sun | Recover                | Rest, light stretching/mobility, balance work, refuel and sleep         |

### MEASURE THE GAINS

# Test Yourself, Then Beat Last Month

Run this benchmark test today, write your numbers down, and re-test every 4 weeks. Progress you can see is the best motivation there is.

| TEST                   | HOW TO MEASURE                               | GOAL   |
|------------------------|----------------------------------------------|--------|
| Free Throws            | Makes out of 25 attempts                     | Higher |
| 5-Spot Shooting        | Makes out of 25 from your range              | Higher |
| Mikan Drill            | Makes in 60 seconds                          | Higher |
| Standing Vertical      | Jump-and-reach minus standing reach (inches) | Higher |
| 5-10-5 Pro Agility     | Best time, in seconds                        | Faster |
| Conditioning (Suicide) | Time for one full suicide                    | Faster |
| Strength               | Max clean push-ups; longest plank hold       | Higher |

## OFF-COURT GAINS

# Results Are Built In Recovery

You don't get better during the workout—you get better when you recover from it. Nail these and everything above works twice as fast.

|                                                                                                                                                                 |                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SLEEP 8–9 HOURS</b><br>This is when your body actually builds muscle and locks in new skills. The single most underrated performance booster—and it's free.  | <b>HYDRATE ALL DAY</b><br>Even slight dehydration drops your speed, focus, and shooting touch. Drink water consistently, not just when you're thirsty.                  |
| <b>FUEL SMART</b><br>Protein to rebuild muscle, carbs to power your sessions, fruits and veggies to recover. Eat protein + carbs within an hour after training. | <b>RESPECT REST DAYS</b><br>Take at least one full rest day a week. Light mobility keeps you loose. Pushing through real pain isn't toughness—it's how injuries happen. |

# **TALENT SETS THE CEILING. WORK GETS YOU THERE.**

Every drill in this guide is simple. The magic is showing up and doing them when no one's watching. Stack the days, track the gains, and let the game love you back.

— WELUVTHEGAME