

BULLDOGS HOUR LONG ALPHA WORKOUT

Date							
Day							
Conditioning / Warmup							
10 Min	Jump Rope for 5 Min						
	20 Front to Back Line Jumps						
	20 Side to Side Line Jumps						
	20 Kangaroos						
Stationary Dribble, All dribbles R & L							
10 Min	R & L Speed Dribble						
	1 Drib, Crossover						
	In and Out (Fake the Cross)						
	Push Pull (On the side)						
	1 Drib in Front, 2 in Back						
	Small Dribble Figure 8's						
	2 Ball Dribble, Pound It						
	2 Ball, 1 High / 1 Low						
	2 Ball Crossover						
Shooting:							
10 Min	Finish Layups, R & L, In & Out, 5 EA.						
	Forward Mikan x 20						
	Reverse Mikan x 20						
	Blesh 1 Hand Form Shoot x 20						
	Blesh 2 Hand Form Shoot x 20						
Jumpers	3 to 5 shots each from 10', 15' & 20'						
45 Shots	R Baseline						
20 Min	R Wing						
	Top						
	L Wing						
	L Baseline						
	Crossover to R Elbow						
	Crossover to L Elbow						
	10 Free Throws						
Post Moves, 5 Each, R & L Side							
10 Min	Drop Steps						
	Turn Middle Hook						
	Up & Under						

Optional * Instead of Jumpers, 3's, 2's & 1's
 1st Quarter
 2nd Quarter
 3rd Quarter
 4th Quarter
 TOTAL POINTS

* **3's, 2's & 1's** is a shooting game played with a partner. A Lot of game shots with great conditioning